Solution 1c

Lack localised health content Videos with localised content Highlight in-house medical team in Asia

Redesigne	Redesigned
Symplicured EN Home About Us FAQ Contact Us i Login	How Symplicured Works?
Image: 1Image: 2Image: 3Select Symptom(s)Answer QuestionsReview Diagnosis	STEP 1 STEP 2 STEP 3
Your Possible Diagnoses Understanding your results ① Lumbar Spondylosis Strong Musculoskeletal Back Pain Moderate	Select Symptoms Search symptoms by key terms or body map Answer Questions Answer questions doctors Learn more about your diagnosis and next steps
Overview Causes Treatment Prevention A- A A+	Why Choose Us?
 Practice sitting and standing properly Practice correct lifting techniques Exercise regularly. Aerobic exercise has been found to be especially helpful with recovery. Attain and maintain a <u>healthy body weight</u> Eat healthy such as a well-balanced, low-fat diet rich in fruits and vegetables Stop smoking Avoid excessive consumption of alcohol Ensure that you get plenty of rest 	Trusted by more than 5,000 active users across the world
VideosA curated selection of exercise videos, intended to strengthen your lower back. Unlock more workout videos such as this, when you sign up for an account with us!Image: Strengthen your back with SminImage: Smins to a fitter and Smins healthier youSminImage: Strengthen your back with SminSmins to a fitter and Smins healthier youSminImage: Strengthen your back with SminSmins to a fitter and Smins healthier youSminImage: Strengthen your back with SminSmins to a fitter and Smins healthier youSminImage: Strengthen your back with SminSmins to a fitter and SminsSminImage: Strengthen your back with SminSmins to a fitter and SminSminImage: Strengthen your back with SminSmins to a fitter and SminSminImage: Strengthen your back with SminSmins to a fitter and SminSminImage: Strengthen your back with SminSmins to a fitter and SminSminImage: Strengthen your back with SminSmins to a fitter and SminSminsImage: Strengthen your back with SminSmins to a fitter and SminSminsImage: Strengthen your back with SminSmins to a fitter and SminSminsImage: Strengthen your back with SminSminsSminsImage: Strengthen your back with SminSminsSminsImage: Strengthen your back with SminsSminsSminsImage: Strengthen your back with SminsSminsSminsImage: Strengthen your back with SminsSminsImage: Strengthen your back with SminsSminsImage: Strengthen your bac	100,000 assessments developed and conducted since Symplicured's inception
Streb stretch and away7 minFeep loose and limber, the lumbar-free way6 minFeh idden secret to a stronger back6 min	150 symptoms analysed by our in-hous medical team in Asia
Written by Koh Wen Hui Wedically reviewed by Dr. Lynn Lum, MBBS (Singapore), MRCP (UK) Updated on 21 April 2021 + 3 Sources	300 medically-reviewed diagnoses in our database and growing