



# TOP TEN TIPS FOR A HEALTHY BACK

1. Exercise your back regularly—walking, swimming and cycling are all excellent to strengthen your back muscles.
2. Always bend your knees and your hips, not your back
3. Never twist and bend at the same time
4. Always lift and carry objects close to your body
5. Try to carry loads in a rucksack, avoid single strap bags.
6. Maintain a good posture by avoiding slumping, hunching, or walking around with head poking forward and shoulders raised,
7. Always sit on a chair with a back rest and sit with feet flat on floor. Change sitting position every few minutes,
8. Keep yourself hydrated, by drinking plenty of fluids.
9. Sleep in a good neutral spine position, with only one pillow to keep spine in alignment and make sure mattress is supportive.
10. Make small changes now and reaps the rewards in the future....**PREVENTION IS BETTER THAN CURE!**