



Tips for a Healthy Back

Know Your Limits

Do not lift objects that are too heavy or overestimate what you can handle. If you feel back pain, tingling, numbness, or weakness in your legs, stop and ask for help.

Lifting Objects

To safely lift an object, let your legs do the lifting, not your back. Start with your feet apart for balance, bend your knees to lower yourself and hold the load close to your body as you stand.

Pivot

Your shoulders, feet and hips should face forward at all times when you are lifting or carrying. Pivot using your whole body, do not twist.

Push Instead of Pull

Whenever you can, push objects instead of pulling them.

Balance

Hold objects close to your body and distribute the weight you are carrying evenly across your body to maintain balance.

Vary Your Position

Avoid sitting or standing for long periods of time. Change positions and walk around often.

Sleep Smart

Avoid sleeping on your stomach. It can strain your lower back and cause neck pain.

Exercise

A regular exercise program strengthens key muscle groups and increases your flexibility. A strong, flexible back reduces your risk for injury. Talk with your doctor before beginning a new exercise program, especially if you already have a back problem.

Strengthen Stomach Muscles

Many back problems occur because of weak stomach muscles. Strong stomach muscles help keep your back stable.

Wear Proper Shoes

Avoid wearing high heels. Focus on comfort and support, not price or fashion.

Maintain a Healthy Weight

Being excessively overweight can have severe effects on your health and increases the stress on your back. Talk with your doctor to determine your ideal weight range.

Maintain Good Posture

Stand and sit with your shoulders in line with your hips. Poor posture increases pressure on the discs of the spine, stresses muscles and stretches ligaments.



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