

Follow these 10 simple suggestions:

Start Slowly -

If you're out of condition from lack of activity, your back muscles may be weak and susceptible to injury. Pace yourself and don't overdo it. Increase your workout time as you become stronger.

Make Smart Moves -

Generally, swimming and other water exercises are safest for your back. Because they're non-weight-bearing, these activities place minimal strain on your lower back. Workouts on a stationary bike, treadmill or cross-country ski machine are less jarring to your back than running on hard surfaces. Bicycling is a good option too. However, be sure to adjust the seat and handlebars so that you have a proper posture while riding. If you golf, protect your back by warming up well and stretching so you're prepared for the full range of motion.

Avoid High-Risk Moves -

Avoid movements that cause you to exaggerate the stretch of your muscles. For example, don't try to touch your toes with your legs straight. Activities that involve a lot of twisting, quick stops and starts, and impact on hard surfaces, such as tennis, racquetball, basketball and contact sports, pose the greatest risks to your back.

Plan Ahead -

Think through and reorganize your work or leisure activities to eliminate high-risk movements.

Listen to Your Body -

If your back hurts, stop what you're doing and rest. If you must sit or stand for a prolonged period, change your position often. Avoid unnecessary bending, twisting and reaching.

Prevent Falls -

Fall can seriously injure your back, especially if you have osteoporosis.

Stand Tall -

Poor posture is exhausting work for your back. Good posture is more relaxing and puts less stress on your lower back. It takes minimal effort to balance your body and maintain the three natural curves in your back.

Sit Comfortably -

Sitting is stressful for your back, especially your lower back. Your sitting posture is only as good as the seat that you are sitting in. To minimize stress, choose a seat that supports your lower back and use a back rest (support). Correctly designed Back Supports improve the seat's shape and will increase your comfort when driving or sitting in your chair.

Sleep Smart -

Lie in a good position on a firm mattress. Use a high quality pillow for proper support, and don't use one that forces your neck up at a severe angle.

Lift with your legs -

Before you lift a load, decide where you'll place it and how you'll get there. Pushing is safer than pulling. Always bend your knees so your arms are level with the object. Avoid lifting overhead. Use a footstool to reach high objects, and place heavy objects on casters.

Keep your back strong and healthy!

Take stock of your back and how you use it. Then "invest" in prevention - regular exercises, healthy weight and, perhaps most important, back-saving lifting techniques and a correctly designed support in each seat/chair to maintain proper posture, and prevent further damage