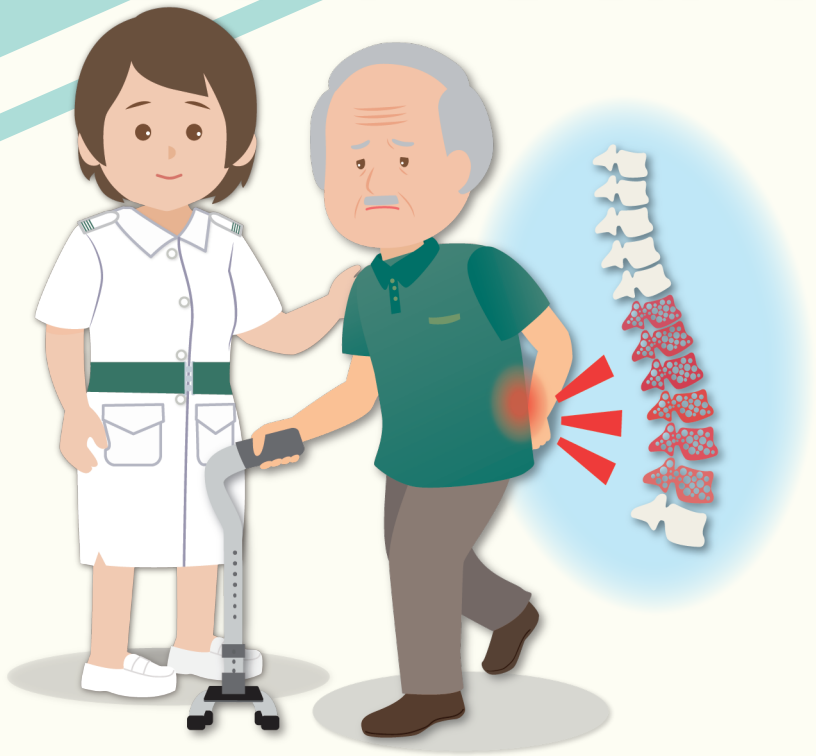


# Back Care



Back care is an effective way to prevent back pain or their recurrence.

Through learning correct postures, correcting bad habits and providing constant adherence to these in daily life, the pressure on the back, as well as the risk of back pain or recurrence can be reduced.



# Proper posture

The keys to back care include maintaining a good posture and developing good habits to reduce pressure to the back. Healthy people or those suffering from varying degrees of back pain should take note of these important points:

## 1. Proper sitting posture



Choose a chair with backrest, sit with back against the backrest, hip and knee joints at 90°, and feet flat on the floor (use appropriate back cushion for back support if necessary)



**Avoid** using soft sofas, round chairs or short stools, and **avoid** prolonged sitting or cross-legged sitting



## 2. Proper standing posture

Keep your back straight, tuck your abdomen in, and stand with feet slightly apart

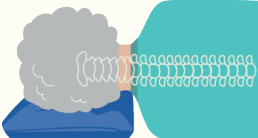


# Proper posture

## 3. Proper lying position



Beware of the thickness of pillow height and mattress firmness



Place a thin pillow between the waist and bed for support



## 4. Getting up (Lying down: Reverse the sequence of getting up)

Lying flat



Bending knees



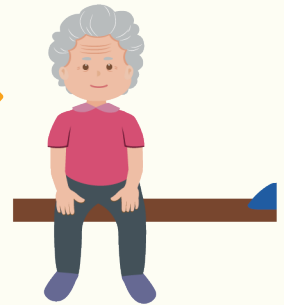
Turning to side-lying



Support upper body with hands, lift the feet slowly and put down at bedside



Sit on bed



## 5. Keep changing posture

Avoid maintaining the same posture for a long time to reduce pressure to the back



Avoid over 40 mins



# Lifestyle

## 1. Performing housework

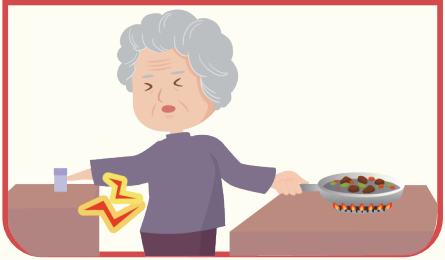
- ◆ Try to keep your back straight, avoid hunching your back for a long time, or twisting it suddenly



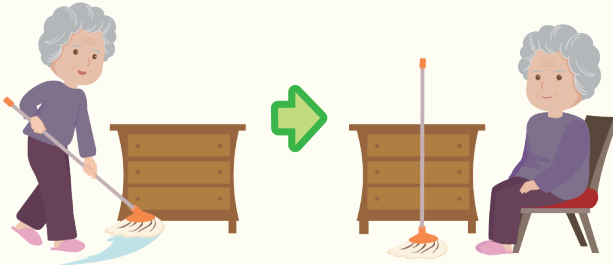
Keep your back straight



Avoid twisting the back suddenly



- ◆ Plan out your activities to include rest time in between, take a short walk or do some stretching exercises



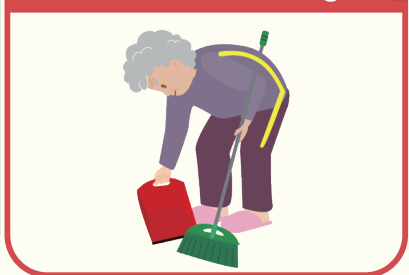
- ◆ Make proper use of assistive devices



For example: Use a long handle dustpan



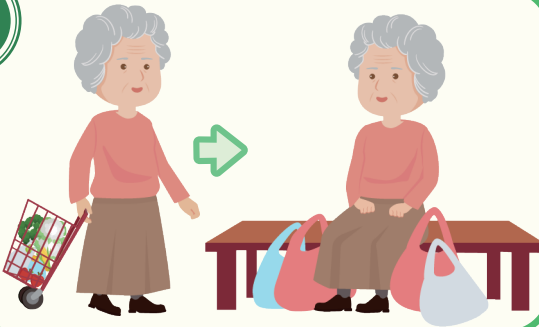
Avoid bending your back when cleansing



# Lifestyle

## 2. Shopping

- ◆ Plan your shopping according to what you can carry; do not buy a lot of items in one go; use a shopping trolley if necessary
- ◆ When there is fatigue or pain over the back, stop as soon as you can; put down the items, sit down or stand to one side to take a rest



## 3. Carrying objects

Use a backpack to distribute the weight evenly over your shoulders



## 4. Assistive devices

Use assistive devices with a long handle, e.g. a shoe horn, a long handle reacher etc. to prevent over stooping of the back



# Lifestyle

## 5. Leisure




- ◆ When using a computer, an electronic screen, or reading a book:



Keep your back straight  
Adjust the screen at about eye level  
Change your posture regularly



**Recommended distance:**

	Smartphone	---  30 cm
	Tablet	---  40 cm
	Computer	---  50 cm



**Avoid** bending your neck for a long time



**Back pain is a warning sign.  
If back pain persists or deteriorates,  
please seek medical advice as soon as possible**

If the elderly have difficulty in doing housework because of back problems, be proactive and ask relatives to share the work-load, or enquire at nearby “District Elderly Community Centres”.

Elderly Health Service, Department of Health  
Website: [www.elderly.gov.hk](http://www.elderly.gov.hk)  
Elderly Health Infoline: 2121 8080



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