



# Back pain

Back pain can be caused by many different things.

The most common cause of back pain is muscle strain to the lower back.



Using correct posture puts minimum stress on the joints. This reduces the risk of injury and osteoporosis. For correct posture, keep your ears, shoulders and hips in a straight line. When lifting things, bend the legs, not the back.

Backpacks that are too heavy or worn on one shoulder can cause lower and upper back pain and muscle strain on the neck and shoulders. Also, children's backpacks should not weigh more than 10% of their body weight.

To help prevent back pain, bend at your knees, not at the waist. Keep your back straight. Lift objects slowly. Let your legs carry the weight. Find out more about proper lifting from [medlineplus.gov](https://www.medlineplus.gov) and search "lifting."