

We've Got Your Back!

80% of Americans will experience back pain at some point in their life. Limiting or modifying the way you sit and lift can allow your back to begin to heal.

Avoid the BLTSS

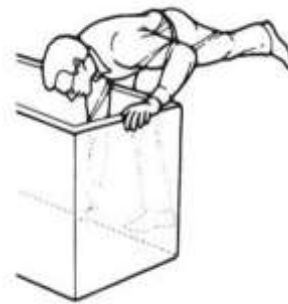
- Bending
- Lifting
- Twisting
- Prolonged Sitting
- Prolonged Standing



Bending



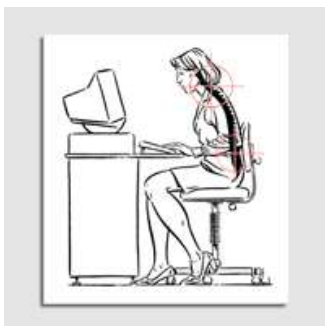
The "Golfers Lift" is a good alternative for lifting smaller objects without having to bend and twist at the back.



Lifting



Keeping your back straight, lift with your legs to protect your back.



A forward head and slouched back puts more strain on the neck and back. Sit upright with good lumbar support.



A Healthy Back

Maximizing core strength, flexibility, and aerobic fitness are the key factors for a healthy back. At Rocky Mountain Orthopaedic Physical Therapy, we can help guide you in the exercises that are most beneficial to your back.

Core Strength



Flexibility



Aerobic Fitness

