

WAYS TO TO EASE LOW BACK PAIN

- PERCENTAGE OF AMERICANS WITH BACK PAIN WHO SPEND MOST OF THEIR WORK DAY SITTING: 54%
- NUMBER OF WORK DAYS LOST DUE TO BACK PAIN PER YEAR: 186 MILLION INCREASE IN DISABILITY CAUSED BY BACK PAIN INCREASE WORLDWIDE 1990 – 2015: 58%
- PERCENTAGE OF AMERICANS WHO BELIEVE STRESS IS THE CAUSE OF THEIR BACK PAIN: 29%
- WHETHER IT'S DULL AND ACHY OR SHARP AND STABBING, BACK PAIN CAN MAKE IT HARD TO CONCENTRATE ON YOUR JOB. USING MY BACK TIMEOUT WILL MAKE YOUR JOB EASIER AND YOUR OFF-TIME MORE ACTIVE AND FUN.

TIMEOUT #9

FOR OPTIMAL RESULTS, DON'T WAIT UNTIL YOU FEEL THOSE ACHES AND PAINS. A GOOD WAY IS TO SET A TIMEOUT REMINDER ON YOUR PHONE, COMPUTER OR OTHER DEVICE. SET IT FOR AT LEAST EVERY 30 MINUTES THROUGHOUT YOUR WORK DAY.

STAND UP FROM A SITTING POSITION LIKE THIS

- Move to the front of the seat of your chair.
- Avoid bending forward at your waist and stand up by straightening your legs.
- Immediately stretch your back by doing 10 standing backbends.

1

SIT BACK DOWN ON THE FRONT OF THE SEAT OF YOUR CHAIR.

2

1. Be sure both feet are comfortably on the floor and your knees are at a 90° angle.
2. Bend forward at your waist about 45%.
3. Place your hands on the top of your hips (waist) with both thumbs on your lower back and firmly press your thumbs to locate the area of most severe soreness.

- Making a loose fist and using the back of both hands, begin lightly tapping on the sorest area. Keep your shoulders and neck relaxed.
- Increase the force of the tapping and continue for a couple of minutes.
- Now begin tapping in a circle that begins on your spine over the sacrum, up the spine to your lower ribcage, out to both sides and then circling down to return to the starting position over your sacrum.
- Repeat tapping as above for several minutes or as much as time allows.

TAPPING.

3

4

GENTLY RAISE UP TO A VERTICAL POSITION.

Bounce gently in your chair while breathing and expanding your lower abdomen.

HERE'S A FEW USEFUL TIPS PROVEN TO HELP:

AT WORK:

- Adjust the height of your chair so that your feet rest flat on the floor or on a footrest and your thighs are parallel to the floor.
- Remove your wallet or cell phone from your back pocket when sitting to prevent putting extra pressure on your buttocks or lower back.
- If you don't have the ideal chair, Sit with a back support (such as a rolled-up towel) at the curve of your back.
- When sitting in a chair that rolls and pivots, don't twist at the waist while sitting. Instead, turn your whole body.
- Adjust your chair height and work station so you can sit up close to your work and tilt it up at you. Rest your elbows and arms on your chair or desk, keeping your shoulders relaxed.

DRIVING

- Move the seat close to the steering wheel to support the curve of your back. The seat should be close enough to allow your knees to bend and your feet to reach the pedals.

STANDING

- When standing, try to elevate one foot by resting it on a stool or box. After several minutes, switch your foot position.
- While working in the kitchen, open the cabinet under the sink and rest one foot on the inside of the cabinet. Change feet every five to 15 minutes.
- When you can't elevate one foot, stand with your head up, shoulders straight, chest forward, weight balanced evenly on both feet, and your hips tucked in.