



Put Back Pain Behind You: Take a Stand for Better Health

Did you know that 4 out of 5 people will suffer back pain at some point in their lives? That means it's likely that you or someone in your family will someday suffer from this common ailment.

Tips for a healthy back.

LIFT PROPERLY. Do the work with your legs, not with your back. Bend at the knees, not at the waist, and lift straight up with the weight as close to your body as possible.

STAY IN SHAPE. Exercise helps keep the abdominal muscles supporting your back strong and flexible.

CONTROL YOUR WEIGHT. A large waist and a lack of exercise can weaken your muscles, causing stiffness and low back pain.

QUIT SMOKING. It cuts the blood flow to the disks that cushion vertebrae, speeding wear and tear.

SLEEP SMART. Sleeping on your back puts roughly 50 pounds of pressure on your back. To relieve some of this pressure, put a couple of pillows under your knees or lie on your side with a pillow between your knees.

USE GOOD POSTURE. When standing, keep one foot forward and your knees slightly bent. When sitting, keep your knees slightly higher than your hips. If you do hurt your back, take heart. According to the National Institute for Neurological Disorders and Stroke, acute back pain usually goes away on its own after a few days. If the pain doesn't get better, is severe, gets worse or is accompanied by other symptoms, call your primary care physician. Of course, in an emergency, go immediately to the nearest emergency room.

Before starting any physical activity and/or weight management program be sure to speak with your physician.

For more information on how to maintain a healthy back or general health and wellness information be sure to visit www.myuch.com.



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