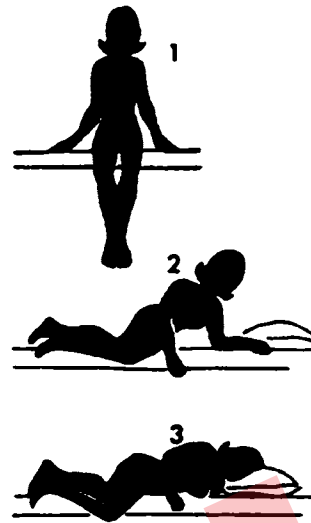


BACK CARE PROGRAM

No matter what causes back pain, an important part of its treatment is improvement of posture and learning to use the body correctly. Good posture allows the use of the body without strain on muscles, joints, ligaments and internal organs. Good posture must be considered in all activities: sitting, standing, resting, working, playing and exercising. It is not simply a matter of "standing tall".

This guide is designed to help you begin to correct the positions and movements which may aggravate your back problem. Particular emphasis is placed on rest positions, because even in these positions it is possible to strain the neck and back. By learning to live with good posture in all your activities, your back will gradually return to a comfortable, functional part of you.

UP AND DOWN FROM BED



DOWN

1. Sit on edge of bed (#1).
2. Bring both arms to one side.
3. Lower side of body to bed keeping knees bent 45°, (#2).
4. Put feet into bed.
5. Remain on side or roll to back.

UP

1. Roll to side (#3).
2. Push with hands to sitting position.
3. Keep knees bent and swing legs over edge of bed.

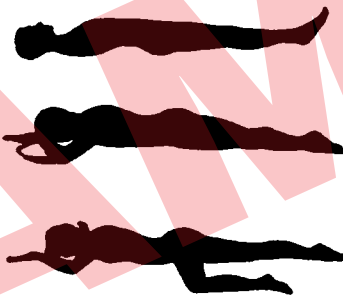
REST POSITIONS

BACKLYING

DO



DON'T



SIDELYING

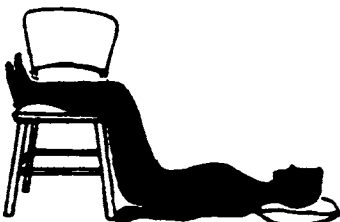


Curl up on side with knees bent.

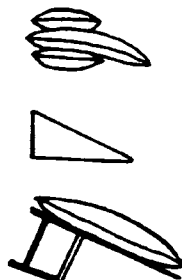
Optional — pillow between knees.

Above positions cause swayback.

ALTERNATE REST POSITION:



USE OF PILLOWS FOR BACKRESTS



SITTING:

DO



Good body mechanics when sitting down in a chair.

DON'T



If chair is too high, swayback is increased.



Knees higher than hips flattens the low back, legs straight on ottoman strains the low back.



CAR



Car seat closer to steering wheel flattens the low back.



DO



STANDING

A footrest will relieve the swayback and help to flatten the back.

DON'T



DO

Bend at the hips and knees and not at the waist.

DON'T**RULES TO LIVE BY**

1. Avoid bending from the waist only; bend the hips and knees.
2. Avoid lifting heavy objects higher than your waist.
3. Always turn and face the object you wish to lift.
4. Avoid carrying unbalanced loads.
5. Hold heavy objects close to your body.
6. Never carry or move anything which you cannot handle with ease.
7. Avoid sudden movements. Learn to move more deliberately.
8. Change positions frequently.
9. In mopping, vacuuming, raking, hoeing, etc., always work with the tool close to the body. Never use a "giant" step and a long reach in these activities.
10. Sit down to dress: shoes and socks, etc. Don't bend from the waist while trying to balance on one foot.
11. Women should wear low heels.
12. Avoid exercise and activities which arch or strain the low back (i.e. backward bends or forward bends to touch toes).
13. When you cough or sneeze, round your back and bend your knees slightly.
14. When making a bed, do so from a kneeling position.



Hold and carry objects close to you.



Never bend over without bending knees and tucking buttock under.



Keep back rounded as you return to standing from squat.

**DO****DON'T**

Stand tall with chin in. Back flat, pelvis tucked under and knees relaxed.



Don't stand with stiff knees, swayback or chin forward.



Always face your work and turn by pivoting your feet first.



Keep buttock tucked under as you reach. Use a stool and avoid unnecessary reaching.

