

LOW BACK PAIN SURVIVAL GUIDE



**THE GOOD NEWS IS THAT ELIMINATING
LOWER BACK PAIN IS NOT AS
COMPLICATED AS YOU MIGHT THINK**

In a time when so many of us are returning to the workplace or have turned to working from home, we must not forget all the things we normally do keep moving!

For many, workstations at home are not ergonomically ideal or perhaps even nonexistent. On top of that, limited access to our regular fitness facilities have likely reduced our overall level of activity and mobility throughout the day.

Combined, prolonged, poor posture and reduced mobility are the main ingredients for increasing back and neck pain.

But have no fear! There are still many ways to prevent your back pain from acting up. As part of this guide, we have included basic mobility and strength exercise flows as well as some ergonomic tips. We will also send out daily tips and exercises that are sure to help you stay mobile and pain-free. Check them out here www.IPTmiami.com.

#1

STAY UPRIGHT

Try these adjustments to your work set

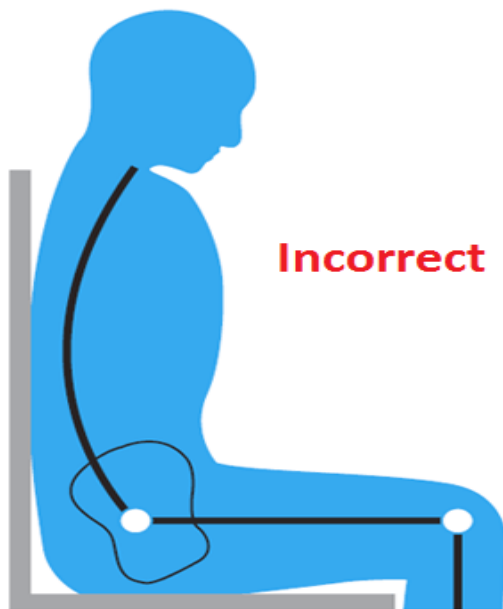
What is good posture?

Posture is the position in which you hold your body upright against gravity while standing, sitting, or lying down. Good posture involves training your body to stand, walk, sit, and lie in positions where the least strain is placed on supporting muscles and ligaments during movement or weight-bearing activities. Proper posture:

- Keeps bones and joints in the correct alignment so that muscles are being used properly.
- Helps decrease the abnormal wearing of joint surfaces that could result in arthritis.
- Decreases the stress on the ligaments holding the joints of the spine together.
- Prevents the spine from becoming fixed in abnormal positions.

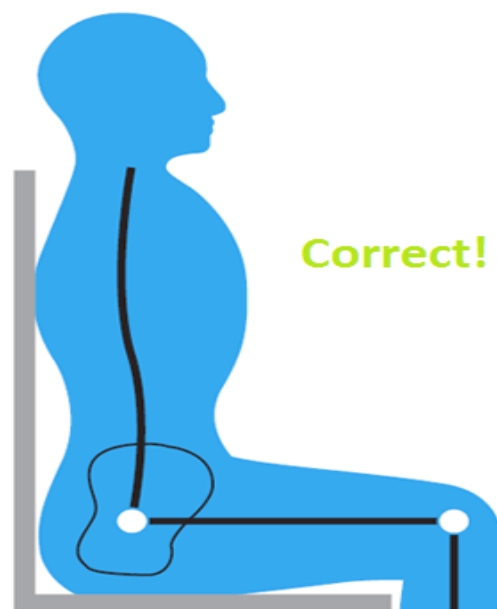
- Prevents fatigue because muscles are being used more efficiently, allowing the body to use less energy.
- Prevents strain or overuse problems.
- Prevents backache and muscular pain.
- Contributes to a good appearance.

Our bodies are meant to be able to assume many different positions and postures. With that said, “bad” posture for an extended time can most certainly result in increased pain and dysfunction. Unfortunately, a workstation that is not set up properly can contribute to this. Here are some tips and tricks for using what you must create the most ideal work set-up at work or home!



Incorrect

- chair too low.
- knees are bent behind him.
- low back flexed forward, not preserving the natural curves of his spine (no lumbar roll)
- forward flexed upper body, leaning on the desk
- shoulders by his ears



Correct

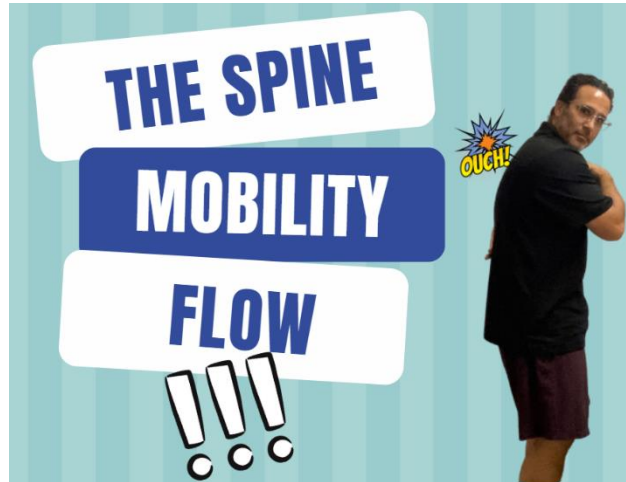
- feet flat on the floor
- knees below her hips
- hips all the way back in the chair
- lumbar roll to maintain her curve in her spine
- elbows bent to 90 degrees
- shoulders relaxed

#2

STAY MOBILE

Try these mobility drills

Mobility is essential for reducing likelihood of joint stiffness, lubricating the body's soft tissues, and preventing pain. Here is a great flow to enhance the mobility of your spine. And great for use as a warm-up or cool-down.

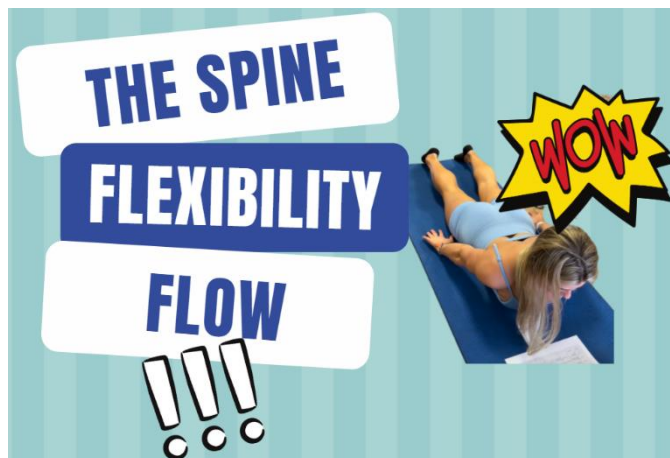


#3

STAY FLEXIBLE

Try these go-to exercises

It's very important to maintaining your flexibility and. The upper back and chest are two of the mostly commonly tight areas, especially with computer work – something we are all doing a little more of right now! These can be done daily for improved flexibility of the upper spine and chest!

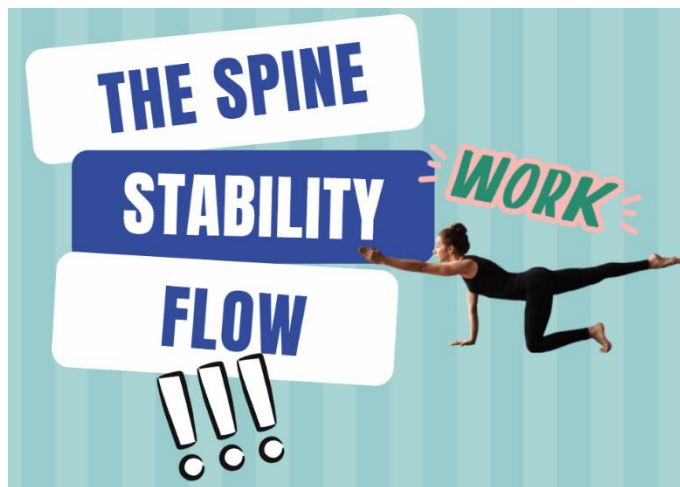


#4

STAY STABLE

Try these core and back exercises

Mobility and then stability! Stability comes from a strong core. It can seem challenging to maintain strength with little equipment at home but there are, in fact, plenty of ways to activate your muscles without any equipment at all! A basic strengthening flow daily can help keep our muscles active, blood flowing and reduce likelihood of pain. This flow targets some of our most commonly weak muscle groups in a simple-to-do floor routine!



#5

STAY STRONG

Try these NEXT LEVEL core and back exercises

Strength comes from working your muscles with progressively challenging exercises. Here is an intermediate core strength flow that builds on the previous flow listed here. Listen to your back and neck during these... if you have pain, modify, AND talk to a specialist, or call us.



#6 STAY STRESS FREE

Stress affects the body in a variety of ways, from mood swings and headaches to weight fluctuations. However, an often-overlooked side effect of stress is neck and back pain. Over time, repetitive bouts of stress can cause musculoskeletal issues in these regions of the body.

When you're stressed, your breathing patterns change and cause strain and tension in the mid-back. **Your shoulders hunch up and cause pain throughout the upper and middle back.** Low-back pain includes the tailbone and lower half of the back muscles.

Breathing exercises and meditation can be an excellent way to manage stress. Here is a quick reminder that when all of life's recent events start to overwhelm you, lay down and take some deep breaths: relaxation breaths and soft, easy breaths!



#7

STAY HYDRATED

Drink plenty of water

We all know that drinking water is important but here's a quick reminder...

1. Water lubricates the joints
2. Water keeps the body's soft tissues and fascia hydrated
3. Water boosts exercise performance
4. Water improves skin health and elasticity
5. Water is essential for digestion
6. Water flushes the body of waste
7. Water helps improve concentration and reasoning
8. Water reduces unnecessary snacking
9. Water helps regulate the body temperature
10. Water makes up 90% of our blood – which helps deliver oxygen to our body

Call IPT today for your back care assessment and care
305 967-8976 in North Miami
954 458-5700 in Hallandale and Aventura

