



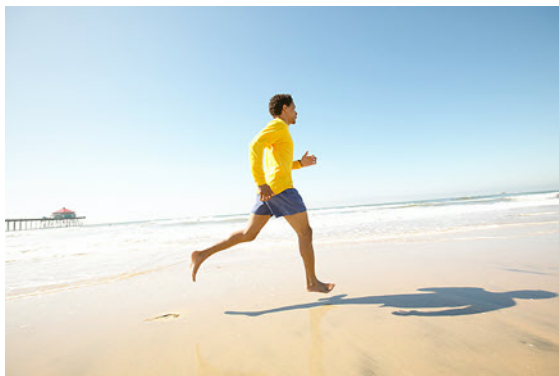
Preventing Back Pain

10 Top Tips For A Pain Free Back

Are you fed up with back pain?

Then try Christina Carlsen's tips that are **guaranteed** to help:

Do exercise you enjoy at least twice a week - dancing, brisk walking, running, gym, fitness classes, etc. Pace yourself to your own fitness level; don't over do it!



Plain Facts

Stress and poor posture cause muscle tension and back pain. Fortunately, exercise combats tension.

If your back pain persists, see a physiotherapist.

Remember, you are in charge of your body and responsible for keeping it fit and pain-free!

Understand your back pain by getting a diagnosis early.

Don't expect to be pain free before resuming activities.

The longer you leave your back pain undiagnosed, the longer it will take to get better.



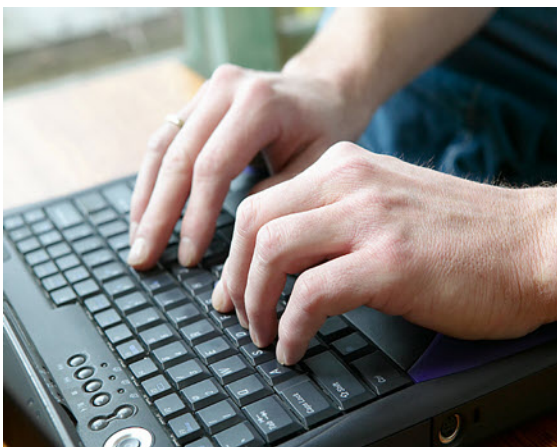
Warm-up before exercising with a 5-minute jog or other cardiovascular exercise followed by stretches. Stretches alone will loosen you but not warm you up! Finish off with a 10-minute stretch after exercising.

Join a Pilates class or learn a core stability exercise programme - this strengthens the muscles that support your back. Your physiotherapist can specifically design a programme for your problem.

Reduce stress - try yoga or meditation, have a massage, allow more time to go from one place to another, keep within speed limits, learn anger management.



Sit upright at work and at home: do not slump in soft couches and armchairs. See a physiotherapist or try the Alexander Technique to “un-learn” your poor postural habits!



See your work-place for an ergonomic risk assessment to ensure your workstation equipment and posture is correct.

Pace yourself, don't dig the whole garden or vacuum clean the whole house in one go - take frequent breaks!

Bend your knees and hips - not your back - when lifting and remember two persons should lift heavy loads! Never lift and twist at the same time or you could get a slipped disc.

Warning: worn out, sagging beds can cause back pain! You need a firm base with a pocket-sprung mattress, but “Orthopaedic” mattresses are often too hard. The spine should be straight but supported.

Are you overweight? Lose some weight! Seeing a dietician can be helpful. If you plan to lose a significant amount of weight consult your GP.



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Further Advice

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