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Tips for Taking Care of Your Back:

Condition Your Muscles:

Walking, swimming (especially back stroke) and using exercise bikes are all excellent ways to strengthen your back muscles. If you aren't exercising, you should start slow with something like walking and work up to more vigorous exercise as you feel fit to do so. Many exercisers often ignore the lower back and overwork the abs. You want to also work the lower back to ensure there is a balance between the two muscle groups. Exercise helps prevent back injuries and relieve chronic back pain. The stronger you are the better!

Lift Correctly:

Let your legs be the power in the lift. Always remember to bend at your knees, not at your waist when picking up any object even if it is as light as a feather. Keep heavy items close to your body when lifting and avoid twisting while lifting.

Sit Up Straight:

If you sit up straight regularly this will help you build proper back muscles. If you are slouching all the time, your body gets used to this position and your muscles develop accordingly. If your chair does not have lumbar support, use a cushion to help support your low back. Keep both feet on the floor. Sitting up straight also helps you breathe full breaths throughout the day, increasing your oxygen flow and in turn your energy levels.

Bring Yourself to a Healthy Weight:

Carrying extra weight, especially around the gut, can strain your lower back. You want to watch your caloric intake, make sure you are getting lots of fibre, fruits and vegetables and limiting your saturated fat intake, while getting at least 30 minutes of physical activity each day.