

Top 9 tips to manage your lower back pain

Did you know that low back pain affects approximately 60–85% of adults during some point in their lives? That's quite an alarming statistic. This is because we are constantly using our backs during the day unless we are lying down. So you can imagine what an impact it has on your daily activities if you have lower back pain. Here are top 9 tips that will help you manage your lower back pain effectively.

1. Do not sit for more than 20 minutes at a time.

Prolonged sitting is one of the worst things you can do for your back! This includes any activity that you may be doing while sitting. For example, driving or watching T.V. Sitting puts tremendous pressure on the structures of your lower back. This in turn can cause inflammation and your lower back pain.



2. Avoid bending over

So bending over puts pretty much the same amount of pressure (if not more) on your back than prolonged sitting. It can cause the discs in your lower back to get irritated or bulge leading to pain and inflammation. All that manual handling training at work is not for nothing. So if you do have to bend, use your legs! It is a conscious effort initially but soon you'll get into a habit of doing it.

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3. Do not slouch when you sit on your lounge watching T.V

Now I know you are trying to relax at the end of your work day. But hey, I am sure your back will feel more relaxed if it was supported well with a cushion or a back support while sitting. Ideally you should be sitting on a firm chair with a good back support. The idea is to maintain the normal curve of the spine. Otherwise, the muscles and joints have to work too hard to maintain your position. And eventually this can aggravate or cause pain.

4. Avoiding prolonged sitting does not mean standing for hours at your stand up desk

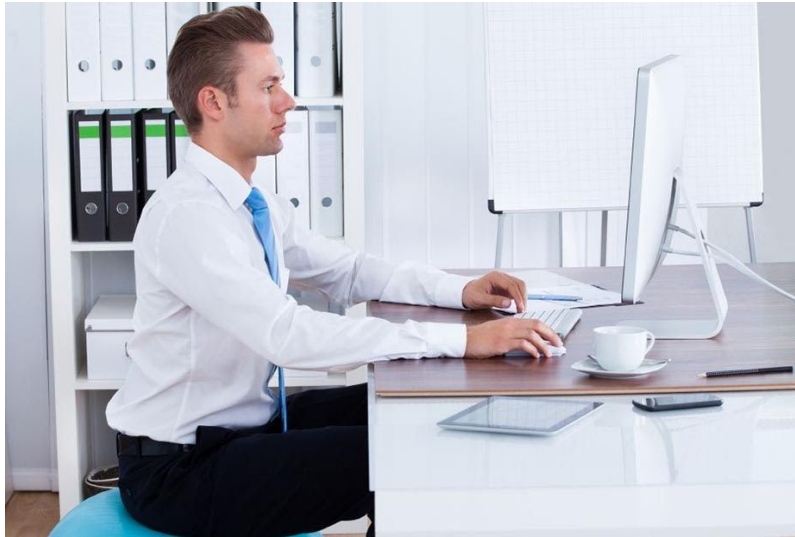
So just because I said you cannot sit for more than 20 minutes at a time, does not mean you stand for long periods either. There needs to be a balance. Basically any prolonged positioning is not good for your spine. Simply put, it's best to keep changing your position every 20 minutes as this helps the blood flow in your joints.



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5. Set up your workstation correctly

This has become really important as so many of us are working from home these days. If your desk and computer screen are not at the right height, again your joints and muscles have to work hard to maintain your position. This in turn leads to tightness in your muscles and eventually pain in the lower back. To learn more about how to set up your work desk click [here](#):



6. Space your activities out through the day

Are you the kind of person who wants to just complete everything and then relax? Well this won't really help your lower back pain. Try to do activities in bouts. So maybe instead of mowing your lawn for 2 hours straight, you might think of breaking it down into 20 minute chunks and do it over a few days.

7. Avoid pushing/pulling furniture or things

So again pushing/pulling heavy things will pressurise your lower back and cause inflammation or swelling. This will in turn cause pain.

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8. Follow these do's and don'ts even when you are pain free

This is one of the most common reasons why people end up hurting their lower back again. They forget to follow these principles once they have recovered from a previous injury. I can understand if you stop doing the exercises but these principles are a lifestyle change and not something to do short term. So if you are really looking to have a long term result, it is important to follow the steps even if you don't have lower back pain.

9. Core strengthening exercises for long term benefit



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I have purposely put this last because I know how easy it is to conveniently omit exercising from your daily schedule when you have recovered. But I cannot ignore the effects of core strengthening exercises on lower back pain. Initially starting small but continuing to gentle forms of exercise like pilates can really prevent future episodes of lower back pain.

Finally, remember pain is not normal. So if you are still feeling lower back pain, make sure you see a Physiotherapist as soon as possible. Do not wait for it to get worse.

Should you have any questions, please feel free to contact us on 07 3800 3417.

Warm regards,

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