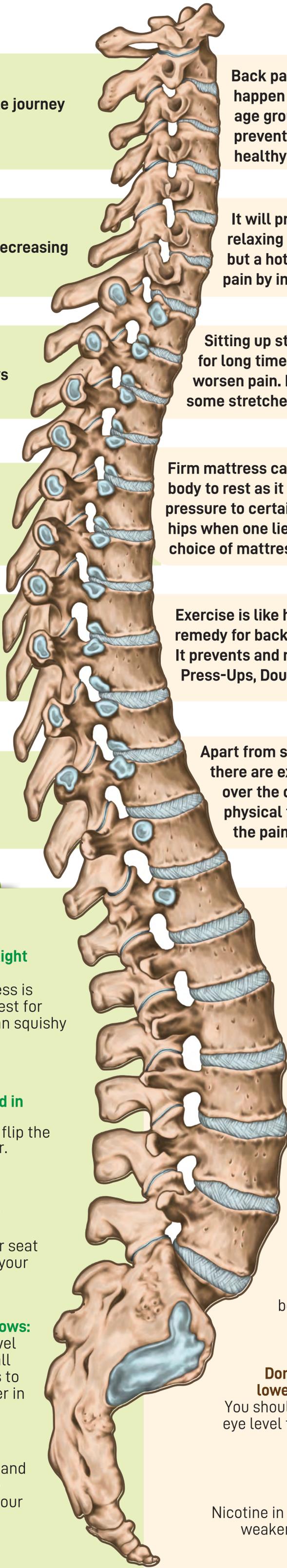




# GET YOUR BACK ON TRACK



## MYTHS

Back pain is an inevitable journey as we age.

## FACTS

Back pain can happen with any age group. One can always prevent it by keeping body healthy with exercise.

## MYTHS

A hot bath is helpful in decreasing pain.

## FACTS

It will provide relaxing effect, but a hot bath may worsen your pain by increasing inflammation.

## MYTHS

sitting up straight always helps in back pain.

## FACTS

Sitting up straight for long time may worsen pain. It is important to do some stretches at regular intervals.

## MYTHS

A firm mattress can help in healing pain.

## FACTS

Firm mattress can inhibit body to rest as it puts pressure to certain parts like shoulder and hips when one lies down. Thus, right choice of mattress is must.

## MYTHS

One should not perform any exercise in back pain.

## FACTS

Exercise is like home remedy for back pain, It prevents and manages the pain, Like Press-Ups, Double Knee to Chest, etc.

## MYTHS

Surgery is the only option.

## FACTS

Apart from surgery, there are exercises, over the counter medicines, physical therapies to manage the pain.

## Do's



### Getting The Right Mattress:

A firm mattress is usually the best for your back than squishy one.



### Keep your bed in shape:

Twice a year, flip the mattress over.



### Set your seat properly:

Adjust the car seat according to your height.



### Play with pillows:

Get a few towel rolls and small throw pillows to support higher in car.



### Take breaks:

While driving and working, take break every hour to stand and stretch.



### Use the right posture:

Keep your back straight when lifting. Stand close to the load, wide stance, kneel and do a steady lift.

## Don'ts

### Don't sleep on your stomach:

It applies pressure on your spine and joints since it flattens the natural curve of the spine.



### Don't rush to start your day:

Take a minute to stretch fully and let your body wake up before getting a move on.



### Don't sit higher or lower from screen:

You should be seated at eye level to your screen.



### Don't smoke:

Nicotine in cigarettes can weaken spinal bones.



### Avoid standing for a long period:

If possible adjust the height of the work table. Try to elevate one foot by resting on a stool.



**DON'T IGNORE BACK PAIN, CONSULT YOUR DOCTOR TODAY.**

Adopted from:  
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 5. Do's and Don'ts with Low Back Pain - <https://www.healthintransitions.org/pdfDocs/DoDontLowBack.pdf>