

Save Your Back - Early Back Morning Guide

The following instructions are helpful in lowering pain and maintaining low back health by reducing bending activities in the early morning for patients with chronic non-specific lower back pain.

The first 2 hours in the morning, upon rising, is the most important time to protect and maintain your straight back.

Try doing the following:

- Getting out of bed without flexing the back
- Once standing, do not try to bend, squat or sit for the first 2 hours.
- Sitting, squatting or kneeling with a straight back is permissible after the first 2 hours, but avoid actual bending.
- After 4 hours, moderate activity with slight bending of the lower back.
- After 6 hours, you can perform usual activities, but avoid extreme bending of the lower back.

Some activities that are known to increase bending in the mornings, and worth watching out for are: brushing teeth bent over, using the toilet, changing into/out of clothes, picking up objects from the ground (socks, shoes), sitting while eating, flexion tolerant exercises (crunches, cycling).

Partial compliance with this is always superior than no compliance.

Try your best!

Always follow this guide under recommendation and with guidance from a health care professional. Always consult with your doctor about your exercises, and if you are in pain from these recommendations.

References:

Snook SH, Webster BS, McGorry RW, Fogleman MT, and McCann KB (1998). The reduction of chronic nonspecific low back pain through the control of early morning lumbar flexion. A randomized controlled trial. Spine (Phila Pa 1976). 1998 Dec 1;23(23):2601-7.