Matthew D. Hepler, M.D. Pediatric and Adult Spine Surgery Leading expertise in operative and non-operative treatment of the spine

# Best practices to avoid back pain during CrossFit

- 1.Warm up and cool down appropriately
- Focus on proper form and technique
- 3. Strengthen your core
- 4. Get proper rest and recovery
- 5. Focus on mobility
- 6. Use proper equipment
- 7. Avoid overtraining
- 8. Don't ignore pain

# **Avoiding Back Trouble**

**Ensheng Dong** 



Embark on a breathtaking journey through nature and adventure with Explore with is mesmerizing ebook, **Avoiding Back Trouble**. This immersive experience, available for download in a PDF format ( PDF Size: \*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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