

LBP Prevention Tips

The keys to preventing back pain are good body mechanics and good health habits, such as: managing stress, getting enough rest, avoiding tobacco use, limiting alcohol consumption, and exercising regularly. Proper exercise helps you:

- Maintain or increase flexibility of muscles, tendons, and ligaments
- Strengthen muscles that support your back
- Improve your posture
- Increase bone density
- Shed excess pounds that stress your back

Tips for good posture and lifting:

- When standing, keep your knees relaxed and your shoulders back. Shift your weight often from one foot to the other and move around as much as you can.
- Sit on a chair that supports your back and keep your feet flat on the floor, or use a foot rest. Support the curve at your lower back by putting a small pillow there.
- Sleep on a comfortable mattress and change positions often. When you get out of bed, roll to your side first and then use your arms to help you get up.
- Lifting, carrying and reaching for things carefully can also help you keep from straining your back:
- When lifting heavy things, be sure to squat down, not bend at the waist. In this way, you use your legs to lift the item.
- Try to keep things close to your body when you are lifting or carrying them.
- If you have to reach high for something, use a step stool instead of straining to reach up.

When lifting, bending, or twisting during activities- Contract your Core Muscles!



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