

HEALTH & FITNESS

The Newsletter About Health and Caring For Your Body



SAVE YOUR BACK!

Tips to PROTECT YOUR BACK

Lifting Biomechanics



The better we USE our back, the longer it will last. So when lifting, make sure to use proper lifting biomechanics: Four principles to follow while lifting are: Lift with your legs, Keep your head up, Keep the object close to you and don't twist.

Stretch your Hamstrings

Hamstring flexibility plays a huge role in the health of our back. Since the hamstring muscles attach to the bottom of the pelvis, the tighter they are the more stress that is placed on the low back. Then as we move and bend, the stress at the back increases. Work on stretching your hamstrings daily. Hold each stretch for 20 seconds.

Try doing this 1-2 times per day.



Strengthen your Hips and Abdominals

People don't realize it, but the hips are a major stabilizer of the low back. Some of the hips attach to all of the low back vertebra (L1- L5). The stronger the hips = the more stable the back. When doing your leg lifts, keep your abdominals tight, for they too help provide back support. As your hip strength improves, you can incorporate abdominal crunches as well. The hips, abdominals and low back muscles comprise the major components of our "core". So if your core hurts (back), getting it into shape will not only help control your pain, but it will help prevent further injury.



208-476-9365