

# Watch Your Back

Back pain occurs most often in the lower back, where your body absorbs the most weight and shock.

Different kinds of work and activities can increase the risk for back problems. Self-care activities can help by reducing the strain, strengthening muscles and learning proper posture.

- Do back-strengthening and stretching exercises regularly.
- Learn the safest ways to lift and reach for things.
- If your job mostly occurs while sitting, use a chair with a straight back or low-back support.
- Use a low stool to prop up your feet if your feet don't touch the floor when you sit.
- The best sleeping position for lower back pain is on your side with knees partially bent.

