

BACK CARE PROGRAM

Maintaining good posture is really important for a healthy back. The first thing to remember is to always be aware of your back. Whenever you are driving in a car or sitting in a chair with the high back, remember to push your lower back forward and compress and hold it out or upright.

Slouching shoulders are sometimes bad habit for many people who have office jobs, one who sits at a computer or on the telephone. If you have a tendency to slouch or slumped a doctor or physical therapist can help you correct this bad habit and stretch the chest and front of the shoulders and the back.

When standing for long periods of time, check that your abdomen is supported and your hips are slightly tucked in. In the sitting position, relax your neck and feet. Take a break every 15 minutes to stretch your back. When you are sitting, use a mirror or a reflective window—it's a good reminder to keep your back straight throughout the day.

REST POSITIONS

BACKLYING DO



DON'T



SIDELYING



Roll up on your side with your knees slightly bent. Optional – you can put a pillow between your knees for extra comfort.

Do not put your arms above your head. The above positions can cause a swayback.

ALTERNATE REST POSITION



USE OF PILLOW FOR BACKRESTS



GETTING IN AND OUT OF BED

GETTING IN

1. Sit on the edge of the bed.
2. Bring both hands to one side.
3. Lower the side of your body to the bed keeping your knees bent at about 5 degrees.
4. Put your feet on the bed.
5. Remain on your side and roll to your back.



GETTING OUT

1. Roll to your side.
2. Push up with your hands to a sitting position.
3. Keep your knees bent and swing your legs over the edge of the bed.
4. Use your legs for leverage to help bring your body up.

DO



SITTING

Use good body mechanics when sitting in a chair. Sit straight with the natural curve of your back. Try to keep your knees higher than your hips. Do not slouch. This takes stress off of the low back. Put your legs straight on another means strain your low back.

DON'T



CAR

For proper seating in a car, keep your knees the same level as your hips and the seat back in a comfortable position with your back straight. Do not slouch.



DO



STANDING

Stand with your feet on a stool to help relieve pressure on the back. You should try to stand in a natural comfortable position.

DON'T



Backs In Motion The Only Back Care Program For Everybody

**Harris H. McIlwain, Debra Fulghum
Bruce**



Backs In Motion The Only Back Care Program For Everybody:

A Healthy Back Lewis G. Maharam,1998 Recognizing that different sports and activities stress the back in different ways sports medicine expert Dr Lewis Maharam tailors exercises for more than a dozen sports including hiking cycling in line skating golf tennis aerobics and bowling as well as a program of exercises for the non sports minded Line drawings *Backs in Motion* Lewis G. Maharam,1996 A back care program rooted in sports medicine draws on an understanding of how the body moves and how everyday activities stress the back to provide a range of techniques for keeping the back healthy

Prevention's Healing with Motion Prevention Health Books,1999 Discusses the use of simple motion as a cure for many common ailments **Back in Control** David Borenstein,2003-04-23 Back in Control A Spine Surgeon s Roadmap Out of Chronic Pain is a book that shares the strategies learned by the author during his own journey out of chronic pain This website is the action plan which evolved from many patients successes It will guide you along a transformative path from suffering to empowerment and vitality The Publishers Weekly ,1996 *The Pain-Free Back* Harris H. McIlwain,Debra Fulghum Bruce,2012-02-15 Whether it results from injury osteoporosis or an unusually intense weekend golf game back pain is an all too common cause of serious discomfort that can debilitate even your most dedicated effort to maintain a healthy and active lifestyle It doesn t have to be that way Dr Harris H McIlwain has devoted his career to bringing relief to sufferers of back pain and arthritis and in THE PAIN FREE BACK he shares his clinically proven six step program for achieving and maintaining a healthy back With Dr McIlwain as your guide you ll be able to identify what s feeding your pain and more important how to eliminate it without expensive medical procedures This comprehensive resource includes Resistance exercises to strengthen your back and ease pain within days of starting the program Tips for losing weight on a low carb pain free diet that helps control hunger pangs and a guide to healing foods that decrease inflammation and pain Back friendly alternative therapies that ease pain naturally as well as touch therapies for soothing various types of back pain Lifestyle changes such as ergonomic computer stations that reduce the stress on your back Anyone who experiences back pain will find this an essential aid to recovering a full and active life **Subject Guide to Children's Books in Print 1997** Bowker Editorial Staff,R R Bowker Publishing,1996-09 **The Barn Door is Open** Serge Alfonse,2020-10-08 The Barn Door Is Open Frameworks and Tools for Success and Fulfillment in the Workplace is a business book a playful and humorous read an intelligent metaphorical and philosophical tale anchored in the tools and techniques of innovative and proven management frameworks Readers will not only find its teachings entertaining and inspirational but will benefit from its lessons and tools by applying them to their personal lives This book integrates the subjects and tools of Lean and Lean Transformation mindfulness conflict resolution Theory of Constraints project management Agile Six Sigma change management and corporate culture transformation into one easily digestible reference Macmillan Health Encyclopedia: Noncommunicable diseases and disorders ,1999 **Back Pain** Judith Willis,1985

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web tio with the accent lighting being two times brighter than the general lighting level creates a barely recognizable
contrast whereas a 30 1 contrast ratio will create a strong focal effect on the focal items each type of lighting has many
options and by incorporating the recommended light levels and contrast ratios the end result is a

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