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When You Have Back Pain

by NEWLIFEOUTLOOK TEAM
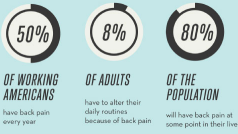
Back Pain by the Numbers

When you have back pain, there are a number of things you can avoid to prevent your back pain from getting worse. Avoid lifting, even if you're lifting correctly. If you have to lift something heavy, make sure to get someone else to come and help you. Take frequent breaks from sitting to get up and take a walk. You can stay productive while using this time to think about a problem that you're working on trying to resolve or before reviewing a report. There are also some exercises you can do while at your desk to prevent stiffness.

GOT BACK PAIN?

BACK PAIN BY THE NUMBERS

31 MILLION
Americans experience low back pain at any given time

THE 2ND MOST COMMON
reason for doctor visits is back pain

THE LEADING CAUSE
of disability worldwide is low back pain

50%
OF WORKING AMERICANS
have back pain every year

8%
OF ADULTS
have to alter their daily routines because of back pain

80%
OF THE POPULATION
will have back pain at some point in their lives

WHAT TO AVOID WHEN YOU HAVE BACK PAIN

Heavy lifting
- Even if your lifting form is good, you can still exacerbate your pain
- Ask a friend or colleague for help

Twisting
- Twisting can cause injury and make pain worse
- Avoid activities and sports that involve twisting, like golf and tennis

Collision
- Colliding with another person or object puts stress on your back
- Stay away from sports that might involve contact, like basketball and soccer

Smoking
- Studies show smoking can exacerbate existing back pain
- Avoid tobacco use for your back and your overall health

Poor sleep posture
- Try sleeping on your side with support between your legs
- Avoid sleeping flat on your back or on your stomach

Reaching overhead
- Don't strain to reach something on a high shelf
- Use a footstool or ask for help to get objects that are high up

Prolonged sitting
- Take frequent breaks to walk around or stretch when you're at your desk
- Make your workstation more ergonomic to prevent further back pain

INFOGRAPHIC PROVIDED BY

www.orangecountypainmanagement.net

Pain Specialists

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