



- 1 Exercise your back regularly
  - ◆ walking,
  - ◆ swimming (especially back stroke) and
  - ◆ using exercise bikesare all excellent to strengthen your back muscles.  
(see our "Active Back Care booklet" for more details)
- 2 Always bend your knees and your hips, not your back
- 3 Never twist and bend at the same time  
(see our "Basic Back Care" booklet for more details)
- 4 Always lift and carry objects close to your body
- 5 Try to carry loads in a rucksack – avoid single sling bags  
(see our "Back Pain in Children and Young People/Your Back in the future" booklets for children and back care)
- 6 Always maintain a good posture
  - ◆ avoid slumping in your chair,
  - ◆ hunching up over a desk, or
  - ◆ walking around with your shoulders hunched up.
- 7 Always use a chair with a backrest and sit with your feet flat on the floor or on a footrest.  
Don't forget to change your sitting position every few minutes.  
(for back care in the office see our "Back in the office" booklet)
- 8 Cut down, or better still QUIT SMOKING
- 9 Always choose a mattress bearing in mind your height, weight, age, sleeping position and your type of backache, if any  
(see our "Back in Bed" booklet for more details)
- 10 Join BackCare now!

Information sheets made available by BackCare are provided for information only and should not be considered as medical recommendations or advice. Medical information is often controversial and continually changing. BackCare is not responsible for errors or omissions in the information. Some of the information may come from outside of the UK. This means, for example, that some of the drug names may be different, and the sources of help quoted are not available in the UK. Please consult your GP or Specialist to discuss any specific concerns or if you are considering changing treatment in any way eg adding dietary supplements or different exercise routines.

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