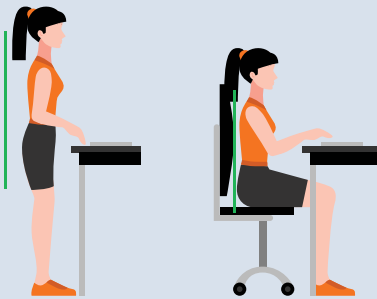


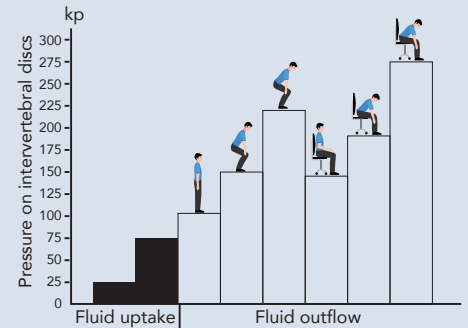
BACK CARE POSTURE TRAINING



Backache is often due to poor posture and the wrong way of performing day to day activities. This produces extra 'stress' on the spine – the vertebrae and discs.

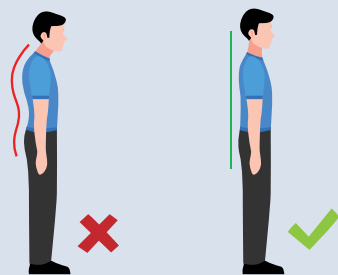


Bending the spine causes the most damage to the vertebrae and discs.



Pressure on discs between the vertebrae increases proportionately with the extent that the spine is bent – this is most when touching ground.

LOOKING AFTER YOUR BACK



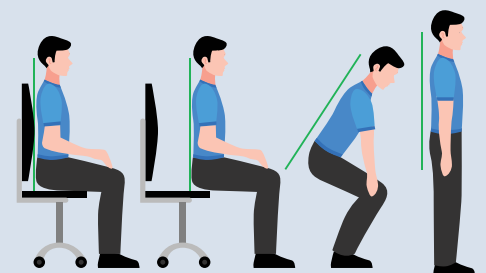
Standing

It is important to keep your neck and spine straight.



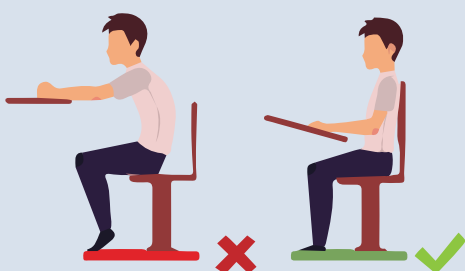
Sitting

Keep your neck and spine straight and supported. Buttocks should be at the back of the seat.



Getting up from a chair

Avoid bending your spine and use your hips and knees. Moving forward in the chair before standing helps



Work in a sitting position

Sit with your spine and neck as straight as possible.



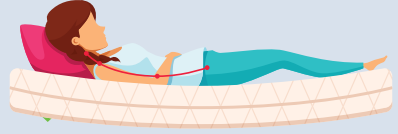
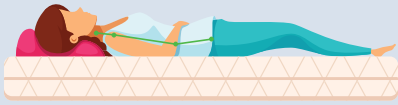
Work in a standing position

Keep your spine and neck straight with a foot support if necessary.



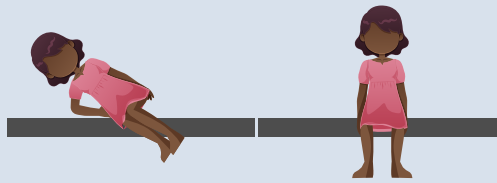
Driving

Your whole spine must rest on the back seat with your neck straight, push your seat forward to help.



Sleeping

Sleep on a surface that does not sag. A comfortable mattress on a board is perhaps best.



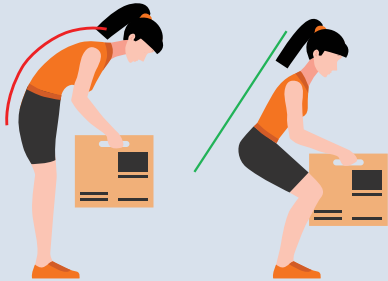
Getting in and out of bed

The correct way to get out of bed is by turning onto your side and supporting your body with your elbow into a sitting position.



Carrying objects

When carrying objects keep your spine straight. If carrying two objects, use both hands.



Lifting an object

Bend at the hip and knees and not the spine.



Washing

Keep your spine straight when washing, especially when washing for long periods.



Scrubbing the floor

Keep your spine horizontal and your thighs perpendicular to your spine.

To protect your back, keep your spine and neck straight, use your hips and knees.



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