

Check Your Posture

CHECK YOUR POSTURE WHILE SITTING

Pressure on the discs is greater in the sitting position than in the standing position. Sitting in a slouched posture further increases this pressure. Your best bet is to sit upright with both feet on the floor and a small cushion or rolled-up towel behind your lower back.

CHECK YOUR POSTURE WHEN LIFTING

Using good body mechanics when lifting can aid recovery as well as help prevent future flare ups of pain. Make certain you bend from your hips (not your back), keep the object you are lifting close to your body and get help with lifting whenever possible.



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CHECK YOUR POSTURE WHILE SLEEPING

Try lying on your back with one or two pillows under your knees. If that doesn't help, try lying on your side with one pillow between your knees.

WHEN TO SEEK ADDITIONAL CARE

Give these home care recommendations 2 full weeks and if you still have symptoms that are limiting your activities, return to your primary care practitioner or primary spine practitioner.

If **at any time** you develop pain, tingling or numbness radiating down your legs or if your symptoms progressively worsen contact your primary care practitioner or primary spine practitioner immediately.

If you develop numbness in your groin, lose the ability to urinate or suddenly develop a fever, call 911 or go straight to the hospital emergency room.