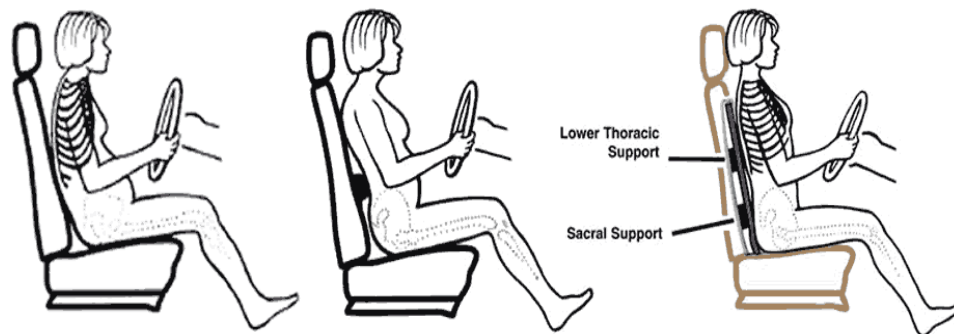


## ADVICE AND DO'S AND DON'TS FOR LOW BACK PAIN

### Sitting & Getting Up

#### Do's :

1. Ensure that your lower back is supported well with a small pillow or lumbar support. Sit with your back straight, especially while sitting in the car.



2. Ensure using Lumbar Support Chair which has good strong arm rest.
3. Ensure that your work-desk is at a correct and comfortable height.  
(Figure 2)



4. Always keep your knees and hips at the same level. Placing your knees above your hip level will disrupt the normal curvature of your back and give you that ache you wouldn't want. (Figure 2)
5. Sit only for short intervals. After every 30 minutes take a break of 60 seconds. Meanwhile stretch your spine in front and back direction.
6. If you are driving for a long period, try to take pit stops as often as possible. Get out of the car, stretch a bit and walk around. This will give your back the well-deserved rest.

### **Don'ts :**

1. Do not sit on soft couches. That will not enable you to sit straight.
2. Do not slouch, this will make your back curl and exert your lower back.



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**ROOM NO # 2 GROUND FLOOR**

**THE SPINE CLIC, Dr L H HIRANANDANI HOSPITAL**

**POWAI, MUMBAI**

3. While getting up, do not bend forward at your hip. Move ahead in your seat, apply pressure on your legs, straighten them and then stand up. Taking support of arms while getting up will reduce strain in the spine.



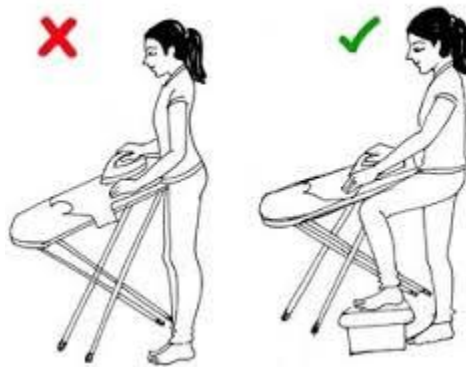
## Domestic Working

### Do's :

1. While lifting, stand as close to the object as possible, bend only at the knees while keeping your back straight. Secure your grip on the thing and lift it by straightening your knees.



2. Avoid lifting heavy objects if possible.
3. While working in house and kitchen, Do not strain your back by bending forward. Stand as close as possible to kitchen platform or working station. Keep one foot over the step ( as shown in the figure)

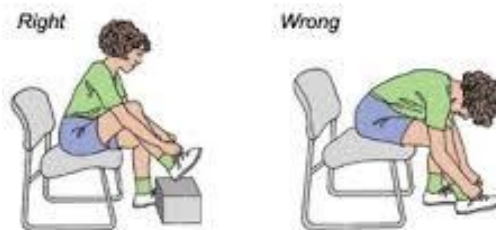
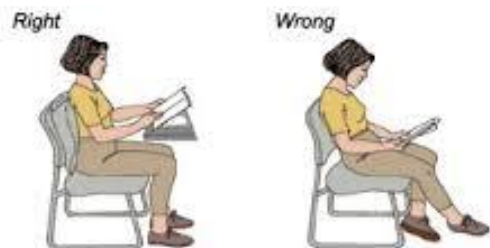


4. Keep your back straight while doing mopping, using the vacuum cleaner, working with a lawn mower, etc.



**Don'ts :**

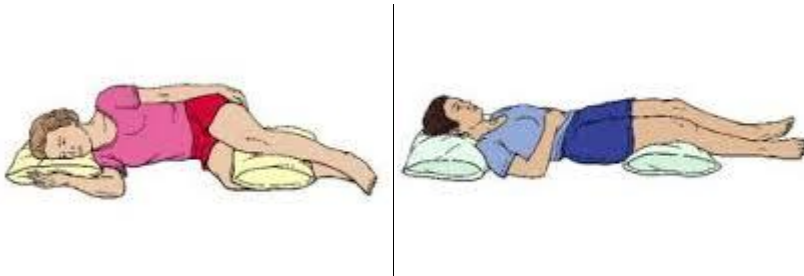
5. Do not jerk and lift anything.  
6. Bending to lift anything is a strict no-no.



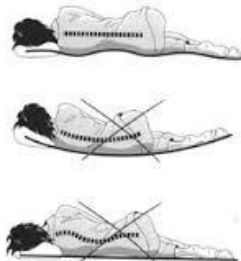
## Sleeping & Waking Up

### Do's :

1. You can very sleep on your back with a small pillow beneath both knees.
2. Try sleeping on your side with your knees slightly bent and a comfortable pillow placed between the knees, this helps to avoid exerting the back.



3. Ensure that the mattress is firm enough to support the curvature of your spine.



**Don'ts :**

1. Do not get up from your bed with a start. Take your time, stretch a little in the bed if you can, then slowly turn over to the side and get up by using the elbow of one arm and the palm of the other hand for support.



## Walking & Standing

### Do's :

1. Walk minimum 4 kilometers or 40 minutes in a day. ( will tone up your back muscles)
2. Alternatively swimming is best exercise for back muscles.
3. Ensure that your shoes are the right size and hug and cushion your feet comfortably. There should be a thumb width gap between your big toe and the end of the shoe.
4. Keep your back straight and maintain a good posture while walking or standing.

### Don'ts :

1. Do not stand for long periods. Take your shoes off and wiggle your toes to enable circulation of blood.
2. Do not wear high heeled uncomfortable shoes. The best shoes for your feet and back are the ones that are flat.



## Travelling

### CAR :

1. Sit slightly reclined with your shoulders comfortably back in the seat. Sit as far back from the steering wheel as possible while still remaining in safe control of the vehicle.
2. Hold the outside rim of the steering wheel at "9 and 3 o'clock" or slightly lower. This position will minimize the risk of injury to your arms, hands and fingers in case your airbag deploys. Arms should be bent slightly.
3. Be able to pivot your right foot from the accelerator to the brake pedal without lifting your heel from the floor.

