

Back pain is the one of the most common reasons individuals see a doctor.

Avoid Back Injuries

Avoid bending

Raise the load

Avoid bending and twisting

Store materials at waist level; move your feet and don't twist

Avoid bending and reaching

Use adjustable height table; minimize the distance between you and your work

Avoid pulling

Push rather than pull

Avoid lifting and lowering

Divide the load or use an assist device

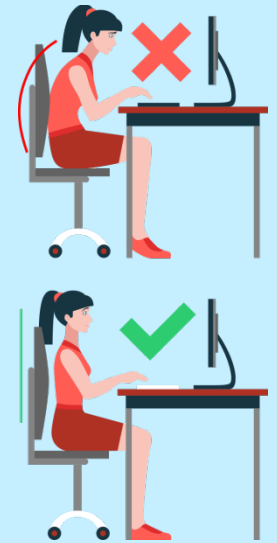


Lift Safely

- Assess the load
- Use assist equipment
- Alter the load
- Get help from a co-worker
- Use proper body mechanics

Maintain Correct Sitting Posture

- Support your spine along its curve
- Adjust your seat so that your low back is supported
- Lean back slightly, not forward
- Keep feet flat and comfortably supported on the floor
- Keep knees level or slightly higher than hips
- Remove articles from back pockets
- Stretch often and vary your position
- Alternate tasks and postures throughout the day



Fight Back Pain

- Maintain a healthy weight and lifestyle
- Avoid becoming fatigued with one job task
- Move and stretch regularly
- Get enough rest and de-stress regularly
- Strengthen back and leg muscles
- Increase flexibility by stretching



Stretches for Preventing and Minimizing Back Pain

Remember when you perform these stretches that you should apply just enough pressure so that you feel the stretch but are not experiencing any pain.

These are only a few of many effective stretches for preventing and minimizing back pain.

For information on additional stretches, seek out the advice of health professionals or refer to information provided in books and on the web.



Prone Press Up

- Lie on your stomach with your elbows underneath you and palms flat on the floor
- Keep your hips and pelvis in contact with the floor
- Lift your upper torso off the floor with your arms, keeping your back muscles relaxed (Only go as high as is comfortable)



Hold the stretch for 10 seconds.



Relax and slowly return to the starting position.



Perform ten repetitions.



Single Knee to Chest

- Lie on your back with both legs straight
- Bring one knee up towards your chest



Hold the stretch for 15 to 30 seconds.



Relax and slowly return to the starting position.



Repeat with the other leg. Perform 2 to 3 repetitions.



Child's Pose

- On your hands and knees, sit back so your buttocks are resting on your heels
- Reach your hands forward to lengthen your spine and feel a stretch in your middle back



Hold the stretch for 10 to 30 seconds.



Relax and slowly return to the starting position.



Perform 2 to 3 repetitions.



Angry Cat

- On your hands and knees, let your belly sag slightly towards the floor
- To increase flexion through your spine, pull the center of your spine away from the floor



Hold the stretch for 5 to 10 seconds.



Relax and slowly return to the starting position.



Repeat several times.



Sciatic Nerve Stretch

- Lie on your back with your hands behind one bent knee
- Straighten your knee and alternate between flexing and pointing your foot



Hold the stretch for a few seconds.



Relax and slowly return to the starting position.



Repeat with the other leg. Perform 10 times on each leg.