

# 7 Ways To Take Care of Your Back

**Marshall Gabin, osteopath at [Body & Soul Medical Clinics](#), offers easy suggestions to prevent spinal injuries**

## 1 Do the hip hinge

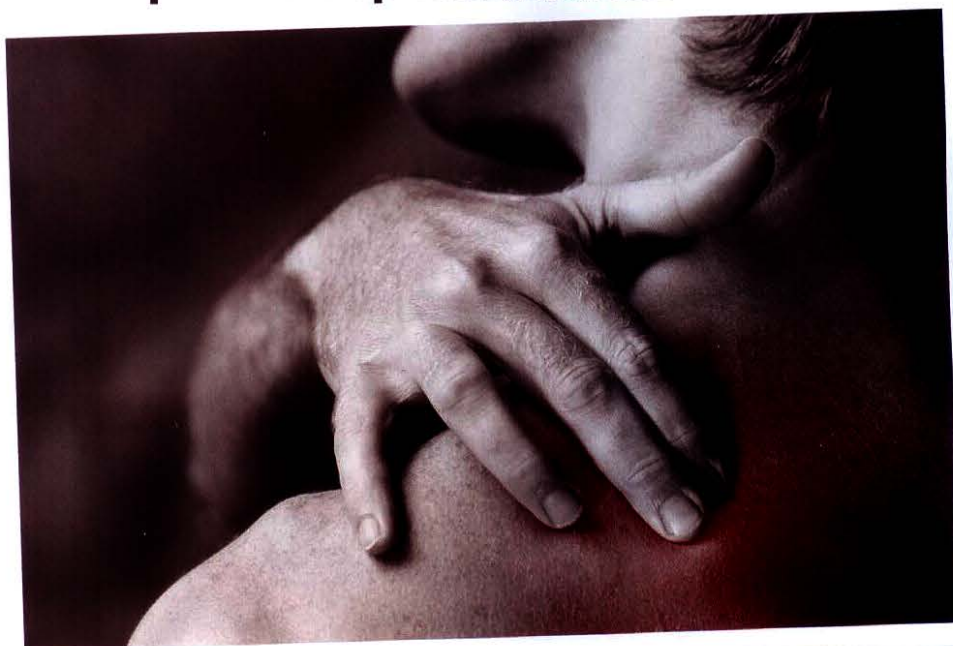
The hip hinge is used during many common activities to protect the spine. Keep your spine straight by hinging at the hips as you bend your knees. If you bend at the waist, the spine flexes forward putting your lower back and neck in harmful positions. Practice the hip hinge by placing a stick on your back and bending from the hips.

## 2 Lifting

Before you lift a heavy object, make sure you have firm footing. Keep your spine upright by hinging from the hips and knees. Try to keep your chest lifted in front while maintaining your lumbar spine's natural forward curve. Do not bend forward at the waist with your knees straight. Also, avoid lifting after sitting for a prolonged period.

## 3 Sitting

Force yourself to stand up and move around when you get a chance. Instead of sitting forward in your chair, move your hips all the way to the back of the chair. Both feet are flat on the floor. Lean slightly back. If the chair back is rounded, put a small soft cushion in the space between your lower back and the chair, to preserve healthy normal back posture.



## 4 Getting out of a chair

The key is to squat up or down using your hips or knees. Avoid stooping forward from the waist. Instead, scoot towards the edge of your chair and move your feet back under your thighs before sitting up. Push your body up and forward with your legs.

## 5 Sleeping

Try to sleep in a position which helps you maintain the curve in your back (with help of a lumbar/back support if necessary). If you sleep on your side, maintain the curve in your lower back and do not draw your knees up to your chest. Avoid sleeping on your stomach, especially on a saggy mattress.

## 6 Brushing your teeth

Place one foot on a stool when standing for an activity such as brushing your teeth. It makes it much easier to keep your back upright. Even when you bend forward, try to lift your chest up.

## 7 Putting a baby in the car

Hold the baby as close to your chest or abdomen as possible. Also, keep your spine upright while avoiding the tendency to bend from the waist. When changing your baby, make sure the table height is correct so you don't have to bend down much.