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Hints For Low Back Care

Through the course of your daily activities such as walking, driving, standing, and sitting your back is constantly being stressed. It is hoped that by following these tips you can help reduce this stress and prevent low back problems.

1. Lifting/Bending

- A. Don't stoop forward, always bend with your knees, keeping your shoulders over your hips (squat) with back straight.
- B. Plant your feet solidly about 12" apart.
- C. Lift with your legs keeping the load close to the body.
- D. When lifting a heavy or awkward load or individual get help, if applicable, and communicate while lifting so no one is caught with a sudden unexpected load to bear.

2. Driving

- A. When getting into a car sit down then turn around, don't step in, this causes you to be a contortionist.
- B. Car seat should be firm and positioned so the drivers knees are slightly bent while operating the pedal.

3. Standing

- A. Don't stand with knees locked, keep knees relaxed slightly bent, with low back straight.
- B. Maintain a natural pelvic tilt posture.
- C. Shift weight from one foot to the other when standing for prolonged periods.

4. Walking

- A. Open doors wide enough so that you can walk through without twisting.
- B. When turning move the feet first and then the body as in military right face and left face.

5. Sleeping Hints

- A. Sleep on a firm supportive mattress.
- B. Sleep on your back or side. NEVER sleep on your stomach. (When on your side have one or both knees bent. When on your back try a pillow under your thighs to bend the knees slightly.

6. Sitting

Avoid soft low chairs and sofas. Choose a firm, fairly straight chair that supports the small of your back. Your knees should be slightly higher than your hips. Avoid sitting for prolonged periods. Change positions when possible.