

## DO's

- Bend your knees as you life. Make your legs to the hard work, not your back.
- Sit with a rolled up towel or some other support behind your lower back.
- Have your work surface at a comfortable height.
- Use a firm mattress on a firm bed to sleep.
- Sleep on your back with a pillow under your knees. Or sleep on your side with your knees bent and a pillow between them.
- Wear flat, low healed comfortable shoes.

## DON'Ts

- Don't lift objects away from your body with your arms outstretched.
- Don't lift objects that are too heavy for you.
- Don't slouch in your chair.
- Don't stand for a long period of time without changing your position.
- Don't sleep on your stomach.

References: 1. Low Back Program Exercises. The Nicholas Institute of Sports Medicine and Athletic Trauma. Available at: <http://www.nismat.org/orthocor/programs/lowback/backex.html>. Accessed on March 19, 2010. 2. Managing acute low back pain. Intermountain healthcare. Available at <https://kr.ihc.com/ext/Docmnt?ncid=51061911>. Accessed on March 19, 2010. 3. Do's and Don'ts with low back pain. The Ohio state university medical centre. Available at <http://medicalcenter.osu.edu/patiented/materials/pdfdocs/exer-reh/physical/do-dont-back-pain.pdf>. Accessed on March 19, 2010.

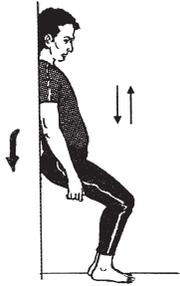
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## EXERCISES FOR YOUR BACK

Follow these simple exercises



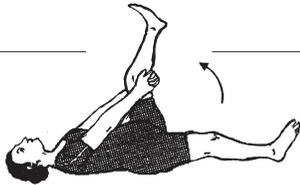
### Wall Slides

Stand with back leaning against a wall. Bring your feet one foot forward to the wall. Keep abdominal muscles tight while slowly bending both knees. Hold for a few seconds and slowly return to the original position. Repeat this 10 times.



### Standing Arch

Stand with your feet apart and hands on your back with fingers pointing backwards. Bend backwards at the waist, supporting the trunk with your hands. Keep your knees straight. Hold for a count of 5. Repeat this 10 times.



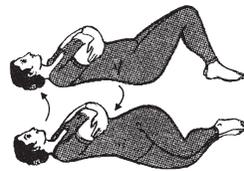
### Hamstring Stretch

Lie on your back with your legs up and put your hands around the upper leg for support. Slowly straighten the raised knee until you feel a stretch in the back of the upper leg. Hold for a count of 5 and then return to the original position. Repeat with alternative legs.



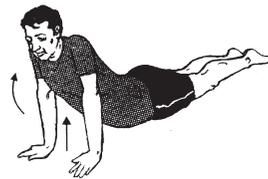
### Double Knee to Chest

Grasp both your knees with your hands and pull them towards your chest. Hold for a few seconds and relax. Let your knees return but keep them bent at arm's length. Repeat this 10 times.



### Hip Rolling

Lie on your back on a firm surface. Keep both your knees bent, feet flat on the surface. Cross your arms over your chest. Turn your head to one direction while turning both your knees to the opposite direction. Return to the original position & relax. Now repeat in the reverse direction. Repeat with alternative sides.



### Press Ups

Lie on your stomach with your back and hips relaxed. Use your arms to press up. Concentrate on keeping your hips down and push up your upper body as high as possible.



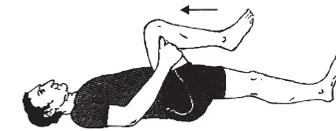
### Heel Raises

Stand on your feet balancing yourself. Holding onto a support slowly raise your body as on your toes and hold a count of 5. Then, slowly return to the original position. Repeat this 10 times.



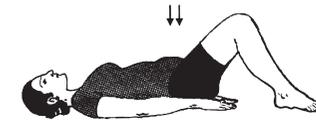
### Straight Leg Raises

Lie on your back with one leg straight and one knee bent. Tighten abdominal muscles to stabilize low back. Slowly lift one leg straight up about 6 to 12 inches and hold for a count of 5, slowly return to the original position. Repeat this 10 times.



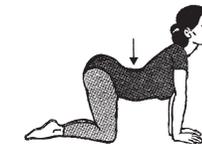
### Single Knee to Chest

Lie on your back with both knees bent. Hold your thigh behind knee and bring one knee up to chest. Hold for a few seconds. Relax. Repeat with alternative legs.



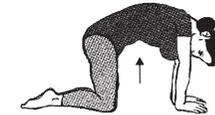
### Pelvic Tilt

Lie on your back on a firm surface. Keep your feet flat on the surface and knees bent. Push your back into the floor by pulling the lower abdominal muscles on and in. Hold your back flat while breathing easily in and out. Hold for a count of five. Do not hold breath.



### Cat and Camel

Knee down on the floor in an all four position on your hands and knees. Curl your back up towards the ceiling like a cat. Hold for a count of five. Return to starting position. Pull your stomach down to the floor hollowing out your back. Hold for a count of five. Return to starting position. Repeat ten times.



### Back Extension

Lie on your stomach on a mat. Place your arms at your sides so that your hands are by your hips. Raise your head and shoulders off the mat as high as comfortably possible. Hold for a few seconds. Lower the head and shoulders. Do not tense your shoulder muscles. Repeat for few times and relax.