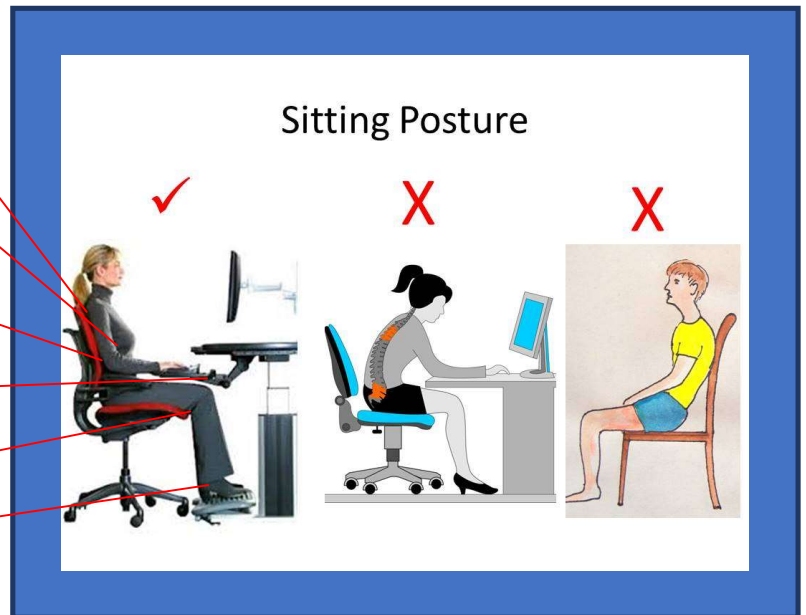


Back pain is commonly due to incorrect posture and weak back muscles. By adopting correct posture and doing back exercises, you can prevent and improve back pain.

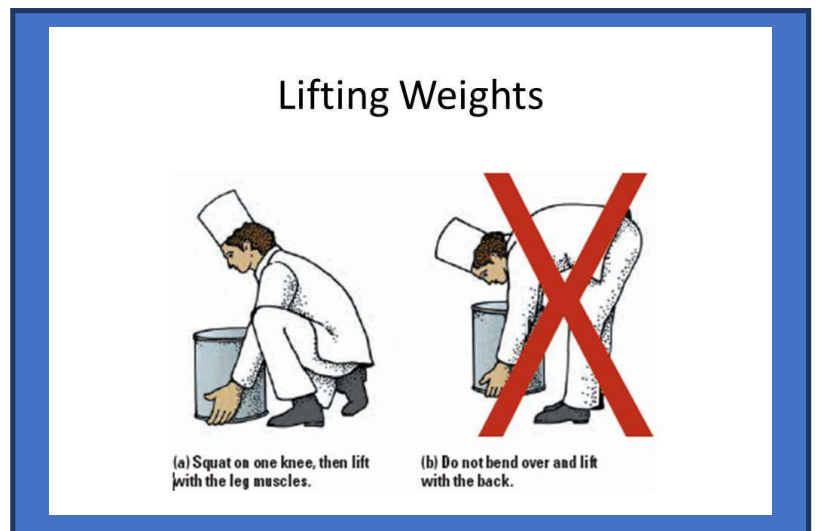
PRECAUTIONS & EXERCISES FOR SPINE

Dr Arun Kannan, Orthopedic surgeon
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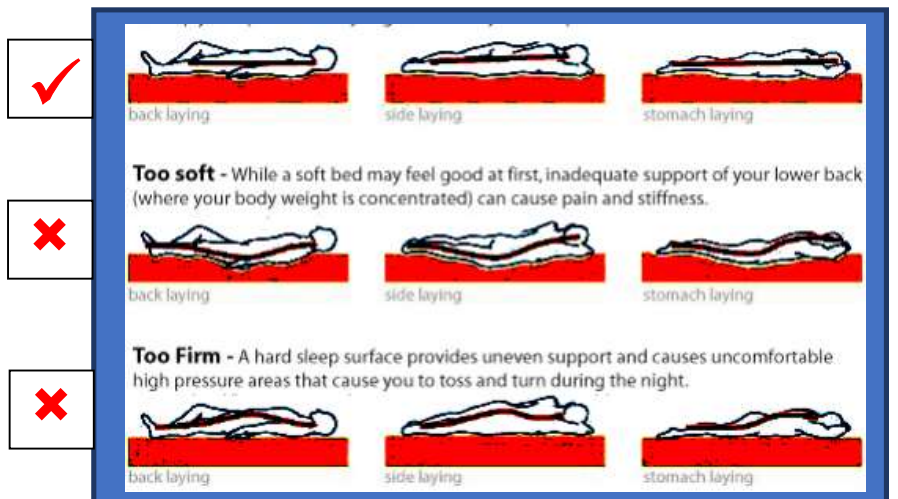
1. Chair that supports the back up to the shoulder blades above and the lower back below
2. Elbows resting comfortably on a hand rest
3. Buttocks resting all the way back and touching the back rest
4. Knees at the same level as the hips or slightly higher
5. Small gap between the front of the chair and back of the knee
6. Feet resting flat on the ground or a small stool



Lifting weights cause strain on the back. You may be asked to avoid lifting weights when you have back pain. If you have to lift objects from the ground, do as shown. Bend your knees, squat, have your feet wide apart and one slightly in front of the other while you lift. The weight has to be as close to your body as possible at all times.

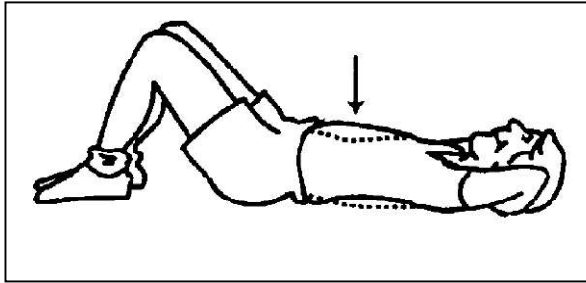


A correct sleeping posture and mattress (bed) give good rest to the back. A firm (not hard) bed that can adjust to the curve of your back is ideal. A bed that is too firm or too soft may cause problems. Lying on the back or strictly on the side is better. Lying on the stomach often aggravates back pain.

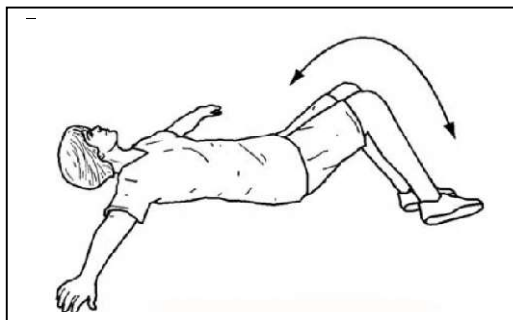


SPINAL EXERCISES

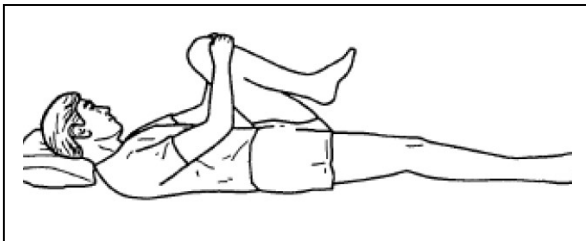
Regular back exercises maintain the strength of back muscles and reduce stress on the bones and ligaments of the back. Each exercise should be done as a set of 10 and it is good to do 2-3 sets per day. You can learn these exercises from a therapist and do it the correct way. If you are having pain with any of the exercises, the exercise would need to be modified or stopped in consultation with your doctor or therapist.



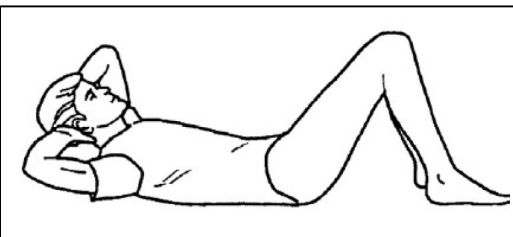
Lie on your back with hands at the side and knees bent
Tighten the muscles of the abdomen and buttocks to flatten the back against floor
Hold for 3 seconds and relax



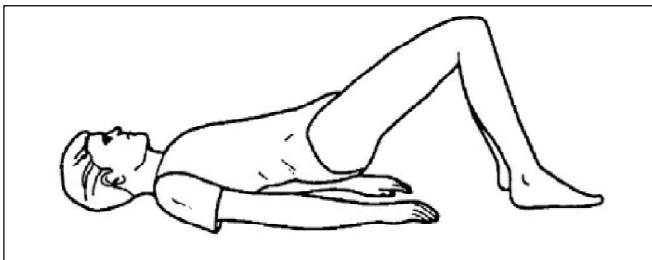
Lie on your back with hands at the side and knees bent
Rotate the knee sideward towards each side
Hold for 3 seconds and return to neutral



Lie on the floor
Rest one leg on the floor and bend the other knee
Wrap your hands around the bent knee and pull towards your chest. Hold for 3 seconds.
Repeat with the other leg



Lie on your back with hands as shown and knees bent.
Use abdominal muscles to raise the upper back as shown
Knees should stay bent and feet should be flat on the floor
Hold for 3 seconds and then lower the back and head gently



Tighten the abdominal muscles to keep the back in neutral position
Use the buttock muscles to slowly rise off the surface without bending the back
Hold for 3 seconds and the relax



Lie on your stomach with a pillow under your hips
Raise one leg 5-6 inches off the mat