

Tips for low back pain patients

1- Don't stay in standing position for prolong periods. If you have to stand, if possible, use a short stool under one of your feet. Otherwise, shift your weight on your feet alternatively. Never stand on both feet at a time. (Figure 1).

2- Don't walk for a long distance. Walking in patients with low back pain should not lead to increased symptoms (pain, sensory disturbances, etc.). Talk to your provider or osteopath about the right duration time to walk. For low back pain patients, walking in the water is the best alternative.

3- Wearing a suitable lumbosacral medical support during standing, working, and daily activities according to your osteopath opinion.

4- When you are sitting at your desk (working, eating, etc. ...), bring your chair as close to the table as possible, so that it supports your spine natural curves. (Figure 2)

5- Avoid sitting and sleeping on a very soft chairs and mattresses. A suitable mattress is not very soft nor very hard. (Figures 3, 4).

6- Coughing and sneezing. Maintain an erect position of the spine during sneezing or coughing. Avoid bending too much forward. When you are in standing position lean back against the wall and sneeze without bending your trunk. While sitting, straighten your back and sneeze or cough without moving your neck and trunk forward.

7- The correct sitting position in the chair is such that the back is almost vertical and the knee is almost level with the pelvis or slightly higher. Avoid sitting in recliner seats. This principle also applies while driving.

8- While driving, adjust your seat, so that the angle of the elbows are 45 degrees, the back of the seat is close to the vertical position, and your knees are slightly higher than hip joints. (Figure 6).



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9- You can use the following three positions for sleeping. (Avoid rotated spine position during night sleep. Also, make sure that your spine is not tilted to one side in supine/prone positions.)

10- A: Supine – Place a pillow under the knees so that the knees are semi-flexed.

B: Lying on your stomach (Prone) - Do not use a pillow under your head. Put a narrow pillow under your pelvis and abdomen to compensate for the increase of the arch of the waist in this position. In any case, try to check the alignment of your body while sleeping (by relatives or your partner). Avoid tilting positions in A and B (Figure 8). Keep your spine align.

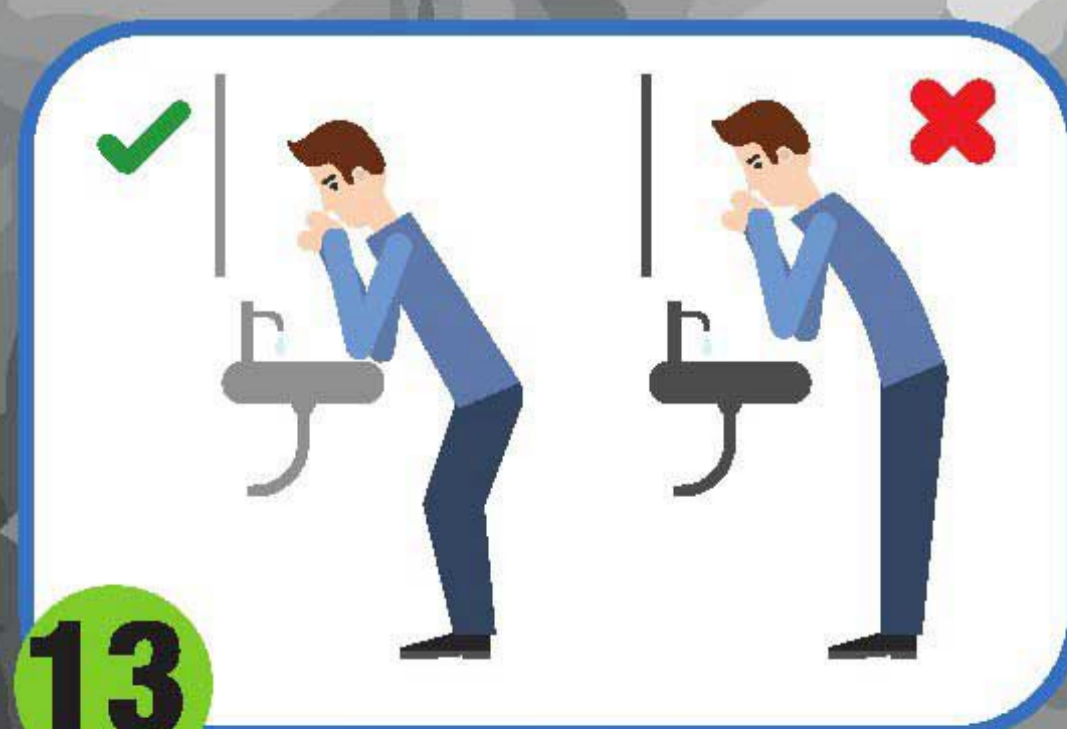
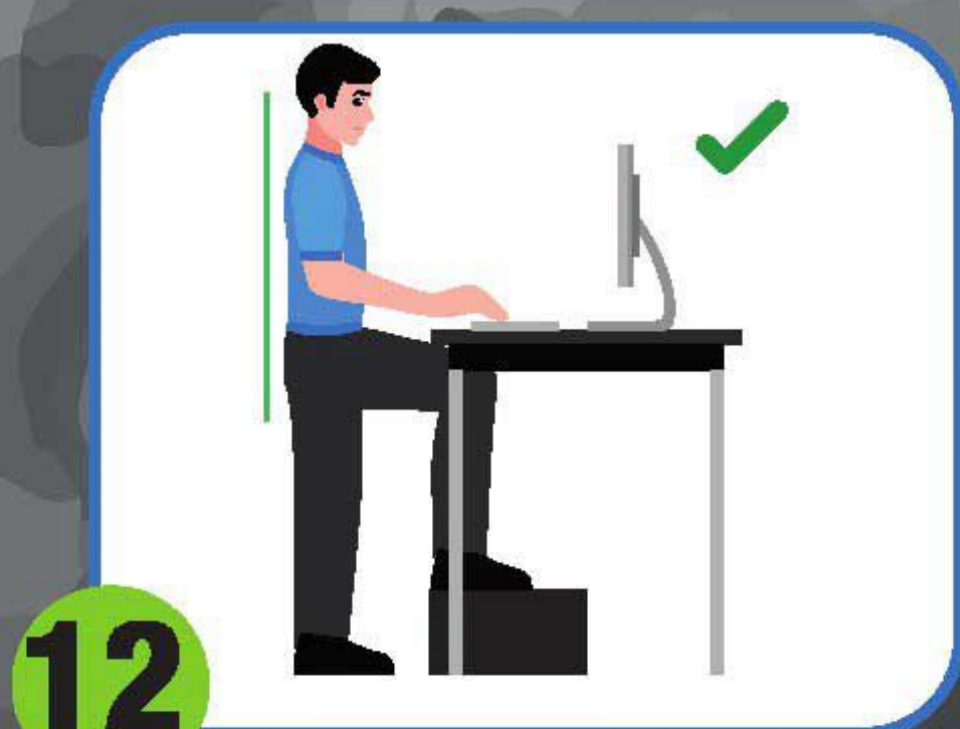
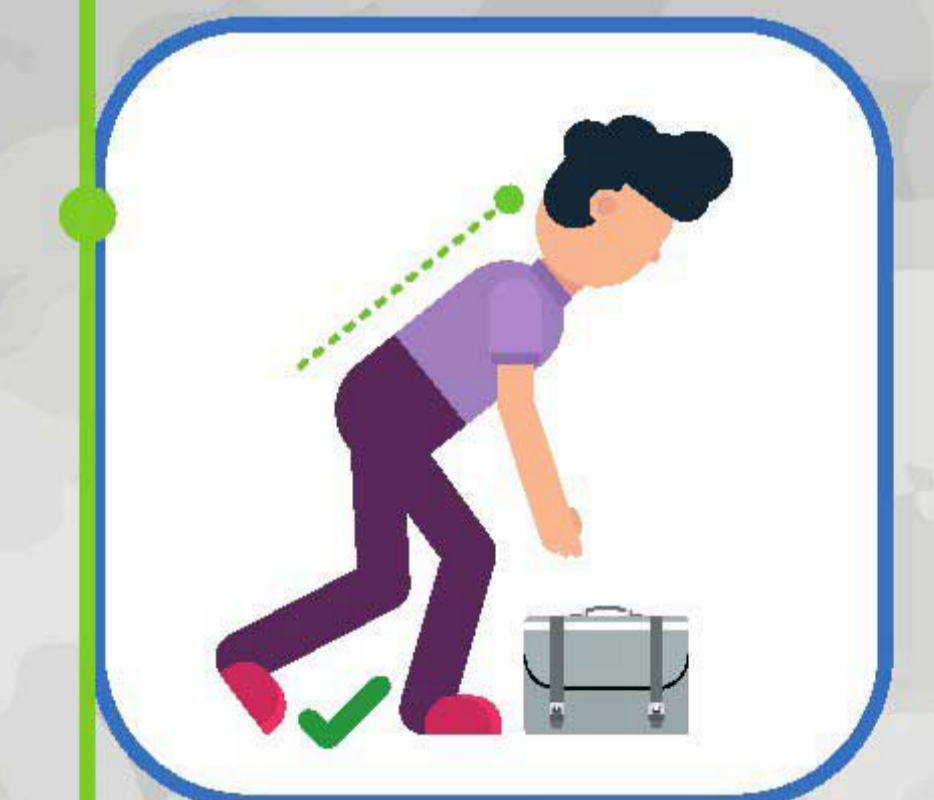
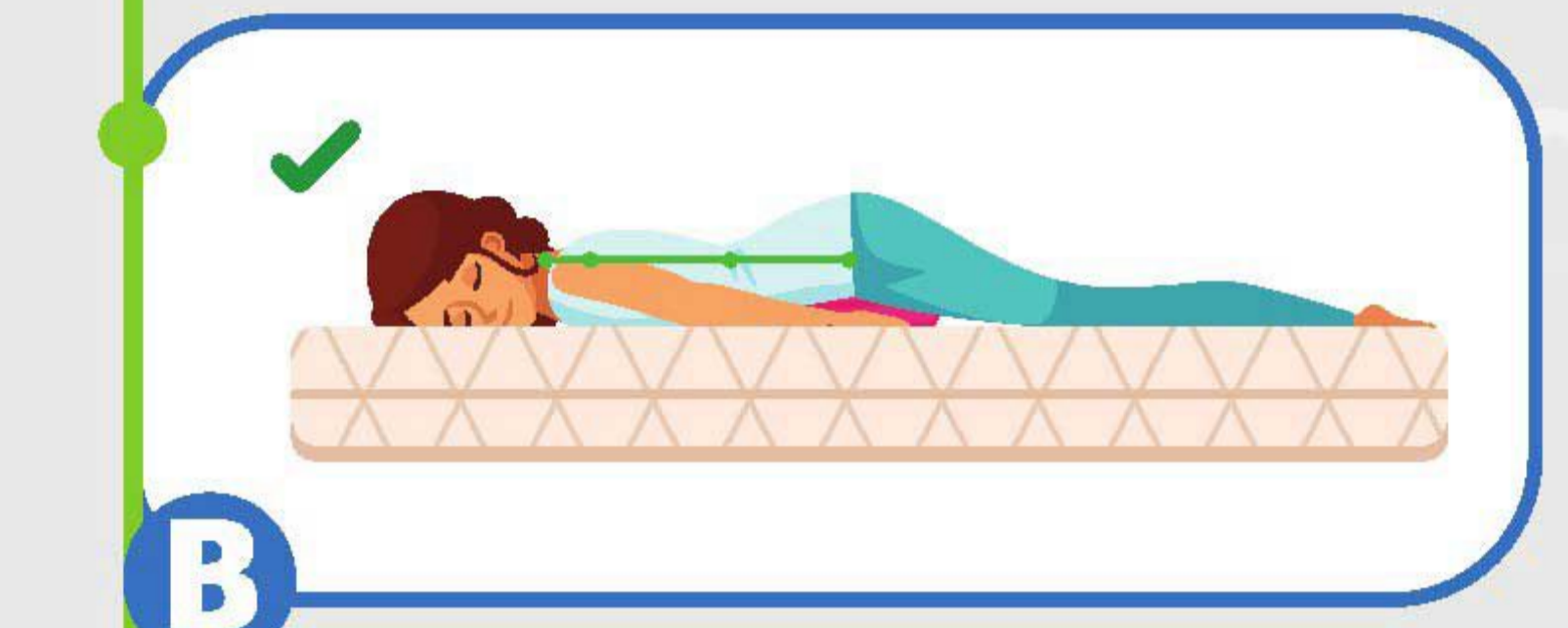
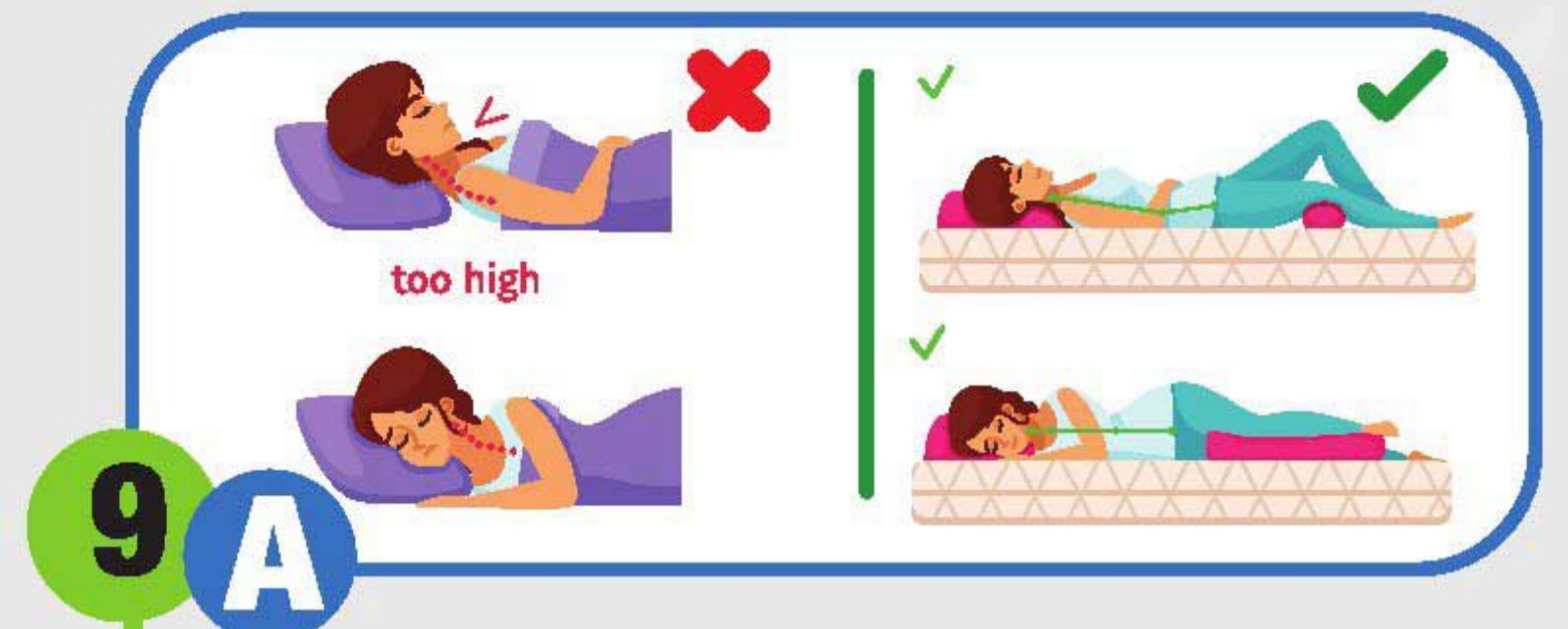
C: Lying on your side - Avoid the fetal position (torso bending forward and fully bent knees in the abdomen). The torso should be almost straight and the knees bent about 30 degrees. Place a narrow pillow between knees and legs. (Figure 7)

11-Avoid carrying heavy objects. The maximum portable weight is 3 kg.(Figure 10)

12-Avoid bending your trunk forward during daily activities (lifting off the ground) - Instead, you can bend your knees while keeping your spine straight. (Figure 14)

Very important point: Avoid bending forward while the spine is rotated (during lifting objects off the ground).

13-Avoid putting your weight on both feet in standing position (activities such as washing dishes, teeth brushing, talking on the phone, and etc.) To compensate for extra pressure on your spine, place one foot on a stool with about 20-30 cm height. (Or on the edge of the cabinet under the sink when doing dishes or brushing). (Figure 15)



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14-Due to the short height of the most washbasins, if you have to bend your back a lot, the best solution, to prevent extra pressure on the spine, is to bend the knees (lower the center of gravity of the body) (Figure 16).



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15- When getting up from a chair, keep your spine straight(as much as you can) and push down your hands on the handles of the chair or on your laps

16-Before changing position, sitting up or lying down, be sure to turn to one side.

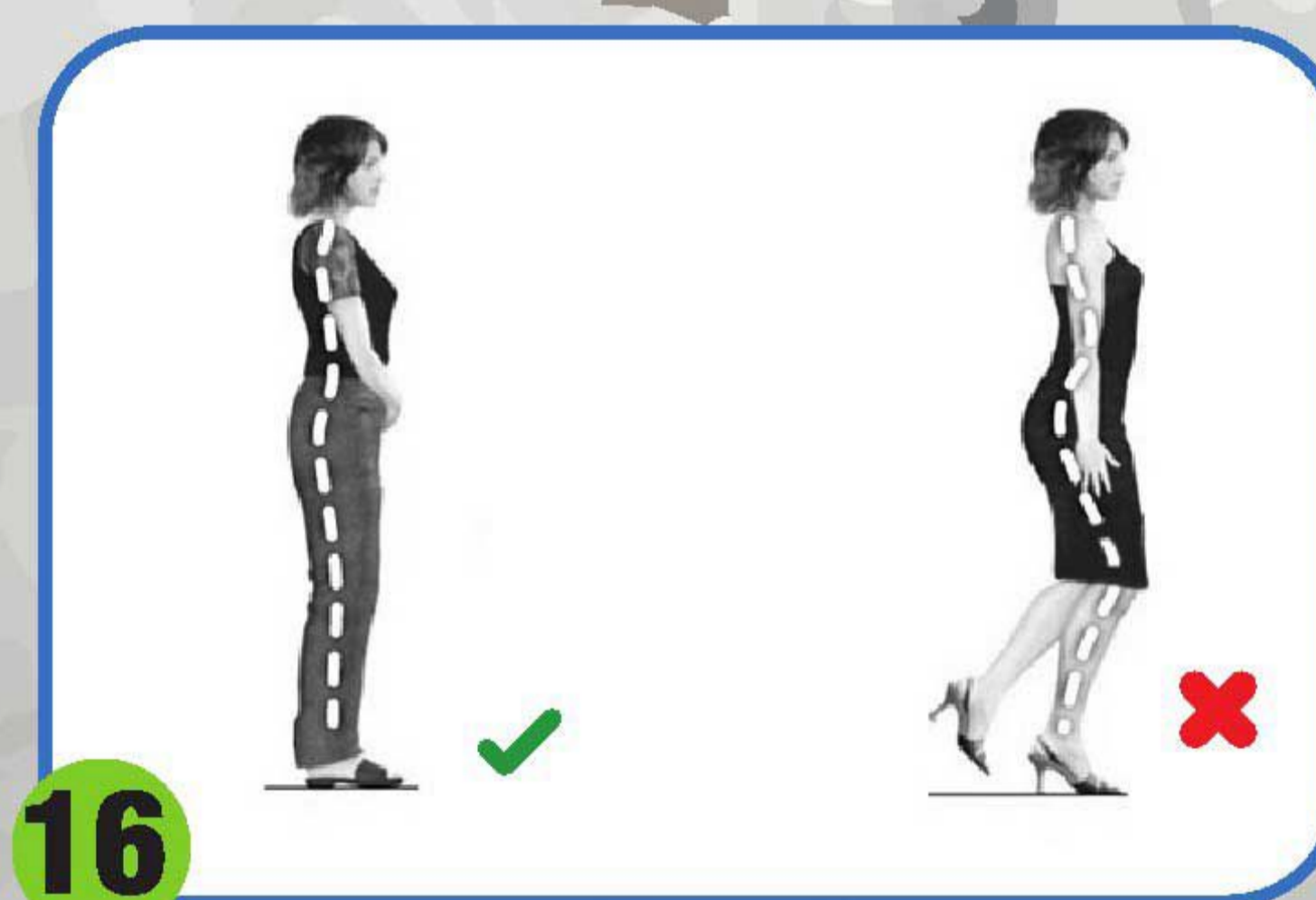
17-In a patient diagnosed with low back pain due to lumbar disc lesions and/or with shooting pain in the lower limbs, prolonged sitting for more than 10 minutes is prohibited. In acute stages, the best resting position is lying down on your back or your side (as mentioned before). Use your medical lumbar support while walking for 15 mins, three times a day.



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18- Avoid prolonged driving, especially in patients with lumbar disc herniation. During commutes more than 10 mins, if possible, lie on the back seat of the car.

19- Contrary to popular belief, wearing medical support of the spinal column can weaken the muscles ONLY IF it is used for a long-time and without therapeutic exercises (by replacing the normal activity of the spinal muscles). However, in the acute stages of the disease, it is necessary to wear these supports (based on your osteopath or provider opinion) to reduce muscle spasms and excess pressure on the spine and involved tissues. These supports will be gradually being set aside after the symptoms improve and by the end of the treatment sessions. They can be used freely by the patient only during intense activities or long-term walking later on. Even in acute conditions of the disease, these supports should be removed during sleep time.



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20- Avoid wearing shoes with narrow toe box and high heels. The best shoes, commonly have a wide and comfortable toe box. With average 3 cm heel height. If possible, use shoes with the right outsole thickness, so that it can absorb the ground shock perfectly. And, shoes with insoles that provide a medial arch support.