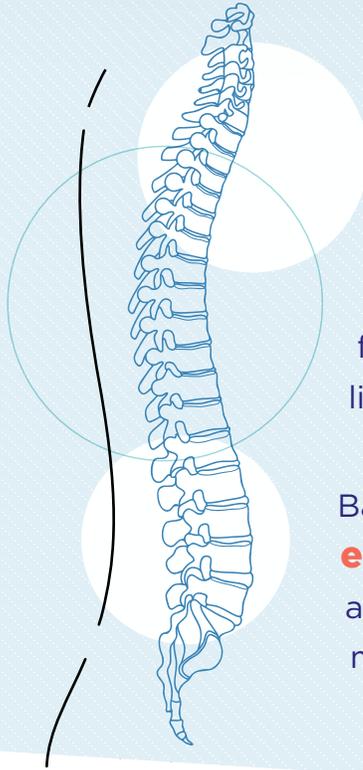


# Back Pain?

## We've Got Your Back



### Did you know?

Approximately **85%** of working people will experience some form of back pain in their lifetime (Cassidy et al. 1998).

Back pain can **impact you emotionally**, affecting your work and personal life. This can make it more difficult to manage the pain.

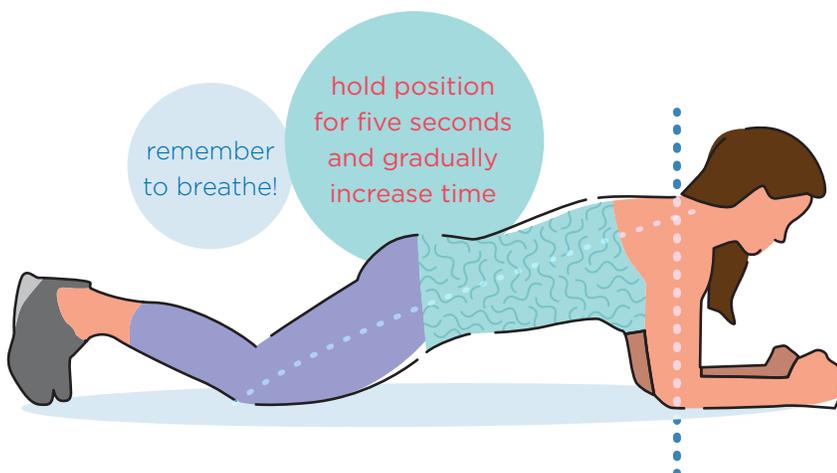
### Back Basics

Your spine has three curves made up of vertebrae that work with discs, muscles, and ligaments to balance the weight of your body.

If the relationship between these curves is lost, pressure is placed on the vertebrae and discs, causing pain.

## Build a Strong Core

Studies show that well-balanced core muscles stabilize the spine and create support for all other movement.



### KNEELING PLANK

Kneel on the floor and rest your weight on your forearms and knees. Make sure that your elbows are beneath your shoulders so that your body forms a straight line from your shoulders to your hips.



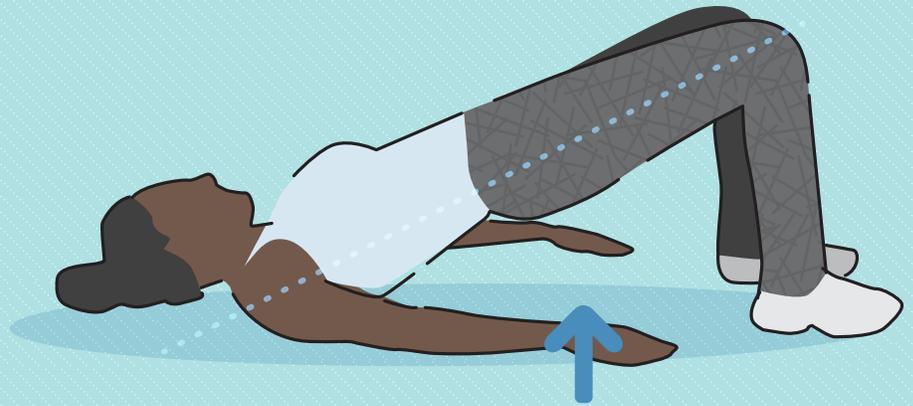
Hold for 5 seconds or more



Repeat 2-3 times

# GLUTE BRIDGE

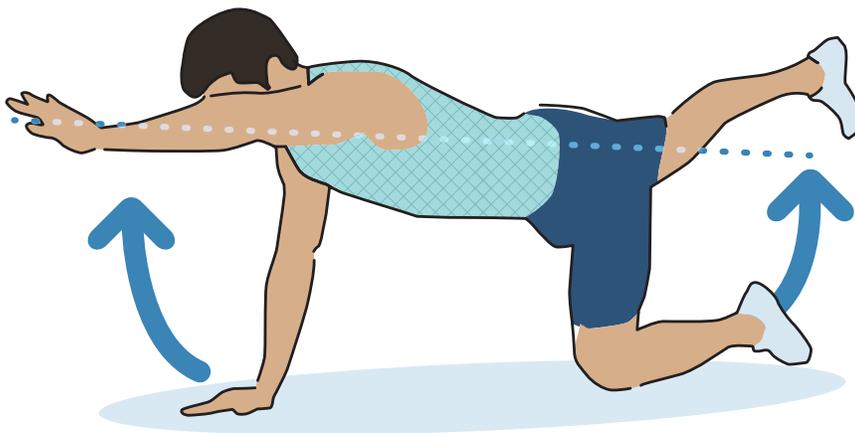
Lie on your back with your knees bent up. Contract your abdominal muscles and raise your hips off the floor.



Hold for a few seconds



Repeat as desired



# BIRD DOG

Starting on all fours with your hands under your shoulders and knees under your hips, slowly extend your left leg behind you while reaching your right arm forward.

Slowly return to the starting position and do the move on the opposite side.

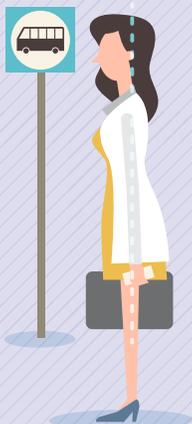


Complete 5 to 10 repetitions



Repeat on each side

# Be a Posture Pro



## Keep your spine in line:

Ears over your shoulders over your hips.



When lifting, **keep objects close to your body**. Use leg muscles to generate force and pivot your feet to avoid twisting.



**Push, don't pull objects.** You can generate more force and avoid twisting your back and neck.



**Sit back in your chair.**  
Ensure the lumbar support sits at the “small” of your back.

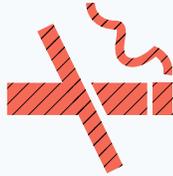


# Manage “Back Breaking” Habits



## SITTING

Sitting for extended periods of time puts more stress on your back than standing. Stand up and stretch every 30 minutes.



## SMOKING

Smoking restricts blood flow to the spinal discs, so smokers are especially vulnerable to back pain.



## STRESS

Stress can cause tension in your back, triggering pain. Practice stress management techniques that work for you!



## SLEEP POSTURE

If you're prone to back pain, talk with your doctor about the best sleeping position for you. Consider replacing your mattress every 5-7 years.

## SIZE

Extra weight around your middle can make back pain worse by shifting your centre of gravity and putting strain on your lower back. Exercise regularly and make nutritious choices to maintain a healthy body weight.

