



**Tips to maintain a better life
with Low Back Pain**

LOW BACK PAIN

Prevalence

Low back pain (LBP) is characterized as a pain localized in the lower spine, often with single or double-sided radiation to the buttocks and thighs. LBP is very common symptom that occurs in humans and its prevalence increases with age. Epidemiological data say about 80-95% of the population who feel, felt, or will feel pain in the lower spine at least once in their life.

Symptoms

The type of symptom and intensity of pain depends on patient to patient. The common symptoms are as follows:

- ▶ Dull aching pain that remains within the low back
- ▶ Pain that travels to buttocks, legs and feet
- ▶ Pain that is worse after prolonged sitting
- ▶ Pain that feels better when changing positions
- ▶ Pain that is worse after waking up and better after moving around



Do's

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Don'ts

Workstation:

- ▶ Sit firmly against the chair back.
 - ▶ The top of the screen should be just below eye level.
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Standing and Walking:

- ▶ Avoid high heeled shoes; choose comfortable, low heeled shoes. Keep correcting your posture whenever necessary.
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Sleeping:

- ▶ When lying on your side, bend your knees and place a pillow between them.
- ▶ Sleep on a mattress that supports your back's natural curves.

Workstation:

- ▶ Don't slump or slouch.
 - ▶ Don't lean forward to read the screen.
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Standing and Walking:

- ▶ Don't stand too long in one position.
Don't walk with poor posture
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Sleeping:

- ▶ Don't sleep or lounge on soft, sagging, or non-supportive mattresses or cushions.
- ▶ Don't sleep on your stomach

Exercises

Physical activity is important for overall health and wellness. Regular activity is a key factor in managing Low Back Pain along with meal planning, taking medication as required, and stress management.

Tips on exercises for Low Back Pain

Hamstring Stretches

Hamstring stretches relieve the back of the leg, where some of the muscles that support the work of the lower spine are found. As shown in the photo, this is a stretch that benefits from the use of a towel or fitness band.



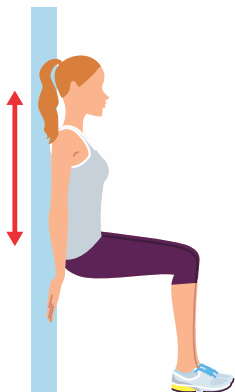
- ▶ To perform a hamstring stretch, follow these steps:
- ▶ First, lie on your back with one knee bent.
- ▶ Next, thread a towel beneath the ball of the foot on the unbent leg.
- ▶ Pull back on the towel slowly, straightening your knee. You ought to feel a gentle stretch along the back of your leg.
- ▶ Hold the stretch for at least 15-30 seconds.
- ▶ For each leg, repeat 5 times.

Wall Sits

When it comes to low back pain, try some wall sits as a break from sitting on the couch.

To do these wall sits properly and without injury, follow these steps:

- ▶ Stand with your back facing the wall at a distance of about 10 to 12 inches.
- ▶ Carefully lean into the wall until your spine is flat against it.
- ▶ Slide down the wall slowly until your knees are bent slightly. Continue to press your low back into the wall.
- ▶ Hold this position for a count of 10, then carefully slide back up the wall. Repeat 8 to 12 times.





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