

Back Precautions

These precautions will help keep your back and spine safe from injury. Follow these precautions and ask your care team if you have any questions.

Try to keep your back as straight as possible at all times. Keep your shoulders, hips, and knees aligned. Do not twist at the waist.

Do not lift anything that weighs more than 5 pounds. For reference, a gallon of milk weighs about 8 pounds.



To pick something up, bend your knees and keep your back straight. Slide the object close to yourself before picking it up. Use legs to do the work. Do not bend at the waist.



Sit up straight whenever seated. Use a rolled up towel in the chair to prop yourself up, if necessary.



Do not sit for more than 20 minutes at a time. Alternate tasks, change positions, and take rest breaks often during the day.



Put a pillow between your knees when laying on your side. Put a pillow underneath your knees when laying on your back.



When reaching for something, try to keep your arms below your shoulders and do not arch your back.



The log roll technique

Use the log roll technique when you are getting into and out of bed.

1. Sit on the edge of the bed, keeping your back straight.



2. Bend your elbow, slowly lean your body to the side, and move your legs up on the bed.



3. Keep your knee bent as you roll onto your back and adjust yourself on the bed.

Do not twist your back or neck. Your shoulders, hips, and knees should stay aligned the whole time. This helps to keep your knees and shoulders pointed in the same direction.

