

Back Care

Patient Information



How to Care for Your Back

What is back pain?

The back is a complex network of muscles, bones, nerves and discs interconnected with each other. Any injury or strain to the back may cause pain in different regions with varying intensity. Back pain can occur in the following regions of the spine:

- **Upper Back:** Pain can occur around the rib cage and shoulder blades due to strain or injury.
- **Middle Back:** Pain can occur around the thoracic region, usually due to poor postures, sports injuries and muscle strains.
- **Lower Back:** Pain can occur in the lumbar region. Lower back pain is regarded as the most common type of pain across the globe.

Why do I suffer from back pain?

You may have back pain due to a number of reasons. Poor posture is one of the most common reasons and proper posture plays a vital role in keeping your back pain free.

Back pain can be avoided by following small steps of correcting your posture while sitting, standing, walking or sleeping.

When should I see a doctor?

Consult a doctor immediately if you:

- Feel numbness in the back or the legs
- Have severe pain that does not improve with rest
- Experience an injury or a fall.

How will this guide help me?

This guide will help you in adopting correct body postures to help prevent back pain. It will also help you identify the postures that are harmful and may cause serious health problems, particularly to your back.

	Do's	Don'ts
<p>Sitting Position: Avoid using soft chairs and deep couches.</p>	<p>Sit on a chair with your knees and hips at the same level.</p> <p>Sit on a chair in an upright position. Push your back and hips as far back in the chair as possible.</p>	<p>Do not sit on a chair that is too high or too low. Both positions will increase back strain.</p> <p>Avoid 'TV slump', the curve formed in your posture when you sit and watch TV that has been placed either too high or too low. This causes strain in the neck, shoulders and back.</p>
<p>Standing Position: Try to keep your head in line with your spine while walking.</p>	<p>Use a footrest while standing for long periods and keep switching between both the legs frequently.</p>	<p>Avoid standing for long periods without a footrest.</p>
<p>Lifting Objects: Avoid lifting heavy objects higher than your waist.</p>	<p>Stand close to the object and bend at the knee to lift the object.</p>	<p>Do not bend from the waist to lift any object.</p>
<p>Driving Position: While driving, stay focused, and avoid sudden movements of the muscles.</p>	<p>Sit in an upright position with your back supported by the seat. Adjust the seat to keep your feet close to pedals.</p>	<p>Do not sit too far from pedals. It increases the back curve and strains the muscles.</p>
<p>Resting Position: Try to keep your back flat while resting.</p>	<p>While sleeping on your back, place a pillow under your knees.</p> <p>Always use a flat pillow between your knees and below your neck.</p>	<p>Do not rest flat on your back without any support under your knees.</p> <p>Do not sleep on your stomach; it strains your neck and back muscles.</p>