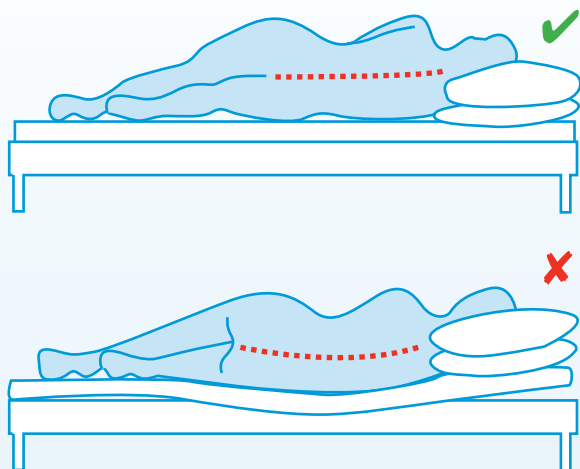


Sleeping and resting



Most people will benefit from having a firm base under the mattress. The mattress itself does not necessarily have to be rock hard. It should be comfortable and firm enough to support the spine when lying on your back or side. Talk to us about your mattress.

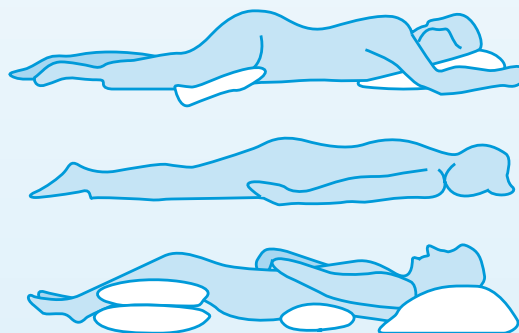
Coughing and sneezing

Coughing or sneezing can cause acute back pain. Try standing rather than sitting and support your lower back while not bending forwards.



Remember

1. Should your backache return, contact us immediately if;
 - No position eases your back pain.
 - Your back pain has not started to ease or is getting worse after 48 hours.
 - Your back pain has appeared soon after an injury such as a heavy fall or car accident.
 - You have pain, numbness or pins and needles in either leg.
 - After 48 hours, you cannot lie on your front because of the present pain.
2. Avoid putting on weight. Being overweight increases strain on your back.
3. If we have given you exercises remember to do them regularly.
4. Try to keep fit and active.
5. If your back hurts, stop what you are doing and lie in a comfortable, pain free position on a supportive surface.



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Sports, spinal and rehabilitation clinic
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Care for your Back

Tips to remember



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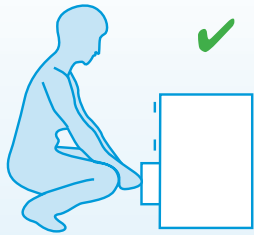
Seeing us will make the difference!

Seeing us will make the difference!

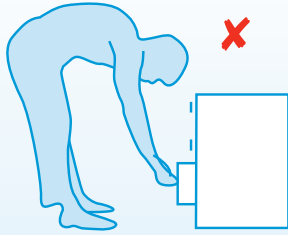
Backache is often caused by everyday activities, habitual behaviour or repetitive postures. It doesn't always have to be a single traumatic event that causes pain but can also be an accumulation of poor management.

- Poor posture
- Repetative movements
- Gardening
- Car maintenance
- DIY
- Housework
- Driving
- Lifting

Remember



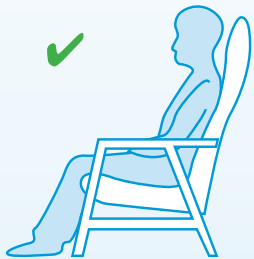
This position will **help to prevent** backache.



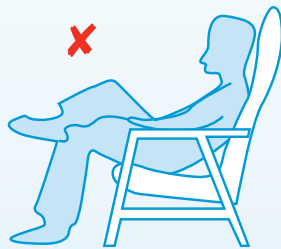
This position will **cause** backache

Sitting

If the seat of your favourite armchair is too soft, a plank of wood placed underneath the cushion will help, as well as a firm support in the small of your back. You may find it helpful to sit on a wedge shaped cushion which will allow your knees to stay lower than your bottom.



Note bottom and knees level. Firm support in lower back.



Do not sit in a chair which allows your bottom to sink much lower than your knees. Avoid slouching into a banana shape.

Lifting

1 Before lifting and especially if you have just been sitting, stretch backwards five or six times as shown by your physiotherapist.



6 Put the load down by bending your knees and keeping your back straight.

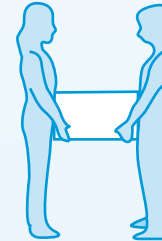


2 Always keep a straight back when lifting. Face the load and stand close to it with your feet apart, straddling the load.



7 Remember that it is possible to damage your back by lifting a piece of paper from the floor incorrectly! Observe the rules, however light the weight may be.

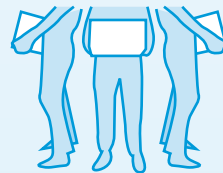
3 Keeping back straight, bend knees to go down to load, hold it close to your body.



4 Lift by straightening knees.



8 Whenever possible get help to lift a heavy or awkward load. If you have backache avoid lifting altogether, but loads over 12 kilos should never be attempted when in pain.



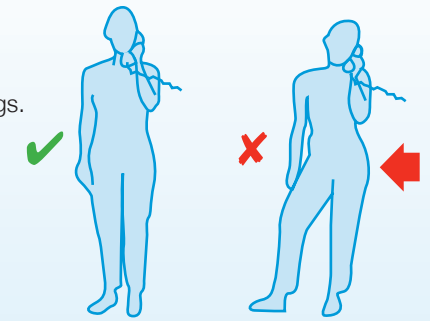
5 If you must turn, do so by moving your feet round, not by twisting your back.

9 After lifting stretch backwards again five or six times.

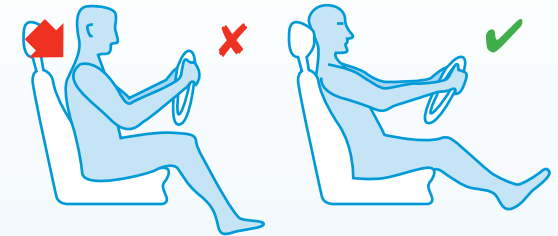


Standing

Stand tall with your weight shared equally through both legs.



Driving



Prolonged bending will cause problems. Whenever possible ensure that your work height allows you to keep your back straight. Avoid leaning forwards when in crouched or seated position. If you have to work with a bent back then stand up **frequently** and stretch backwards five to six times as shown by your physiotherapist, before returning to your work.

