



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



**OF WORKING
AMERICANS**
have back pain
during work



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



**OF THE
POPULATION**

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.

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Pain Specialists

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