



Some hints to help you avoid back trouble

- * Prior to physical activity, spend a few minutes warming up (stretching, etc.)
- * Select comfortable footwear. The higher the heel, the greater the threat of back pain
 - * Remember to keep your back straight and bend your knees when lifting.
 - * You should let your leg muscles do most of the work and hold the object you're lifting close to your body.
- * Pushing a large object is preferable - it puts less strain on your lower back than pulling
- * When carrying anything on your shoulder, be sure to switch the weight to the other shoulder occasionally - let your shoulders share the load.
 - * Avoid sitting or standing in one position for long periods of time
- * When sitting, put your knees about an inch higher than your hips to help reduce the strain on your lower and upper back muscles.

Reference: The Complete Handbook of Health Tips, © 1985

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