

## DRIVING POSTURE

Poor posture while driving or sitting in a vehicle is a frequent source of back pain.

- Keep your vehicle seat close to the steering wheel to raise your knees higher than your hips. This position flattens your back.
- Do not lean forward. Rest against the back of the seat.
- Take frequent breaks when driving long distances.



## BENDING, LIFTING AND CARRYING

- Keep your feet apart to provide a good base of support.
- Maintain a pelvic tilt position by contracting your abdominal muscles.
- Bend from the knees and use your legs to lift. Keep your back straight. If you have bad knees do not lift, use a Long Handled Reacher to pick up light objects.
- Keep your arms at your sides to center the weight evenly.
- Grip the object firmly with both hands.



## GETTING IN AND OUT OF A VEHICLE



When getting out of a vehicle, turn your whole body to the side. Place both feet on the ground then exit the vehicle .

Reverse the procedure when getting into the vehicle. Sit down facing the door. Swing both feet in together.

Everything you need to know about

## BACK PAIN

For more information and appointment scheduling, please call ext. 1712 / 1748



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## BACK PAIN

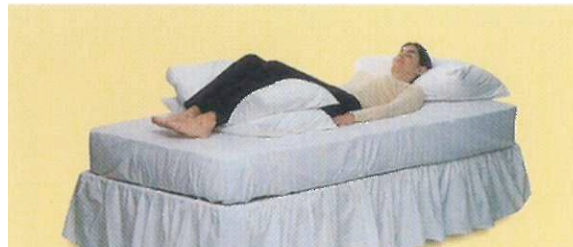
Rheumatology  
&  
Physical Medicine Department



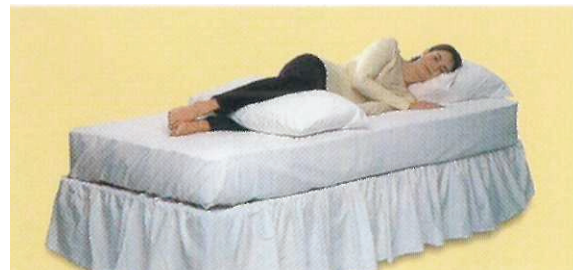
## SLEEPING / LYING POSITION



- Sleep on a firm mattress.



- Lie on your back with a pillow under your knees to bend your knees and hips. This helps flatten your back.



- You may also lie on your side with your knees bent. Place a pillow between your knees to reduce the pressure on the inside of your knees.
- Do not sleep on your stomach. This creates a sway-back posture that increases stress to the facet joints and can cause pain. If you are a stomach sleeper, it may be difficult to break the habit. If so, place pillow under your pelvis (Not Your Abdomen) to help flatten your back.

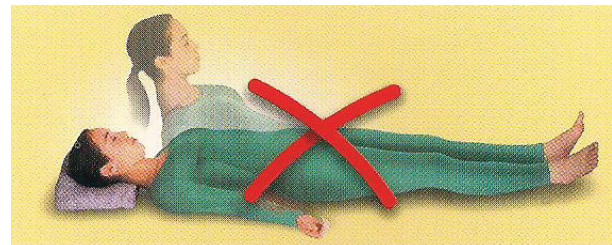
## GETTING OUT OF THE BED



- Roll on your side.
- Push your self into a sitting position with your arms.
- Swing your legs over the side of the bed.



- Do not sit strait up from a lying position. You may strain your back muscles.



## SITTING POSTURE

- Sitting places 30% more pressure on your back than any other position. This is why your back may hurt after sitting for a long time.
- Do not sit in a military position with your back arched and unsupported.
- Do not sit in a slouched position.
- While sitting, use a chair with a firm back that is tilted slightly backwards. When you sit in a backless chair, your back muscles must work all the time to support your spine. This may cause fatigue and pain.
- If you sit at a desk for many hours you should provide support to your spine to improve your sitting posture and comfort.

