Spine Sparing Postures

A lumbar disc is very sensitive to increases in pressure that occur with bending or twisting postures. Eliminate isolated bending through the spine if you have any disc related problems. Simple daily tasks, if done incorrectly, will continue to aggravate the injured disc and sabotage the recovery process.

PICKING UP AND LOWERING AN OBJECT

To avoid placing the back at risk of injury the object needs to be as close to the body as possible.

1. Either pick up or lower the item using a squatting motion discussed above.
2. Once the object is picked up it should then be moved by moving through the legs and hips. Spine should not be twisted. (See figure 12)