



## Tips for Managing Back Pain

*Avoid and/or minimize positions of forward bending (flexion), side bending and rotation of the trunk, especially when movements occur together.*

### Avoid this

Sitting down when your back aches.

### Try this

- Lie down on your back with a small pillow under your head and one under your knees.
- Lie in the 90/90 position on the floor with your feet and legs on the sofa with knees and hips bent to 90 degrees.



### Avoid this

Bending over to tie your shoes or put on socks.

### Try this

- Bring one foot up, cross it over the opposite knee and bend forward (hinge) at the hips.
- Keep your back straight. If you cannot do this safely, use long handled assistive devices such as a shoe horn and sock puller.



### Avoid this

Engaging in exercise routines involving high impact, such as aerobics or jumping rope.

### Try this

- Follow a regular exercise program that includes a variety of different weightbearing activities.
- This could be low-impact exercises such as aerobics, swimming, Tai Chi or walking.



### Avoid this

Reaching unnecessarily or twisting your trunk when mopping, sweeping, vacuuming, raking, making beds, weeding gardens, getting objects out of cupboards, etc.

### Try this

- Keep broom, mop, vacuum, rake, etc. close to you and move your whole body as you move them.
- Walk over to the area on which you are working.
- Arrange kitchen, bathroom, bedroom shelves so that frequently used items may be reached with-out excessive bending, twisting and reaching.
- Use a sturdy stool if necessary.



### Avoid this

Bending from the waist to pick something up off the floor, out of the trunk of your car, or to brush your teeth, wash your face, etc.

### Try this

- Do movements that emphasize normal body alignment and strengthening of the muscles that keep your back straight.
- Bend at the knees, rather than back when completing movements.



### Avoid this

Doing exercises in the gym that bring you forward (abdominal crunches, sit-ups, touching your toes, knee-to-chest, straight leg raising).

### Try this

- Do exercises that emphasize normal body alignment and strengthening of the muscles that keep your back straight.

