

GENERAL TIPS

- Work on your posture—don't slouch!
- Maintain natural arch in your back when sitting or standing
- Good posture also projects poise, confidence, and dignity
- Lift with your legs
- Don't bend over heavy objects. Instead, squat in front of it and keep your back straight while lifting
- Take periodic breaks
- Stand up and stretch after prolonged sitting, especially during road trips
- Control your weight
- Extra weight puts added stress on your back, especially if you have a "potbelly" or a "beer belly"
- Strengthen your core muscles
- Abdominal, especially lower abs
- Back muscles
- Stretch, stretch, stretch
- Hamstrings, back, and quads can all pull on your spine when too tight
- See inside for specific exercises

References:
"Taking care of your back"
"The secret of good posture"

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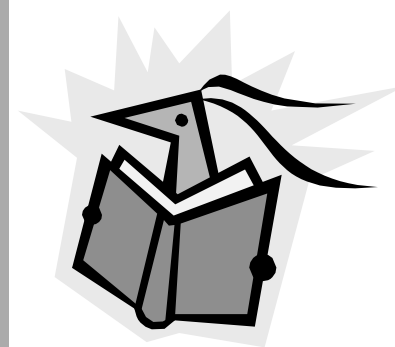
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Sleeping & Studying postures

Tips to prevent
Low back pain



SLEEPING

- You spend 1/3 of your life in bed!
- Sleep on firm mattress

If you sleep on your **BACK**:

- Use **ONE** pillow to support your head, neck, AND upper shoulders
- Use one pillow under your knees to support the natural curve in your back

If you sleep on your **SIDE**:

- Use **ONE** pillow to support your head, neck, AND shoulders
- Use one pillow in between your knees to support the natural curve in your back
- Keep your knees bent to keep the curve in your back

If you sleep on your **STOMACH**:

- Try not to use a pillow under your head
- Use one pillow under your hips to support the curve in your back

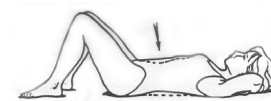
SITTING

- Use a lumbar support roll
- Roll up a towel to approx. 4-6 inches in diameter
- Place in the small of your back while sitting/studying
- Chair should be low enough to allow placement of both feet on floor with knees slightly higher than hips
- Keep your head up and avoid leaning forward
- Keep your chair close into the desk to help maintain upright position
- If you feel your low back arching forward while sitting, place your feet on a stool
- Keep **BOTH** feet flat on the floor
- If you must cross your legs, try to only cross them at your ankles

EXERCISES

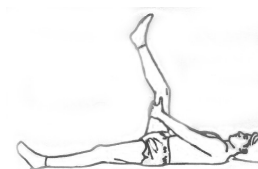
Pelvic Tilts

- Lie on your back with knees bent
- Flatten back by tightening abs
- Hold 5 seconds. Repeat 10 times.



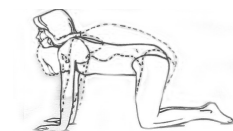
Hamstring Stretch

- Lie on back with knees straight
- Lift one leg off the ground and support it with your hands. Keep knee straight, but don't lock it.
- Hold 30 seconds with each leg.



Back extensor stretch

- Get on your hands and knees.
- Arch your back like a cat and hold 5 seconds. Repeat 10 times.



Prone Stretch

- Lie on your stomach with your hands in push up position
- Push up, keeping your hips on floor. Hold 5 seconds, repeat 10 times.

