

# June is Back Care Month



## *The importance of taking care of your back*

By taking care of your back through regular exercise, you will not only strengthen your back, but you can prevent back injuries. You can also perform back exercises to help alleviate and manage back pain. If you already suffer from back pain, then you should see your physician to get a treatment plan that is right for you and start managing your pain. By maintaining a healthy weight, you can also reduce back pain. If you are overweight, you can lose weight to help relieve back pain. You can start practicing and using proper form when lifting heavy objects, this can also help you to avoid a potential back injury.



### **1. Exercise**

You should do daily aerobic exercise, such as walking or swimming 3-5 x's a week for a minimum of 20-60 minutes, or a minimum of 150 minutes/week of aerobic exercise. If you already suffer from back pain, then see your physician to get recommended exercises that are right for you. If you do not suffer from back pain, then you can meet with a personal trainer to learn more about core strengthening exercises.

### **2. Maintain a healthy weight**

You should maintain a healthy weight based on your height. You can go to [www.webmd.com](http://www.webmd.com) and use a BMI calculator to determine your healthy weight range. By reducing excess pounds, you can alleviate back pain.

### **3. Lift objects with proper form**

When you lift a heavy object, you should keep your back straight and only bend at the knees. You should hold the heavy object close to your body. If an object is too heavy, ask someone to help you move it.

### **4. Sit with proper form**

If you sit for long periods of time, you should get up and move every 30 minutes throughout the day. You should consider using a seat with a lower back support, arm supports, and a swivel base.

### **5. Stand with proper form**

If you stand for long periods of time, you should keep your back straight, don't slouch your shoulders, and move or shift feet often. By maintaining a neutral spine, this will reduce stress on your back.

### **6. See your physician if you experience back pain!**



**Saginaw Chippewa Indian Tribe of Michigan**  
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