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HealthMatters

NEWSLETTER

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BACK TO HEALTH

Nearly 80% of Americans experience back pain at some point in their life.

Back pain is extremely common. Although some may be from injury, most of the pain we feel is caused by daily wear and tear. Give your back a break with these easy tips!

Pay Attention to Posture

Poor posture is one of the most common causes of back pain. With the amount of time we spend sitting, it's easy to become hunched-over while working. This can reduce the back's natural curve and lead to pain. Improve your posture with a few simple steps:

- Sit upright with relaxed shoulders.
- Keep your feet uncrossed, flat on the floor.
- Place screens at eye level.

Manage Stress

Feeling stressed can cause our body to respond as if there is a physical threat. This fight or flight response creates tight muscles that lead to back pain. Avoid the stress response by:

- Adopting a regular exercise and stretching routine
- Getting a good night of sleep
- Taking a warm bath
- Scheduling a massage

Lift With Correct Form

With long summer days, weekend warrior projects are often top priority. Lifting incorrectly can become a real pain in the back! Use the following guideline to protect your spine:

- As you lift, keep loads close to your body between the mid-thigh and mid chest.
- Avoid twisting and keep elbows in.
- Lift with your legs, not your back. Shoulders, hips and toes should face the same direction.
- Bend at the knees, instead of the hips.

Source:

1. <https://www.health.harvard.edu/pain/posture-and-back-health>
2. Centers for Disease Control and Prevention (2014) Health, United States, 2014. [Online] Available from: <https://www.cdc.gov/nchs/data/abus/2014/046.pdf>
3. <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/back-pain/art-20044526>

TAKE CARE OF YOUR BODY AND YOUR BODY WILL TAKE CARE OF YOU!

If you would like assistance in applying any of these ideas, contact your CareHere Health Coach to discuss additional tools that can get you back to health by calling 877.423.1330 or visiting CareHere.com.