



## 10 Quick Tips for Preventing Back Pain

Pop quiz: What is the leading cause of job-related disability?

According to the [National Institute of Neurological Disorders and Stroke \(NINDS\)](#), it's lower back pain.

So, taking care of your back means more than simply feeling good. Having a healthy back equals financial stability.

In this article, I'll list ten simple things that you can do to maintain your back's health.

While you should ideally do all of them, pick one to do each week to build new habits.

Let's get started...



## **1. Regular Exercise**

When you move regularly, you promote good health.

According to the American Heart Association, you need 30 minutes of moderate aerobic activity five days a week.

This activity, called “weight-bearing exercise,” can help prevent osteoporosis.

Osteoporosis is a disease that can cause your spine to weaken and make you more prone to a broken hip.

For maximum benefit, you’ll want to focus on core-strengthening exercises, such as those that work your tummy and back muscles.

## **2. Keep Your Back Straight**

Did your teachers in school tell you to “sit up straight?” If so, it turns out they were right all along.

Adopting a better posture helps prevent back and neck pain. And beyond the obvious physical benefits, straightening your back also helps you feel more confident.

You’ll “feel taller,” and you’ll appear thinner and more successful.



### **3. When Lifting, Use Your Knees**

When reaching to pick up objects at ground level, bending at the waist and lifting is the worst way to do it.

When you use your back muscles in this way, you're making your back muscles do most of the work, which can put excess strain on them.

Additionally, lifting that way puts you off balance, unstable, meaning you are minimizing your leverage.

By using your legs to lift, you're giving yourself better balance and stability, and you're also lifting with the strongest muscles in your body.

Not only will this prevent your back from bearing the brunt of the weight, but you'll also have better balance while lifting.

### **4. Avoid Lifting Lift Heavy Objects**

Closely related to the lifting tip above, know your limits. Trying to lift excessive weight beyond your comfort zone can cause a back injury such as a herniated disk or torn ligaments.

If you ignore this advice and try to lift a heavy object, at least keep these tips in mind:

- Plan the lift carefully.
- Don't try lifting it above your shoulders.
- Avoid twisting or turning your body while lifting.

### **5. When Lifting, Keep Loads Close to Your Body**

When you lift anything, lift them close to your body, keeping the object as close to your waist as you can manage.

Also, if possible, keep the heaviest part of the object close to you. This will help maintain a center of gravity and reduce strain on your back.

As an addition to this topic, keep this in mind when moving heavy objects. Try pushing a heavy object instead of pulling it. This greatly reduces the number of back muscles at work.



## **6. Keep Your Back Straight When Sitting**

Despite being told to sit straight up to maintain good posture, many of us still slouch.

However, slouching does more than merely affect how you look.

Surprisingly, bad posture can also contribute to breathing issues and feelings of fatigue.

Then there's the physical stress. Bad posture also puts excess pressure on muscles and joints, which then must absorb this pressure, potentially resulting in injury.

Such injuries can include lower back pain, poor blood circulation, and joint pain.

## **7. Keep Your Legs “Soft” When Standing**

Does your job or lifestyle require you to stand for long periods? Try “soft standing.”

Keeping your legs “soft” simply means to prevent your legs from locking at the knees. Keep your legs slightly bent.

Rather than all the pressure on your joints, standing in this manner puts the pressure on your muscles, which are far better equipped to handle the stress.

## 8. Sleep on Your Back the Correct Way

If you sleep on your back, there are a few simple adjustments you can make that will easily reduce stress on your spine.

First, have a pillow behind your knees to reduce pressure on your spine.

Next, use a smaller rounded pillow underneath your neck with a flatter pillow for your head. This will help you sleep in a better ergonomic position.

If you don't already own a supportive mattress, consider getting one - it's a big step toward promoting healthier sleeping.

And if you find yourself feeling congested, try propping yourself up with an extra pillow.



## 9. Foods to Help Back Pain

What you eat can also affect not only your overall back health but also make recovering from back pain quicker and easier.

Taking in calcium is a key factor in promoting good spinal health. Surprisingly, eating cheese and milk can help prevent osteoporosis.

But it goes beyond just healthy bones. [Healthline.com](https://www.healthline.com) lists several other benefits of drinking milk that you can read about.

Closely related to milk and cheese, there are certain foods you can eat that will help when you do have back pain

According to [EveryDayHealth.com](http://EveryDayHealth.com), the following foods are helpful when planning an anti-inflammatory diet:

- Carrots
- Beets
- Sweet potatoes
- Cherries
- Berries
- Grapes
- Red wine
- Pomegranate
- Watermelon

They also suggest drinking healthy herb teas and true teas.

## **10. Maintain a Healthy Weight**

What blog article about health would be complete without a recommendation to maintain a healthy weight?

A healthy weight helps ease pressure on joints and can help prevent many back-related problems.

If you're overweight, consider this: You can remove sixteen pounds of pressure from your spine by losing just four pounds.

Not only does excess weight put unneeded pressure on your spine, but that excess weight can even alter the natural curvature of your spine!

### **Want More Information?**

There are ten simple things you can do starting today to promote better health for your spine. All these tips can greatly improve your quality of life and even your confidence level.

If you're suffering from a back injury or neck issue, please [contact us](#) today.

We can schedule a no-obligation consultation to determine the best course of action to help you.