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LOOK AFTER YOUR BACK



Most of us will
have back pain at
some time in our
lives.

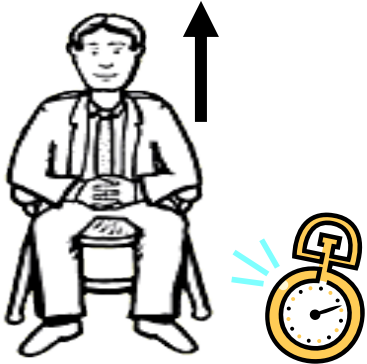


Back pain is often
caused by everyday
activities.



Most back pain can
be avoided.

Keep your back in a safe position



- * Sit upright in your chair
- * Do not sit in a very low chair
- * Do not sit for too long, get up and walk around

Standing

Sleeping



Stand straight and tall.



Use a firm Mattress and one pillow.



Kneel down when weeding or planting.



Do not do the same task for long periods

Leisure



Wear well fitting shoes when you go for a walk.



Wear trainers if you go running.



Bend your knees not your back when you dig in the garden.



Watch your weight



Keep active.



Do not lift heavy things.

In the home



Do not stretch too far when dusting or cleaning.



Get help to lift heavy furniture.



Do not put too much water in a bucket or bowl it will be too heavy.



Bend your knees when picking things up from the floor.



Do not bend for too long.

Think about your back when you are:



Gardening



Cleaning



Shopping



Lifting