

OCTOBER

Back Care

Many Canadians suffer from back pain. Back pain can be caused by a variety of factors, including poor posture, incorrect lifting techniques, repetitive motions, and sleeping on an old mattress. It is important to exercise caution in the workplace to prevent injuries and to ensure that your back remains healthy.

DID YOU KNOW...?

Prolonged bed rest is bad for your back. After one or two days of rest, the best thing that you can do is be mobile.

Preventing Back Pain

Lifestyle

- Exercise regularly
- Reduce your stress levels
- Wear comfortable and well-supported shoes
- Try to maintain the natural curve of your back while sitting

Lifting

- Lift objects with your legs
- Balance the object that you are carrying with both hands
- Keep your abdominal muscles strong

Standing

- Do not stand in an awkward position for a long period of time
- Walk around frequently
- Change your standing position often

Use these exercises to help strengthen your back and abdominal muscles



Knee to Chest Stretch

Pull your knee up to your chest and hold for 5 to 10 seconds. Release slowly. Repeat with each leg.



Side Bend

Standing upright, extend your one arm down your leg and stretch. Repeat on both sides.



Back Extension

Place both hands on the floor and slowly lift yourself upwards. Try to extend your chest upwards and slightly arch your back. Hold this position for 10 to 15 seconds and slowly release. Repeat.