



How to prevent back pains

1. Avoid prolonged static postures such as sitting or standing. A change of position even a small change on a regular basis can help to prevent pain.
2. Regular activity – activities such as a short, brisk walk at lunch time, a regular stand and easy stretch or a stretch whilst in your chair, if it's difficult to stand up, may well help you in managing to prevent pain. Other strategies such as ensuring you take walk to the printer or go to get the drinks for yourself and colleagues may well help in preventing pains, essentially by ensuring you change you activities and position/posture on a regular basis.
3. If you spend a significant amount of time sat at work (or home), apart from ensuring that you don't spend too long sat before you move, how you sit can be a significant factor in prevention of back pain. If you adjust your chair correctly, it can provide your spine with support and effectively reduce some of the load on the spine. Some chairs have other in-built features which help the user further reduce the load on their spines. Physiotherapists from Focus Physiotherapy and Ergonomics can help assess your optimal seating position and advise you on the features that your chair has to help optimise your sitting position.
4. Specific exercise to help optimise your spinal muscle support can help in back pain prevention.
5. Staying fit and healthy can help in the prevention and recovery from back pain, according to research.