

Taking Care of Your Back

I. PROPER POSTURE:

- Proper sitting posture: Appropriate lumbar support with knees below hip levels
- Work station: Discuss specifics with your therapist

II. ACTIVITIES OF DAILY LIVING:

Sleeping posture:

- Avoid sleeping on your stomach.
- For side and back sleeping use a pillow between or under knees.

Bending/Lifting:

- Maintain straight spine – bend at hips/knees (If have hip or knee difficulty review with your therapist to address specific concerns and/or limitations.

Household Activities:

- Vacuuming, Sweeping, and Raking: Maintain the normal curves in your spine and don't twist. Work only in a small area at a time and then move your feet to advance to new area or to turn in another direction.

Frequency of sitting:

- Take frequent breaks (15 minutes) and stand up to stretch your spine and reduce accumulation of stress to you back.

III. TREATMENT:

- Your physical therapist will develop a treatment plan for you based on their evaluation, with an individualized exercise program for you to follow. If any exercise you perform increases your symptoms, stop the exercise and notify your therapist.
- Health of your spinal discs – discuss with your therapist proper disc nutrition for a healthy spine (i.e. do not sit for first 2 hours in the morning if you have AM pain).
- Disc Hydration Principles: Discuss individual specifics with your therapist to ensure proper disc and spinal health based on your signs and symptoms.