



PREVENTING BACK PAIN

Aster
HOSPITAL

We'll Treat You Well



Digital Version



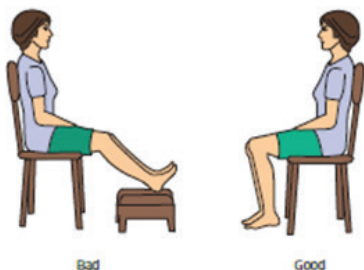
One of the most common problems in adults, back pain can be caused due to various reasons including bad posture, long hours of sitting, torn muscle or ligament, disc problems or injuries.

Here are some simple instructions that will help you manage/ avoid back pain.

WHILE SITTING

Dos

- Do not sit for long hours at a stretch. If your work demands to you do so; take a break every 40 minutes.
- Place a supportive towel roll at the belt line of the back while sitting, especially while travelling in a car.
- When you want to get up, move to the front of the seat and stand up slowly by straightening your legs.
- Avoid bending forward at the waist, so that there is no pressure on your back.
- When you get up from sitting position, make keep the normal curves in your back – do not stand in an abnormal posture.
- Always stand straight, do not hunch or stoop.



Don'ts

- Do not sit on a low, soft couch with a deep seat. It will make you to sit with your hip lower than your knees, which will lead to loss of normal curve of the back.
- Do not place your legs straight out in the front of you while sitting (e.g. sitting in the bath tub).

WHILE STANDING

Dos

- Avoid standing for long periods. If your work demands to do so; keep one leg up on a footstool.
- Adapt work heights, place a block/ elevate the height of the surface you stand on to avoid back pain.



Don'ts

- Avoid standing in a half bent position. This can cause serious problems to your back across time.

WHILE BENDING FORWARD

Dos



- Keep the natural curves of your back by kneeling (e.g. when cleaning the floor, working in the garden, vacuuming or making your bed)

WHILE LIFTING

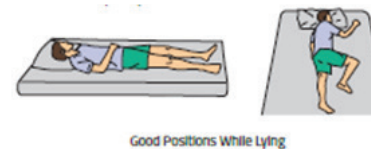


Dos

- Avoid lifting weights as much as possible
- Keep your back straight while lifting something, never stoop or bend forward.
- Stand close to the weight, with a firm footing and legs slightly apart.
- Kneel only on one knee, while keeping the back straight.
- Have a secure grip on the load and lift by straightening your knees.
- Lift steadily; do not lift at once, abruptly.
- Shift your feet to turn so that you don't twist your back

WHILE LYING DOWN

Dos



- Always sleep on a firm surface/ mattress.

- If the base of your cot is not hard surface/ firm, use a piece of plywood between the base and the mattress.
- You can also place the mattress on the floor.
- Keep a supportive towel roll behind your waist.
- Do not sleep on your stomach.

WHILE COUGHING & SNEEZING

Dos

Bend backwards while you cough or sneeze. This will ensure that there is minimal stress on your back.

WHILE DRIVING

Dos

- Avoid driving as much as possible as it puts direct stress on your back. Move the seat forward to the steering wheel; your seat must be close to the wheel to ensure that your back doesn't bend.
- If your hips are lower than your knees in this position, raise your body by sitting on a firm cushion.



PLEASE SCAN FOR
THE LOCATION

Aster HOSPITAL

We'll Treat You Well

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