Top Ten Tips for a Healthy Back
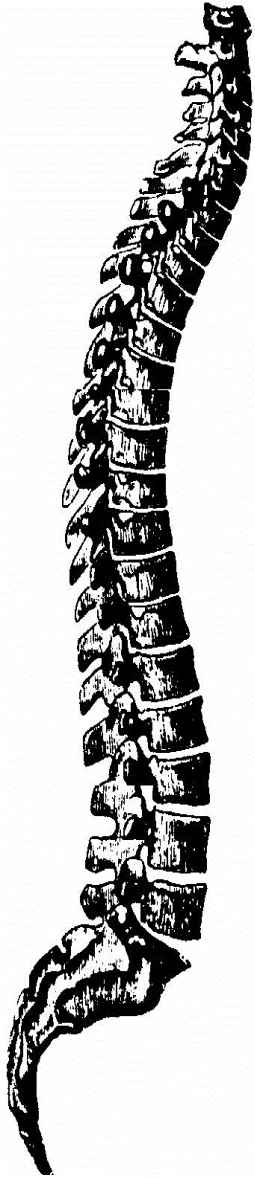
Exercise your back regularly - walking, cycling, swimming, (especially back stoke)

Try to maintain a healthy diet and lifestyle

Learn to lift heavy objects using the correct lifting technique. Always bend your knees and hips, not your back

Carry larger loads in a comfortable rucksack using <u>both</u> shoulder straps, and avoid sling bags

Maintain a good posture – avoid slumping in your chair, hunching over a desk, or walking with your shoulders hunched

Try to take a short break - every 30 minutes - from sitting

Quit smoking. Smoking can reduce the blood supply to discs between the vertebrae, and this could lead to disc-degeneration

Endeavour to lose any excess weight

Check that your bed provides the correct support and comfort for your weight and build, not just firmness.

Learn relaxation techniques to help manage stress. Stress is a major cause of back pain