

## Sit Right

- Good lower back support.
- Straight back.
- Feet rested on the floor.
- Knees at the level of your hips. Use a stool if needed.
- Use ergonomic chair and desk at work and your home.



## Sleep Right

- Invest in a good firm mattress, not too hard, not too soft.
- Use a pillow that doesn't strain or bend your neck.
- Sleep with a pillow below your knees or between your knees.
- Avoid complete bed rest or inactivity as it can lead to slow recovery.
- Change the mattress if its shape has changed.
- Bend to one side before getting up from bed. Take enough time to get up from the bed.



## Stand Right

- Avoid high heels. Wear comfortable properly fitting footwear.
- Avoid slouching, keep your shoulders back.
- Keep your knees relaxed.
- When tired, shift your weight from one to another.
- Keep your back straight while mopping floor, using vacuum cleaner.



# DO'S AND DONT'S IN BACK PAIN

## Maintain a healthy weight

- Extra weight adds stress on your back.
- Ask for the advice on the right eating plan for you.



## Exercise

- Focus on exercise that strengthens your core, trunk and spine
- Make sure that you warm before exercise.

## Lift Right

- Always lift with your knees, not your back.
- Hold items close to your body.
- Don't lift and twist.
- Do not jerk and lift anything.



## Drive Right

- Set your seat properly as per your comfort.
- Do not drive for long hours. Take breaks in between.
- Use a neck support while travelling by car.
- Wear a lumbar belt during long travelling.

