

be  
well.

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## Prevent Back Pain

There are different kinds of back pain. Back pain can feel like a dull, constant ache or a sudden, sharp pain. Back pain often gets better on its own.

Back pain can be acute or chronic. Acute back pain is pain which lasts from a few days to a few weeks. It's often caused by an accident, a fall, or moving something too heavy. Acute back pain usually gets better without any treatment.

One of the best ways to prevent back pain is to keep your back muscles strong. Follow these steps to help protect your back.

- ❖ Do back strengthening and stretching exercises at least two or three times a week
- ❖ Stand and sit up straight
- ❖ Avoid heavy lifting; if you do lift something heavy, bend your knees and keep your back straight; this way, your leg muscles will do most of the work
- ❖ Stay active and eat a balanced diet
- ❖ If you are overweight, lose weight to help lower the strain on your back

Chronic back pain is pain which lasts for more than three months. It's much less common than acute back pain. Most chronic back pain can be treated without surgery.

Focus on getting active and practicing good posture to lower your risk from developing back pain.



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