

Preventing Back Pain

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60% of adults can expect to experience back pain at some point in their lives. How can you lower your risk? One of the best ways to prevent back pain is to keep your back muscles strong.

Healthfinder.gov recommends these steps to help protect your back and prevent back pain:



- * Do back-strengthening and stretching exercises at least 2 or 3 times a week.
- * Stand and sit up straight.
- * Avoid heavy lifting. If you do lift something heavy, bend your knees and keep your back straight. This way, your leg muscles will do most of the work.
- * Get active and eat a balanced diet. If you are a healthy weight, you will have less strain on your back.
- * Try a yoga class. Yoga can help stretch and strengthen muscles and improve your posture.
- * Stay active. Regular physical activity can help keep your back muscles strong. Aim for 2 hours and 30 minutes of moderate aerobic activity a week.
- * Focus on good posture.
 - Try not to slouch when standing and sitting.
 - Sit up straight with your back against the back of your chair and your feet flat on the floor. If possible, keep your knees slightly higher than your hips.
 - Stand tall with your head up and shoulders back.
 - If you can, switch between standing and sitting so you aren't in the same position for too long.
- * Lift correctly. Lift things with your legs, not your back. Keep your back straight and bend at your knees or hips. Get help if the load is too heavy for you to lift alone.
- * Staying at a healthy weight lowers your risk of back pain. If you are overweight, losing weight in a healthy way can reduce the strain on your back.

HOW CAN WELLNESS@WORK HELP?

- Opportunities for exercise with on-going fitness classes & O2 Gym membership
- If you have an injury, health condition, or disability, clinic staff can help you identify which types of exercise are best for you.
- If you are overweight, clinic staff can help you with a weight management plan

Schedule an appointment through the W@W portal or call 919-968-2796.

