



Frederick A. Lauppe Jr., M.D.
Sandra A. Hollenberg, M.D.
Pramila Agrawal, M.D.
Carrie Knoll, M.D.
James Warren, M.D.

Appointments (909) 629-5067 • Bookkeeping (909) 620-1935 • Fax (909) 865-7688

Your Back and How to Care for It

Whatever the cause of low back pain part of its treatment is the correction of faulty posture. But good posture is not simply a matter of “standing tall”. It refers to correct use of the body at all times. In fact, for the body to function in the best of health it must be so used that no strain is put upon muscles, joints, bones, and ligaments. To prevent low back pain, avoiding strain must become a way of life, practiced while lying, sitting, standing, walking, working, and exercising. When body position is correct, internal organs have enough room to function normally and blood circulates more freely.

With the help of this guide, you can begin to correct the positions and movements which bring on or aggravate backache. Particular attention should be paid to the positions recommended for resting, since it is possible to strain the muscles of the back and neck even while lying in bed. By learning to live with good posture, under all circumstances, you will gradually develop the proper carriage and stronger muscles needed to protect and support your hard-working back.

HOW TO STAY ON YOUR FEET WITHOUT TIRING YOUR BACK

- To prevent strain and pain in everyday activities, it is restful to change from one task to another before fatigue sets in.
- Housewives can lie down between chores; others should check body position frequently, drawing in the abdomen, flattening the back, bending the knees slightly.
- Use of a footrest relieves swayback.
- Bend the knees & hips, not the waist.
- Hold heavy objects close to you.
- Never bend over without bending the knees.

- Never lift a heavy object higher than your waist.
- Never bend from the waist only, bend the hips and knees.
- Always turn and face the object you wish to lift.
- Avoid carrying unbalanced loads; hold heavy objects close to your body.
- Never carry anything heavier than you can manage with ease.
- Never lift or move heavy furniture. Wait for someone to do it who knows the principles of leverage.
- Avoid sudden movements, sudden “overloading” of muscles. Learn to move deliberately, swinging the legs from the hips.
- Learn to keep the head in line with the spine, when standing, sitting, or lying in bed.
- Put soft chairs and deep couches on your “do not sit” list. During prolonged sitting, cross your legs to rest your back.
- Your doctor is the only one who can determine when low back pain is due to faulty posture. He/she is the best judge of when you may do general exercises for physical fitness. When you do, omit any exercise which arches or overstrains the lower back.
- Rest is the first rule for the tired, painful back. Pillow may be used under knees when lying on back. This will help relieve pressure on the strain on the spine.
- When lying on side with knees bent effectively flattens the back. Flat pillow may be used to support neck, especially when shoulders are broad.