

10 TIPS FOR GOOD BACK CARE

Back pain is common in the general population and most back pain is not due to any serious disease. These tips will help you keep a healthy back.

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1 Keep fit and active. Walking, swimming and cycling are all good activities for your back.

2 Avoid working for long periods with your back in a stooped or twisted position.

3 Handle loads with your back in a good position, and keep the load close to you.

4 Avoid sitting in very low seating for prolonged periods.

5 Adjust your work chair to support your back. Stretch regularly and take frequent desk breaks.

6 When driving adjust the car seat to support your back and take breaks on long journeys.



7 Sleep on a firm mattress with one pillow which gives good support to your neck.

8 Consider your work-life balance as stress can lead to increased muscle tension and discomfort.

9 If you do feel back pain, keep on the move and avoid sitting for long periods.

10 Consult your doctor or chartered physiotherapist if your symptoms persist.

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