

ACUTE LOW BACK PAIN RELIEF

SITTING

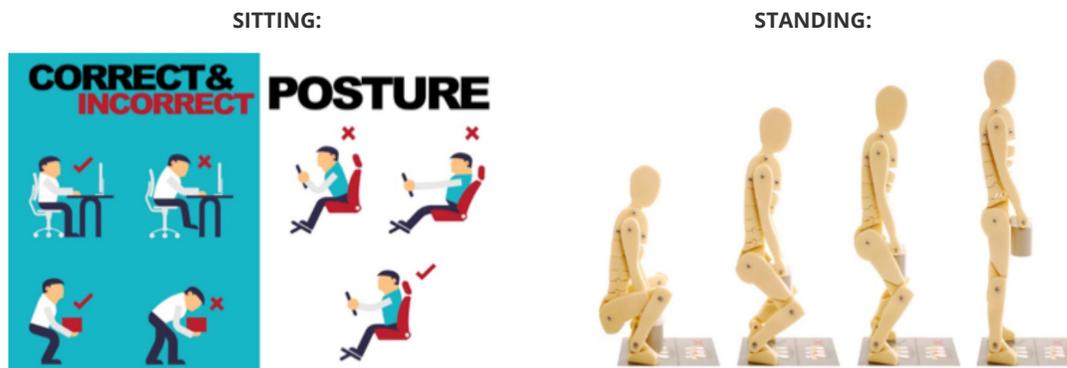
- Sit as little as possible. If necessary, sit for short periods interspersed with standing or walking and refrain from slouching. While recovering from acute low back pain always maintain lordosis, the curve in the small of your lower back..
- While sitting, place a lumbar roll or rolled up towel in the small of your back.
- Avoid recliners and deep sofas. They make it difficult to maintain lordosis.
- When standing from a seated position: Move to the front of the seat and stand by straightening your legs. Be sure not to bend forward at the waist.

DRIVING

- Drive as little as possible. However, if necessary, don't drive for long periods. Interrupt driving with standing or walking.
- When in the car, keep your seat close to the steering wheel. Use a lumbar roll or towel while sitting in the car.

BENDING & LIFTING

- Try to avoid bending and lifting, especially toe touching. This movement stretches the injured tissue and slows healing.
- If bending can't be avoided be sure to kneel in order to maintain lordosis.
- If possible, raise your working surface to accommodate your height. Don't bend to reach it.
- If lifting can't be avoided, keep chest and head upright. Stand near the load, keeping legs shoulder-width apart for a wide base of support. Bend with your knees, keeping your back straight.
- When turning, pivot your feet, DO NOT twist at the trunk



LYING

- Your mattress should be as firm as it is comfortable
- Lie on your side with a pillow between your legs. This position keeps the spine neutral.
- When rising from a lying position: First lay on your side close to the edge of the bed. Next, bend your hips and knees 90° while dropping your feet off the side of the bed. Finally, use your arm to push yourself up.

COUGHING & SNEEZING

When coughing or sneezing, stand up and bend slightly backward to increase your lordosis as people tend to bend forward. The forward bend dramatically increases disc pressure and often causes significant pain.