

# Changes in Lifestyle will Decrease Your Back Pain

Changing the way you perform activities, instead of eliminating them altogether, can decrease your back pain significantly. Certain tasks, however, may be too strenuous to undertake; when you determine the lifestyle changes that work for you, stick to them and make them clear to your friends and family. You may find the following suggestions useful in reducing your back pain:

- **Find the right balance between activity and relaxation.** Make both rest periods and a daily exercise program priorities. Stop yourself when its time to rest; get used to leaving a job undone until your next "up time." Don't put off the exercise either; **you'll pay for the inconsistency** with more back pain and less accomplished in the long run.
- **Change position regularly** whether resting, working, or traveling. Learn proper body mechanics and make them a part of your everyday life.
- **Plan ahead** so you can fit what you want to get done into your normal "uptime." When your back pain is peaking, listen to your body and adjust your activities accordingly.
- **Do as much as you can** independently using whatever adaptations are necessary, but when appropriate ask for help. People are usually happy to be of assistance, but they don't always know when to offer, or when your back pain is too much.
- **Hire a person to help clean the house.** Although this is a luxury, the alternative is to use your valuable and limited resources in housekeeping when you could be doing something more rewarding. This also applies to mowing the lawn, changing the oil in the car, repairing the screen door, etc. An alternative is to reassign household chores so that other members of the family take over the most physically stressful tasks.

- **Use common sense when purchasing clothes.** Footwear should definitely be friendly to the back. Avoid clothes that are a struggle to put on or that sacrifice mobility and comfort for style. Arrange your wardrobe to minimize bending and twisting, by putting the most frequently used items in top drawers or in the front of the closet.
- **Arrange your kitchen and workroom** so that you can avoid taking heavy items out of low places. Bending can aggravate your back pain. Make sure your work surface is high enough and close enough for you to do kitchen and household chores comfortably while either standing or sitting.
- **Ask for help** when you need it at the supermarket. Supermarket employees are usually very nice about putting your groceries in the car, unloading the cart at the register, and getting heavy items off the shelf. You may want to buy large items in easy-to-lift smaller sizes, and you can leave the nonperishables in the car until another family member can help unload and put them away.

Following these suggestions will help you minimize back pain. For more information, call the experts at Newport Pain Management at 949 759-8400.

For more information go to [http://paindx.com/Back\\_Pain.html](http://paindx.com/Back_Pain.html)