



Simple Solutions to Help Prevent Back Pain

Regular Exercise

Talk to your doctor before beginning an exercise program.

Lifting

Try to keep things close to your body when you are lifting or carrying them. Don't lift heavy objects over your head.

Sit Straight

- Avoid slouching
- Choose a height that puts your work at eye level
- Use a lumbar (back) support in the chair
- Turn your chair or your entire body when reaching
- Keep your legs uncrossed or cross at the ankles
- Get up and stretch often

Staying Fit

Being even 10–15 pounds overweight can stress your back and cause pain. Added weight means added pressure to your spine.

Shoes

Wear shoes with no or low heels; high heels can put you off balance.

Sleep Smart

It is important to have a comfortable medium-to-firm mattress. The best position for your back is to lie on your side with your knees bent. Avoid sleeping on your stomach. Sleep with a pillow that lets your neck and spine remain in a straight line.

Set and Meet Program Goals

Your objectives may include some or all of the these goals to help you find what works for you:

- ✓ Stretch or exercise regularly
- ✓ Use pain management strategies
- ✓ Reduce stress
- ✓ Recognize signs of depression—something that can be common with people living with chronic back pain

Questions?

We are here to help.

Call MVP Case Management