



Health practice: Tips for a healthy back

We cannot avoid normal wear and tear on our spines; however, we can follow some simple guidelines to help reduce our risk of developing back problems.

At work

- Adapt your workstation to your body and tasks.
- Change positions frequently: recline in your chair for a moment or walk around for a few minutes.
- If seated, stand up. If standing, walk around.

Sitting

- Make sure feet touch the floor or are supported.
- Sit up. Keep your back in a normal, slightly arched position.
- Look straight. Make sure your working surface is at the right height to prevent neck strain.
- Ensure your chair supports your lower back.

Tech devices

- Sit up when reading or texting.
- Keep devices at eye level to decrease neck and back stress.
- Use hands-free device when possible.

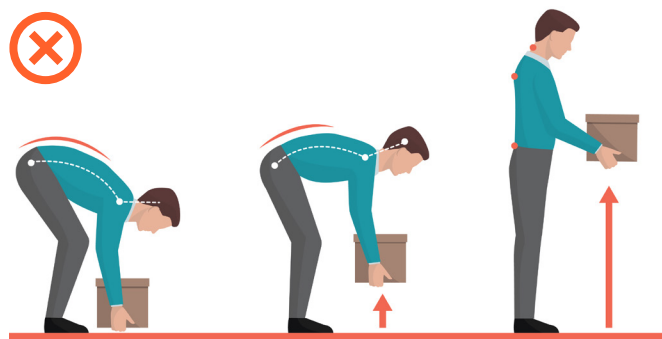
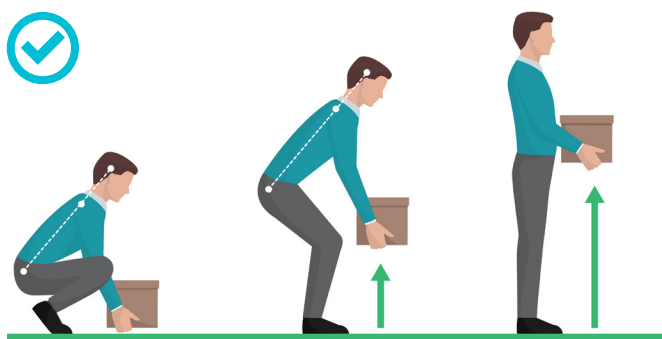


Driving

- Adjust the seat so knees are slightly bent and back is supported.
- Use lumbar support to support the natural curve in your low back.
- Sit at a comfortable distance from the steering wheel.
- Take frequent breaks in long drives; stretch and take a short walk when possible.

Lifting

- Stand close to the object you want to lift.
- Stand with your feet shoulder width apart, bend from your legs, not the waist.
- Tighten your stomach muscles.
- Lift with your leg muscles as you stand up.



Sources:

1. US Department of Health and Human Services, Prevent Back Pain. <https://odphp.health.gov/myhealthfinder/healthy-living/safety/prevent-back-pain#take-action-tab>. 2024. Accessed March 2025.
2. National Spine Health Foundation, 30 tips for Spine Health and Wellness. <https://spinehealth.org/article/spine-health-wellness/>. 2025. Accessed March 2025.
3. Mayo Clinic Health System, Back pain basics and health care tips. <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/back-pain-self-care-tips>. 2024. Accessed March 2025.

This information is for general informational purposes only and is not intended nor should be construed as medical advice. Individuals should consult an appropriate medical professional to determine what may be right for them.