

Location \_\_\_\_\_ Trainer \_\_\_\_\_ Date \_\_\_\_\_

## WHEN YOUR BACK IS HURTING–Do's and Don't's

**Sitting:** Avoid sitting, but if you must sit, get up and move around every 20 minutes. Sit with your knees higher than your hips. Use a small towel rolled behind your back.

**Driving:** Bring your car or truck seat as far forward as possible so you can drive safely. Keep the knees higher than your hips. Use a towel roll, magazine roll or backrest for support.

**Standing:** Stand with one foot in front of the other with knees slightly bent. Or place one foot on a stool. This will eliminate a lot of pressure on the low back.

**Lying:** Use the resting position frequently. Lie on your back and put your calves and feet on a stool for support. Sleep on a firm mattress. The floor is too firm. Sleep on your back with pillows under your knees or sleep on your side with knees bent and a pillow between your knees. When rising from lying, use arms for support.

**Lifting:** Avoid lifting. If you must lift, put one foot in front of the other. Bend to the floor and keep the object as close to you as possible. Use your legs instead of your back.

**Activity:** Stay as active as possible. Muscles tighten and stay in spasm if they are not allowed to stretch. Walking is a good exercise for low back pain.