



## Managing Low Back Pain



### Overview

Low back pain can cause problems that ripple through every part of your life. You don't do a lot of the things you enjoy because it just hurts too much. But there is hope. Here are some tips to help you manage your pain.

### Take an active role in your care

First, follow all of your doctor's recommendations. Medications, physical therapy, complimentary treatments and even surgery can help. Follow through with your appointments. Take medications as directed, and speak up if your care plan isn't working.

### Take care of your body

Stay as active and as healthy as possible. Eat a nutritious diet, exercise regularly and get plenty of sleep. Don't smoke. If you're overweight or obese, lose the extra pounds. Losing weight can really help relieve low back pain.

### Proper posture

Focus on your posture. Ask your doctor for tips about how to stand and sit in ways that don't stress your back. Things like footstools, armrests and lower back supports are helpful for many people with low back pain. Avoid heavy lifting. And if you have to lift, make sure you're using proper lifting techniques.

### Conclusion

If you take an active role in your care and follow your doctor's advice, you can learn to manage your pain and take back your life.