



Managing Back Pain

Move

No posture is innately bad for you, the problem is staying in one position for long periods of time. So get up and move around when you can and try to include physical activity into your day at any opportunity such as walking on the spot when waiting for the kettle, or walking whilst talking on the phone.

Stretch

Don't wait until you feel tight, it's important to be proactive and add some stretches into your daily routine throughout the day. Focus on your chest, neck and lower back to prevent a daily build-up of tightness which can lead to back pain.

Maintain a healthy weight

Excessive weight will always put additional strain on your body and joints, so maintaining a healthy weight will help to reduce pain on your lower limbs and joints.

Manage stress levels

Too much stress can lead to tension in your upper back and neck which can also lead to headaches. Why not try some mindfulness exercises in times of stress or use a stress ball.

Technique

Your back is very strong but repeated lifting incorrectly can lead to lower back pain and injuries. Remember to use your legs when lifting to spread the load more evenly.