

SPINE IQ BACKfacks™ #1

Smarter Sources. Better Solutions.

9 ways to get back into your swing!

1. Stay Active

2. Don't stay in bed

Don't stay in bed for more than a day or two, and only if absolutely necessary

Although moving may feel a bit sore at first, activities such as swimming, walking, yoga and Pilates can help to strengthen your back muscles, relieve pain, and increase flexibility.

3. Get back into your routine

Pain isn't always a sign of damage so start to move slowly and try to do more each day.

4. Pain relief

Consider over the counter pain medication to stay active. Apply heat and ice to the affected area.

5. Go don't wait

Keep your normal schedule, including work. Make sure to take regular breaks and avoid repetitive or awkward motion.

6. Take care

Maintain good posture, take stretch breaks and don't lift too much.

7. Mindfulness

When you're mindful, you carefully observe your thoughts and feelings without judging them as good or bad, staying in the present moment.

8. Positive Attitude

Most back pain will resolve within a few weeks. There is a lot of help available when necessary. Setting achievable goals for your recovery and pacing your return to usual activities can help your confidence in getting better.

9. Prevention

Limit early morning bending. Make good lifting, posture, and movement decisions.
Stay active!



Questions?

Text: 641.329.0652
or call 1.800.531.0987

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