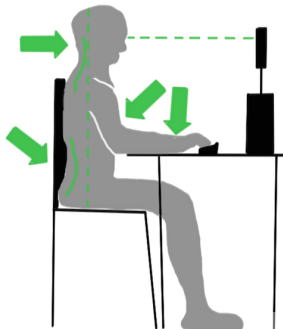


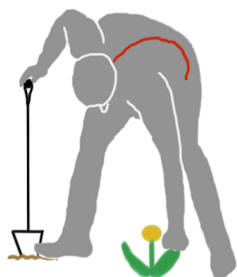
Management of Low Back Pain

Low back pain can be a problem for a majority of the population and there are many different ways to try to improve or manage it. Below are some ways to help manage or even improve chronic low back pain.



Sitting Postures

Be aware of the different lifestyle factors that can impact on your pain, such as sitting positions and desk set up. Try to ensure you have support through the arch of the lower back and avoid slumping or slouching postures. These types of postures place strain over the lower back structures and can maintain or even cause pain complaints. For more information on how to improve your desk bound ergonomics see our desk bound posture advice sheet.



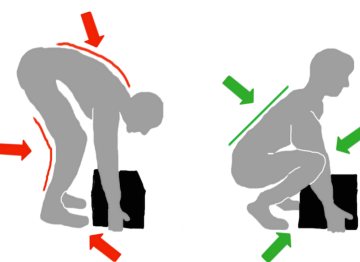
Lifestyle Factors

Consider how your day-to-day activities may impact on your pain. For example reviewing how you approach things (like gardening) may mean you can adapt how you're doing it, thereby allowing you to continue activities you enjoy without aggravating your back pain further. Consider your posture, how strenuous the activity is, and how maintained the strain is. Avoid activities that go on for prolonged periods without rest intervals. For more advice on safe gardening see our safe gardening lifestyle advice sheet.



Work Factors

Think about your work environments and how this may strain into your back or contribute to the maintenance of the pain. For example, employ good lifting practices to avoid unnecessary strain. Other considerations like driving posture, desk set up, etc. should be contemplated to try to reduce as many things as possible that may upset your lower back. For more information on safe lifting see our safe lifting lifestyle advice sheet.



Activity

Finally, take into account your general activity. It has been shown that chronic pain can be significantly improved by performing regular activity. Although there is much conflicting opinion on what type of exercise is best (cardiovascular, pilates, yoga, etc.), it is generally accepted that any activity is good to be doing. The only provision is that whatever you do doesn't increase your pain complaint, either during or in the hours following. Start with something that is not too intensive and build the duration and difficulty as you feel confident. By maintaining regular activity you can help keep the lower back mobile and the pain response less sensitive, thereby improving your discomfort.

