

Advise and Do's and Don'ts for low back pain

ADVISE :

- **Wear lumbar belt.**
- **Do hot fomentation (with hot moist towel/hot water bottle) thrice a day.**
- **Keeps a towel roll under your lower back while doing exercise, while lying down and while sleeping hours.**
- **Wear soft/cushion sole. Avoid flat shoes/high heels. Wear jogging shoes.**
- **Suggest lying on tummy (if comfortable for patient) but older patient should avoid lying on tummy.**
- **Walk straight in a correct posture.**
- **For Old Patients – While physiotherapy treatment is continuing (15 sittings) keep your hands supported on your back at hip level.**



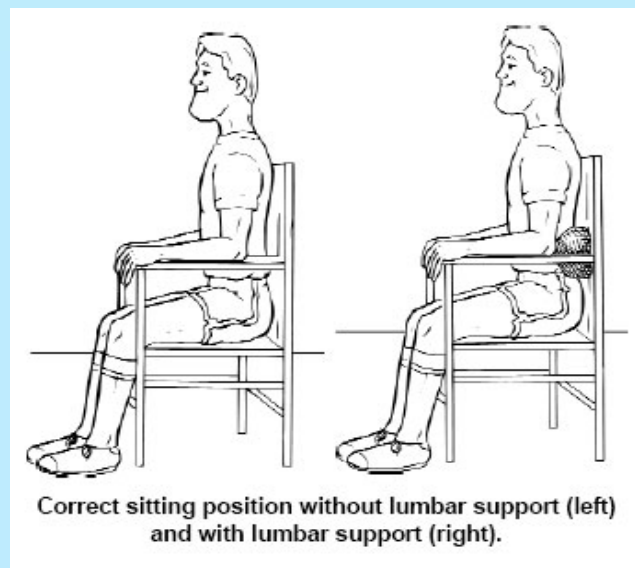
Do's and Don'ts for low back pain

Sitting And Getting Up:

Do's :

- Ensure that your lower back is supported well with a pillow. Sit with your back straight, especially while sitting in the car.
- Ensure that your work-desk is at a correct and comfortable height.
- Always keep your knees and hips at the same level. Placing your knees above your hip level will disrupt the normal curvature of your back and give you that ache you wouldn't want.
- Sit only for short intervals.
- If you are driving for a long period, try to take pit stops as often as possible. Get out of the car, stretch a bit and walk around. This will give your back the well-deserved rest.

Don'ts :



- **Do not sit on soft couches. That will not enable you to sit straight.**
- **Do not slouch, this will make your back curl and exert your lower back.**
- **While getting up, do not bend forward at your hip. Move ahead in your seat, apply pressure on your legs, straighten them and then stand up.**

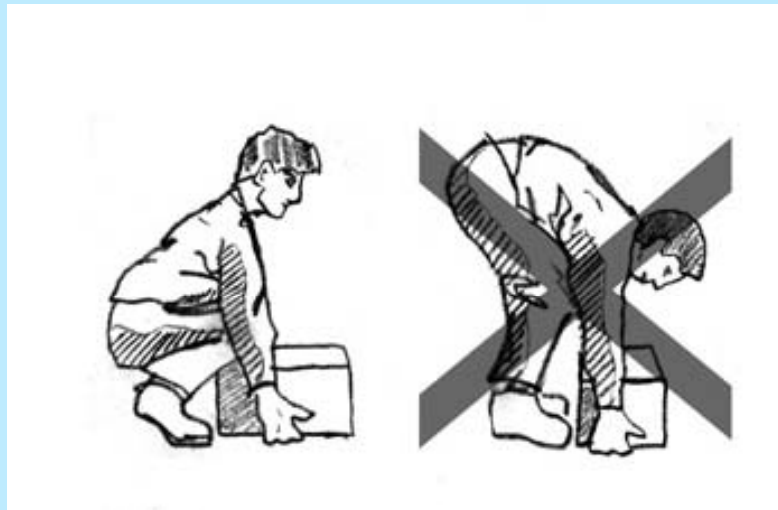
Working :

Do's :

- **While lifting, stand as close to the object as possible, bend only at the knees while keeping your back straight. Secure your grip on the thing and lift it by straightening your knees.**
- **Avoid lifting heavy objects if possible.**
- **Keep your back straight while doing mopping, using the vacuum cleaner, working with a lawn mower, etc.**

Don'ts :

- **Do not jerk and lift anything.**
- **Bending to lift anything is a strict no-no.**



Sleeping And Waking Up:

Do's :

- Try sleeping on your side with your knees slightly bent and a comfortable pillow placed between the knees, this helps to avoid exerting the back.
- Ensure that the mattress is firm enough to support the curvature of your spine.

Don'ts :

- **Do not get up from your bed with a start. Take your time, stretch a little in the bed if you can, then slowly turn over to the side and get up by using the elbow of one arm and the palm of the other hand for support.**

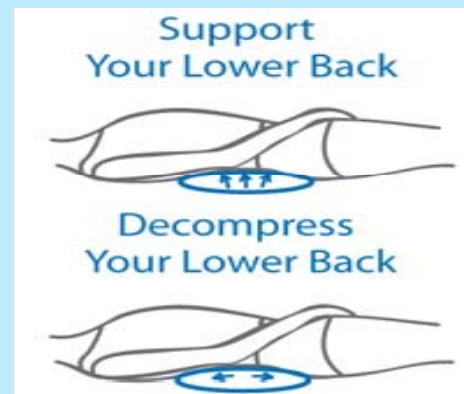
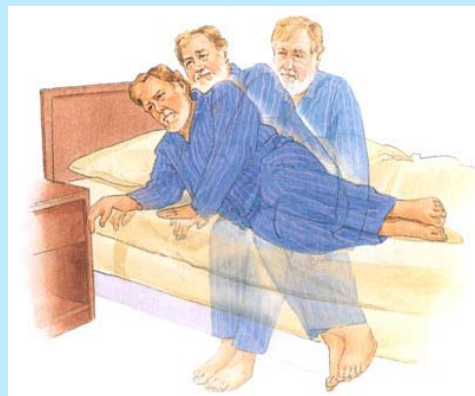


Fig. a

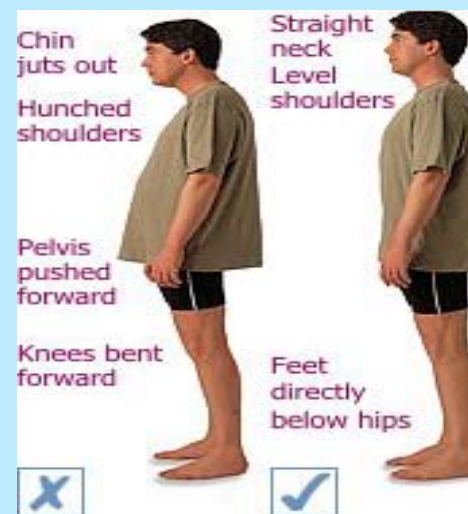
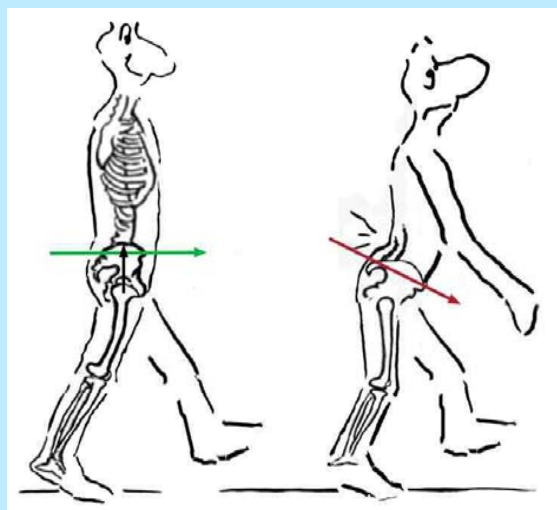
Fig. b

- **Towel roll should be placed below the lower back as shown in (fig a.) and one pillow below the knees as shown in (fig b) while lying on your back.**

Walking Or Standing

Do's :

- ❖ Ensure that your shoes are the right size and hug and cushion your feet comfortably. There should be a thumb width gap between your big toe and the end of the shoe.
- Keep your back straight and maintain a good posture while walking or standing.



Sleeping And Waking Up:

Do's :

- **Try sleeping on your side with your knees slightly bent and a comfortable pillow placed between the knees, this helps to avoid exerting the back.**
- **Ensure that the mattress is firm enough to support the curvature of your spine.**









Don'ts :

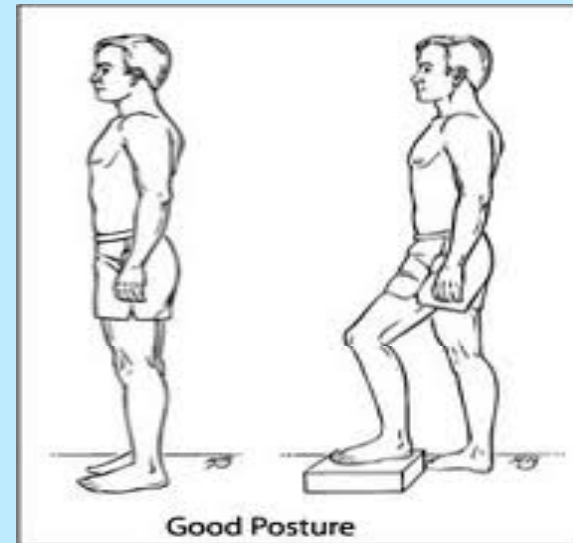
- **Do not stand for long periods. Take your shoes off and wiggle your toes to enable circulation of blood.**
- **Do not wear high heeled uncomfortable shoes. The best shoes for your feet and back are the ones that are flat.**

Travelling :

CAR :

- **Hands should be positioned at "10 and 2 o'clock" on the steering wheel.**
- **Sit slightly reclined with your shoulders comfortably back in the seat. Sit as far back from the steering wheel as possible while still remaining in safe control of the vehicle.**
- **Hold the outside rim of the steering wheel at "9 and 3 o'clock" or slightly lower. This position will minimize the risk of injury to your arms, hands and fingers in case your airbag deploys. Arms should be bent slightly.**
- **Be able to pivot your right foot from the accelerator to the brake pedal without lifting your heel from the floor.**

Do's	Don'ts
	
	
	
	



Right posture for working on desktop :

