

# Daily Back Care

# Back care in Everyday Life

## Consider the following...

- ✓ **When we leave work do we need to continue with back care?**
- ✓ **Quality of life with back injury?**
- ✓ **What do we do in our personal lives which could injure our backs?**

# Back care in Everyday Life

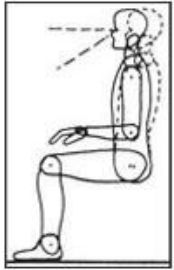
- ✓ You must be aware of your back posture on a day to day basis
- ✓ Correct lifting is for your home, work, car, shed...etc!
- ✓ With little bit of exercise regularly it will help in avoiding injury...

# Try to be Active & Keep Fit

- ✓ **Fit strong muscles, ligaments & tendons are less inclined to injury...Supple & Elasticised**
- ✓ **Heal faster as the tissues have improved blood supply from the extra demands from exercise**
- ✓ **Offer greater “Core” strength for posture & support plus more power to dynamic muscles e.g. Biceps & Triceps**

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Are you sitting comfortably?



- ✓ **Ensure you can sit back against the lumbar support and still put your feet flat on the floor**
- ✓ **The seat should be high enough for you to get out of with your arms folded**

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## Buying your bed - Support

- ✓ **Almost 1/3 of our lives are spent in bed – A bad mattress = 8 Hours of poor posture**
- ✓ **The bed should support you in a comfortable position**
- ✓ **Test this by lying on your back, slide your hand under the curve of your back**
- ✓ **If you cant..the bed is too soft**
- ✓ **If its very easy the bed is too hard**

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## Back Care Whilst Driving

- ✓ **Sitting in car seat parked like soft chair**
- ✓ **Sitting in car seat during driving involves greater motion i.e.**
- ✓ **Acceleration & Deceleration**
- ✓ **Use of legs for pedals etc, So no support from feet planted on the ground**
- ✓ **Compounded by bad seat design**

# Back care in Everyday Life

## What to Look For...

- ✓ **Car seat comfort**
- ✓ **A wide range of adjustments**
- ✓ **Change your posture when possible & when safe have a good wriggle in your seat to relieve postural fatigue**
- ✓ **Take regular breaks...get out and move!**
- ✓ **Car seat accessories**



# Back care in Everyday Life

## Avoiding Back Pain

- ✓ **Warm up before starting and pace yourself – know your own capabilities**
- ✓ **Use good quality well maintained tools properly sized for your use**
- ✓ **Make loads manageable**