

Lower Back Care Injury Prevention and Rehabilitation Seminar

May 19, 2015

I. **Typical Lower Back Injuries:** Lumbar Disc (L4-L5) Compression, Muscles Pulls/Tears, Referred Pain (Sciatica)

II. **Low Back Pain Causes:** Lifting Objects, Office/Workplace (Sitting and Work Station Ergonomics), Sleeping Positions

- A. Lift Rules:
1. decrease the weight of handled objects to acceptable limits, use 2 people, light plastic containers, assign more time for repetitive task, increase rest to work interval ratio
 2. warm-up muscle/joint, stand close to object, wide stance, good grip, keep arms straight, tighten abs, tuck in chin, initiate motion with legs, lift object close to body, smooth motion, avoid twisting
 3. Pulling easier than carrying, pushing less demanding than pulling
- B. Office/Workplace:
1. Too much sitting – worst position for lower back, sitting bus/car/train, sitting in chair at work, home, eating
 2. Reduce hrs sitting – stand (natural/preferred position of spine) when on phone, change body position frequently,
 3. Proper chair, desk, and screen height. Make use of docking stations, adjustable desks, foot rests, different shelf heights
<https://www.osha.gov/SLTC/etools/computerworkstations/>
- C. Sleeping Position:
1. Side sleeping – pillow between knees & thicker head pillow.
 2. Back sleeper – pillow under knees & thin head pillow

III. **Stretching Exercises:** Can be conducted several times/day. Try early morning (on mattress), evening and as needed during work day. Progress to more advance exercises using the stability ball.

A. On Back: One-knee to chest, two-knees to chest (then rock side to side), piriformis stretch

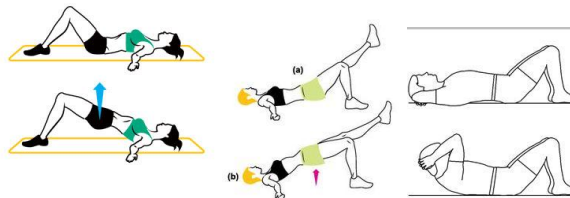


B. Face Down: prop on elbows, press-up



IV. **Strengthening Exercises:** Can be conducted several times/day. Try early morning (on mattress), evening and as needed during work day.

A. On Back: 2 leg hip lift, 1 leg hip lift, ab crunches



B. Face Down: opposite arm/leg, superman

