

# UNDERSTANDING THE 3'S OF BACK PAIN

One out of three Americans struggle with back pain. The joints of the neck, upper and lower back can wear down or become inflamed due to arthritis of the spine.

## CAUSES



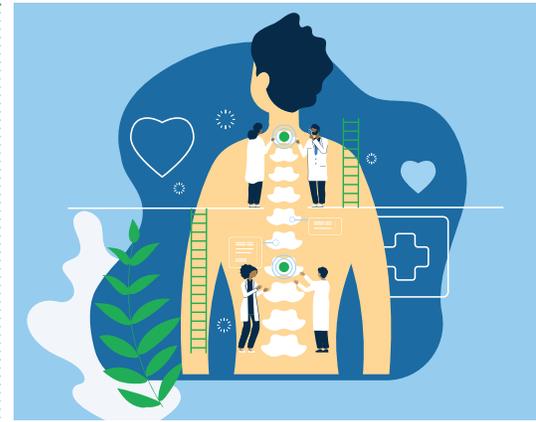
### REPEATED MOTION

Doing the same type of activities in the same way over time.



### INJURY

The result of an accident, fall or improper movement.



### GENES

How your body is programmed since birth and as you age.

## THINGS YOU SHOULD KNOW

### 100 MILLION

The number of Americans struggling with back pain.

### 264 MILLION

The number of workdays impacted by absences or lower productivity.

### #1

Back pain is the most common cause of job-related disability.

## MYTHS VS. FACTS



**✗ MYTH:** Always sit up straight.

**✓ FACT:** Sitting up too straight or in one position for too long can strain your neck.



**✗ MYTH:** Don't lift heavy objects.

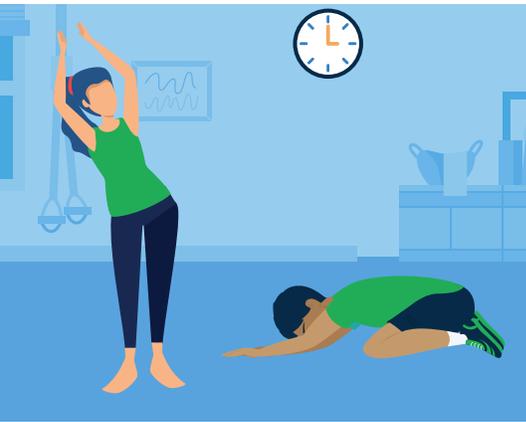
**✓ FACT:** It's not about the weight, but how you lift it. Squat close to the object with your back straight and head up. Hold object close to your middle. Push up with your legs. Don't twist or bend.



**✗ MYTH:** Bed rest is the best cure.

**✓ FACT:** Resting can help a recent injury or strain, but too much rest can increase joint stiffness and worsen pain.

# TREATMENT OPTIONS



## MOVEMENT

Do 15 minutes of back/neck exercises daily.



## MEDICINES

Use OTC pain relief and anti-inflammatory drugs safely. Try creams or gels too.



## MEDICAL CARE

Discuss your options with a spine expert (e.g., PT, assistive devices, injections and surgery, if needed).

# SELF-CARE



## EAT HEALTHFULLY

Fill up on anti-inflammatory and bone-building foods.



## STRETCH AND STRENGTHEN

Set a timer to remind you to exercise core muscles and change positions regularly.



## KEEP HEALTHY BODY WEIGHT

Extra pounds worsen inflammation and put added stress on joints.

# EVERYDAY STRETCHES



## SITTING HIP STRETCHES



## STANDING SIDE STRETCHES



## CHILD'S POSE