



Top Ten Tips

Tip #1 - Cold vs. Heat

People become confused on when to use ice and when to use heat.



For immediate pain, use ice and for persistent pain, use heat. When you have pain as a result of an activity (for example if you are a golfer and you play 18 holes and your back begins to hurt) put ice on it. Anytime where you have an episode when you do something and it makes your pain worse then you put ice on it.



If you have a low level pain all the time and it is not going away then use heat.

Just remember immediate pain use ice and for persistent pain use heat!

Tip #2 - Hip Hinges

Some of the variables that you do during the day are going to add more pressure to your discs. Hip Hinges are the correct way to bend to avoid loading pressure on the discs. Too much pressure on the disc causes Disc Degeneration.

Wrong:

When people bend they lean forward which causes the back to roll forward causing the flexion to load the discs.

Right:

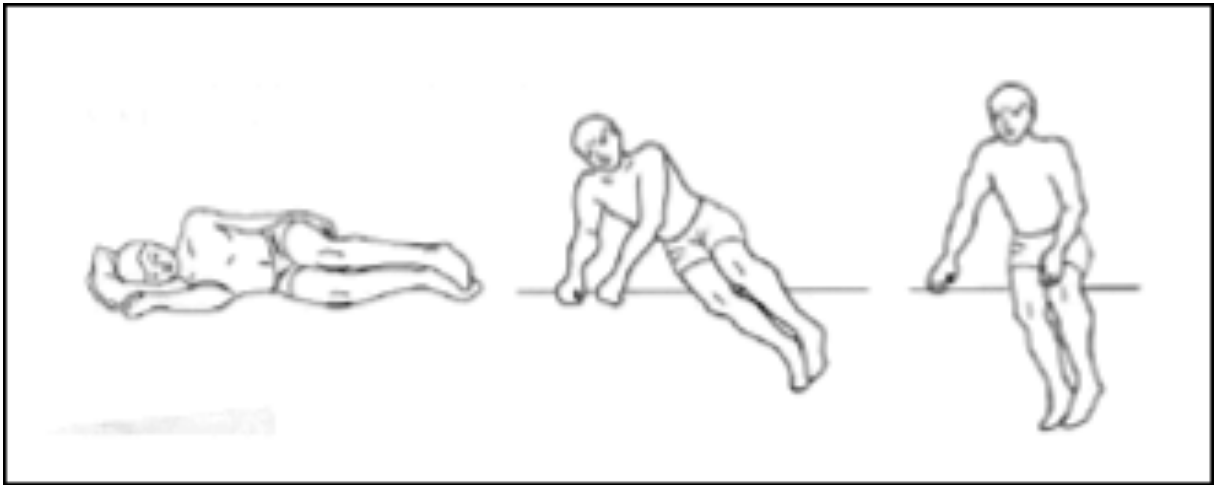
- 1) Get a four foot wooden dowel or broom stick
- 2) Place the dowel behind you and line it up to your spine
- 3) Bend your body at your hips and stabilize the dowel on your head and the lowest part of your spine; this motion will teach you how to properly bend to avoid flexion.
- 4) Practice leaning forward with the dowel behind you and bend down as if to pick something up.

The idea is to avoid flexion because that is what loads the discs.





Tip #3 – The Right Way to Get Out of Bed



Getting out of bed might not seem like a hard task for you but anyone who has suffered with a back injury may know that the easiest tasks can be one of the most challenging.

Use the Logroll technique to get out of bed!

Logroll: While lying in bed, roll over onto your side so that you are facing the side of the bed that you get out of. Slowly and gently bring your knees to your chest. (Keep your legs on the bed at all times). As you do this, use your hands and arms to push your upper body off of the bed. Then let your legs fall slowly off the edge of the bed. Your weight will be on your hip, thigh, and buttocks instead of your spine as you rise. Finish the logroll by putting your hands on your thighs and lengthening your back up as you push up and out of your bed. Remember to keep your back straight and your head up as you rise.

Tip #4 - The Right Way to Get Out of Your Chair

Work in a desk all day? You may run into back problems with the simple act of getting in and out of your chair.

Wrong:

Avoid flexion which puts too much pressure on the discs of your spine.

Right:

- 1) Scoot to the edge of your seat
- 2) Place your feet under your body
- 3) Stand up using your hips



Knowing the right way to get in and out of your chair is important because we do it all day every day.

Tip #5 - Exercises

Exercise is good for your back!

1) Walking



If you have a relatively healthy back then walking is good. However, certain variables like stenosis or herniated discs make walking not the right exercise for you.

“Your goal should be to take a 20 minute brisk walk everyday”

2) Swimming



Swimming is good for your back because it is not a weight bearing activity.

Both exercises are good for easing your back pain.

Tip #6 – Sitting for 30 Minutes or More

We live in a culture that requires a large amount of sitting. We sit at work, in a car, or at home.

Sitting for a long period of time is bad for your back.

If you are seated for 30 minutes or more, stand up and walk around for at least two minutes because movement is good for your back.

Remember 30 minutes is the limit!



Tip #7 – Micro Breaks

We live in a culture that requires a large amount of sitting. For example, we sit at work, in our cars or on the couch at our homes.

Wrong:

Sitting down for a long period of time is a common mistake made by many people.

Right:

- 1) Scoot to the edge of your seat
- 2) With knees apart and place your feet pointed out
- 3) Put your palms out on each side
- 4) Shoulders back
- 5) Rotate your palms which will roll your shoulders back



Take a micro break every hour!

Tip #8 - The Right Way to Breathe

It is a cultural phenomenon that we breathe wrong because we are always holding our stomach in.

Wrong:

People breathe from their rib cage.

Right:

- 1) Breathing from your stomach rather than your ribcage can help to ease back pain.
- 2) When one inhales their stomach should go out and when they exhale their stomach should go in. Repeating this exercise will teach one the right way to breathe.



Surprisingly, if you breathe wrong you can make your back pain worse.

Tip #9 - Brushing Your Teeth

While brushing your teeth, the important thing is how you stand.

Wrong:

People often lean forward when brushing their teeth and this motion causes the discs to load which leads to back problems. Another example of this is when people lean over to wash their dishes.

Right:

- 1) Place one foot on a six inch foot stool which gets you in an upright position while brushing your teeth or washing the dishes
- 2) When you need to bend forward, bend at your hips. (Hip Hinges)



These helpful tips not only work for one who is brushing their teeth but also for one who is spending time in the kitchen washing dishes.

Tip #10 – Ten Minute Rule

Wait 10 minutes before lifting after prolonged periods of sitting or resting.



Wrong:

Do not pick up anything for the first 30 minutes after getting out of bed. Likewise, do not pick up anything for 10 minutes after getting out of a chair.

Right:

If you are seated for more than 40 minutes, you have to wait 10 minutes to pick something up.

Always remember to wait 10 minutes!

Tip #11 - Lifting

Knowing the correct way to lift can help your back.

Wrong:

The goal is to not flex forward using your spine when lifting

Right:

Always use your knees and legs to lift because this will avoid loading the discs.

The goal is to flex and bend at the hips.



Tip #12 - How To Get Out of Your Car

Just like when you are getting out of your chair, there is a right and wrong way to exit your car. Certain ways you twist and move while getting out of your car can put stress on your spine causing back pain. If you move too quickly while exiting, this can also add extra pressure on your discs. Move at a comfortable rate for you.

Here is the right way to exiting your car:

- Place your right hand on the steering wheel.
- While placing your left hand on the seat.
- Turn your body and your legs at the same time.
- Then use your hips to stand up.

Follow these steps and you will avoid back pain later! Remember there is no rush!!!