

BACK CARE & North East Physiotherapy



10 tips for back care

1. Try to alternate between standing and sitting.
2. Place a support in the small of your back when driving or sitting at a desk.



3. Exercise by walking or swimming regularly.



4. Try to lose weight to reduce the load on your spine and back muscles.
5. Stretch regularly to reduce stiffness and increase mobility.
6. Watch your posture; try not to slouch or slump.
7. Be careful when lifting; make sure the load is not too heavy or too large.
8. Try frequent gentle stretches to reduce the strain on your back.



9. Keep moving, even if you have an episode of back pain.
10. Consider whether your bed is providing the support you need at night.

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