

Top 10 Back Care Tips

- 1) Exercise your back regularly – walking, swimming and cycling are all excellent ways to strengthen your back muscles.
- 2) Always bend your knees and your hips, not your back when lifting.
- 3) Never twist and bend at the same time.
- 4) Always lift and carry objects close to your body.
- 5) Try to carry loads in a rucksack and avoid sling bags.
- 6) Maintain a good posture by avoiding slumping, hunching over your desk or walking with your chin poking forward and your shoulders raised.
- 7) Always sit on a chair with a back rest with your feet flat on the floor. Change sitting postures regularly.
- 8) Quit smoking. It is thought that smoking reduces the blood supply to the discs and may cause degeneration.
- 9) Lose any excess weight.
- 10) Choose a mattress suited to your height, weight, age and sleeping position.

REMEMBER PREVENTION IS BETTER THAN CURE!

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