

BACK PAIN?

Back pain is a spinal problem that affects, in average, every fourth person in the world (WHO data).

SYMPTOMS:

- Constant or intermittent pain in the neck, back, and lower back.
- Acute attacks of lower back pain—radiculitis.
- Headache, migraine.

HOW TO PREVENT:

- Do regular physical exercises.
- Avoid excessive static or dynamic load on your spine (for example, lifting weights).
- Lead an active lifestyle, move more.

TIPS: HOW TO KEEP YOUR BACK HEALTHY

BODY POSTURE:

- 1 Work with a straight back.
- 2 Alternate between sitting, standing, and walking.
- 3 Support your lower back while sitting.
- 4 Rest on both legs. Don't put your knees together.
- 5 When you suffer from back pain, lie down on your back or on your side which makes you comfortable. Don't sleep on your stomach.

WHEN MOVING OR LIFTING LOADS:

- 1 Turn using your legs, not your back.
- 2 Use heavy lifting equipment.
- 3 Use heavy lifting equipment. Load must not obstruct the view. Turn one foot in the direction of movement. Bend your knees, keep your back straight. Lift with your legs, not your back.
- 4 Pushing is easier for your back than pulling.
- 5 Avoid psychological stress.
- 6 If you pull a heavy object (which is worse for your back), put your support leg behind. Keep your arms and back straight. Use your body as a counterweight.
- 7 Boost your endurance and physical strength. Swimming, walking, and cycling are helpful.
- 8 Dress for the weather. Keep your back and your joints dry and warm.
- 9 Footwear should be comfortable, non-slippery, with a springy heel and ankle support.

