



## MAINTAIN A HEALTHY BACK & ACTIVE LIFESTYLE

Your back plays a big role in your overall well-being. By protecting it, you can sleep better, feel happier, and maintain an active and fulfilling lifestyle. A healthy back means you can do the things you enjoy, like going for walks, gardening, or playing with grandkids.



### Be Active with Gentle Exercise

Regular, low-impact exercises play a crucial role in maintaining the strength and flexibility of your back muscles. Activities like walking, swimming, and tai chi are excellent choices for promoting spinal health without putting excessive strain on your back. Engaging in these exercises helps support your core muscles and keeps your spine well-aligned.



### Maintain Good Posture

Consistent good posture is key to preventing back pain. Whether sitting, standing, or walking, be mindful of your posture. Keep your shoulders back, head aligned with spine, and distribute body weight evenly. Avoid slouching or hunching over, especially during prolonged periods of sitting. These adjustments can significantly reduce the risk of developing back pain.



### Lift Properly & Avoid Strain

Use proper lifting techniques to protect your back from unnecessary strain and potential injuries. When lifting objects, bend your knees and keep the object close to your body. Avoid twisting your back while lifting, and if an object is heavy or awkward, ask for assistance. Being mindful of how you lift and carry things can go a long way in preventing back pain.

## How Therapy Can Help

If back pain is impacting your quality of life, talk with your doctor about physical therapy. A physical therapist will assess the underlying cause of your back pain and guide you through exercises to strengthen the muscles around your spine, improve flexibility, and promote proper body mechanics. They may also use various techniques to alleviate pain such as massage, joint mobilization, heat or cold therapy, ultrasound and electrical stimulation.

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