

LOW BACK PAIN? WORK ON YOUR POSTURE.



OUR BODIES
WORK BEST
WHEN PROPERLY
ALIGNED.



CHECK YOUR STANDING POSTURE

Take a moment to close your eyes and feel your body. Then breathe deeply and relax your shoulders, hips and knees.

Now, from the very top of your head, lift just a bit. Think of a line linking your ears, shoulders, hips and ankles. Adjust your body to follow the line. You may need to relax your hips and tuck your buttocks under a bit.

Next, take a look at yourself in a mirror. Is one ear, shoulder or hip higher than the other? They should be level.



CHECK YOUR SITTING POSTURE

Sit so the curve of your lower back fits easily against the chair. Keep your gaze level.

Support your feet. They should be flat on the floor or a footrest. Your knees should be level with your hips.

Adjust the chair height as needed. Sit so your forearms are level with the work surface.

PROPER POSTURE TIPS



Standing in place.

Rest one foot on a stool or low box to ease pressure on your lower back. Switch feet often. If you can, adjust the height of your work surface, so your neck and shoulders aren't under strain.



Driving.

Sit close enough to the steering wheel to keep your knees slightly bent. For comfort, your knees should be level with your hips or just a bit lower. Sit as straight as you can while still supporting the curve in your lower back.



Walking.

Stand tall with head up. Let your arms swing while you walk. This helps relax muscles. Wear proper shoes that fit and support your feet.



Sitting and sleeping.

Choose your furniture with care. Make sure it's not causing or increasing your back pain. Chairs should allow for comfortable, correct sitting posture. Use pillows for added support if needed. Your bed should support your back's natural curves without being too hard or too soft.



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