



When You Have Back Pain

by NEWLIFEOUTLOOK TEAM

Back Pain by the Numbers

When you have back pain, there are a number of things you can avoid to prevent your back pain from getting worse. Avoid lifting, even if you're lifting correctly. If you have to lift something heavy, make sure to get someone else to come and help you. Take frequent breaks from sitting to get up and take a walk. You can stay productive while using this time to think about a problem that you're working on trying to resolve or before reviewing a report. There are also some exercises you can do while at your desk to prevent stiffness.

