Back Safety

~Back Pain Is No Joke~
Most back problems are unnecessary and can be prevented.
The Spine Has 3 Purposes

1. Maintain the structure of our trunk and allow for body mobility.

2. Protect the spinal cord.

3. Act as a shock absorber.
Components of the Spine

- Vertebral Body
- Disk
  - Fibrous Ring
  - Jelly Substance Middle
  - Shock Absorber
- Facet Joints
- Tendons
- Nerves
What Causes Back Problems?

Poor Posture

Slumped Sitting  Flat Back  Sway Back
Faulty Body Mechanics

- Lifting with the Back Flexed
- Knees in the Way
- Twisting without a Pivot
- Weight too Far Away
Stressful Living and Working Habits

Reaching with a Heavy Load

Work too Low and Far Away

Back Unsupported
Poor Mattresses

A Mattress which is too Hard Leaves the Back Unsupported

A Sagging Mattress Leaves the Back in an Unbalanced Position
Other Risk Factors

Accidents

Loss of Flexibility

Decline of Physical Fitness

*Plus, emotional stress, poor nutrition, lack of rest, and smoking.
What’s the problem, Doc?

Disc Strain or Bulge

Herniated Disc
Acute Strains and Sprains

Postural Strains and Sprains
Joint Stiffness

Osteoarthritis
What can I do to help my back?

“Balance is the Key”
The “Power” Position

The “Power” Lift
Interrupt or Change Stressful Positions Frequently
What about exercises to prevent back problems?

Aerobic Exercises
Remember~

Balance is
the Key