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*"treating the cause of your problem, not just the symptoms"*

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## Tips to Avoid Back Pain

As I have mentioned before, 80% of the general population will experience low back pain at least once, perhaps much more. Rather than waiting for it to occur, you should take the appropriate steps to prevent it from happening in the first place. Below are a few simple tips to accomplish this.

- 1) If you feel a sneeze or cough coming on, quickly straighten your spine. When you cough or sneeze, a significant amount of pressure is put on your back. If you are bent over or twisted when it hits, you can sprain the joints or strain the muscles in your back.
- 2) When lifting heavy objects, use your legs and not your back. Also, when carrying an object, hold it close to your body.
- 3) Whether sitting at desk or standing at work, you should not stay in one position for too long. Every half-hour you should get up and move for a minute in order to prevent joint stiffness and muscle tension.
- 4) Whether it is walking, running, swimming, you should do some form of exercise three to four days per week. During this exercise, you should be sure that your heart rate remains elevated for at least twenty minutes.
- 5) Whenever you are sitting, be sure to not carry your wallet in your back pocket. It will act like a wedge under one side of your pelvis, making it uneven whenever you sit.
- 6) Sleep on your back with a pillow under your knees or on your side with a pillow between your legs.
- 7) Keep your abdominal muscles in shape. Doing "crunches" or "ball exercises" regularly will accomplish this.
- 8) Wear comfortable, well-fitting shoes. If you have flat feet or fallen arches, you may need to see your chiropractor to have custom orthotics made for you.

9) Have your bras professionally fitted if you have large breasts, as this can put a strain on your back.

The above tips are just some of the many things you can do to prevent a back injury. Of equal importance is seeing your chiropractor regularly in order to maintain the full mobility and flexibility of the joints and muscles.