

Prevention of Low Back Problems

Once you have had low back pain, use these simple rules to keep pain from coming back again:

- Keep all lifted objects close to your body.
- Avoid lifting while twisting, bending forward, to stay fit.
- If you must lift something, use your legs.
- If you must stand for long periods of time, try resting one foot on a low stool.
- If you must drive long distances, try using a pillow or rolled-up towel behind the small of your back. Also, be sure to stop often and walk around for a few minutes.
- If you have trouble sleeping, try sleeping on your back with a pillow under your knees, or sleep on your side with your knees bent and a pillow between your knees.
- When you turn or roll in bed, use a log-rolling technique, in which you keep the ears, shoulders, and pelvis moving as a single unit from your side to your back.
- In order to get out of bed, log-roll to your side, slightly bend your knees and hips, lower your feet gently off the bed while simultaneously pushing up with your arms. Move as a single unit, keeping your stomach muscles tight.
- Bathroom activities, including brushing your teeth, shaving, and applying makeup, require a standing position with feet apart, knees and hips bent, back in neutral-spine posture, and arms supported on the counter, if necessary.
- Continue the back exercises you learned at physical therapy.
- Walk, bike, do lumbar stretches, or swim every day.

For more information, go to www.newportpain.com