

OCCUPATIONAL WELLNESS COST SAVING TIPS \$

Preventing Low Back Pain

- Low back pain (LBP) is the 2nd leading reason for visits to the doctor. The large majority of LBP is non-specific, which means there is no specified physical cause.
- In Canada alone, approximately 85% of working people can expect to experience LBP during their lifetime.
- The cost of medical care for LBP alone is estimated to be \$6-12 billion annually.
- LBP has an 84% reoccurrence rate UNLESS you strengthen your back after injury.



Prevention Tips:

- eating healthy to keep your body weight within a healthy range
- avoid prolonged sitting, and when sitting be sure to maintain good posture
- avoid poor lifting techniques and always assure;
 - the load is close to your body
 - lift from your knee and hips and avoid rounding your back
 - when lifting and walking, complete your lift and then turn to walk, do not twist with the load
 - never bend and twist at the same time
 - use team lifting and assistive devices for heavy loads

Maintain a regular exercise routine to keep your back muscles and secondary muscles fit and flexible

- *Transverse Abdominus* muscles are on the front and side of abdomen and help stabilize the spine and low back region
- *Hip Abductors* muscles support the pelvis and reduce strain on the back
- *Multifidus* muscles act as stabilizers for the lumbar spine and work with the TA and pelvic floor muscles for spine stability

LOW BACK STRENGTHENING & STRETCHING

KNEES TO CHEST



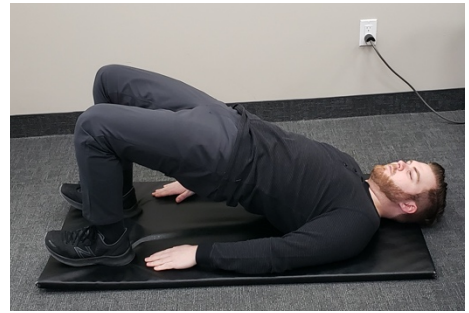
LOW BACK ROTATION STRETCH



S/L LATERAL LEG LIFT



BRIDGE



CAT/ COW

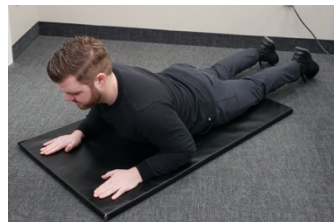


BIRD DOG



PRONE PRESS UP ON ELBOWS

→ Beginner



Advanced →

