



- Dipl Remedial Therapist
- Ass.Dipl Massage Therapy
- Ass.Dipl Structural Balancing
- Ass.Dipl Sports Injury Management
- Degree in Homeobotanical and Herbal Medicine
- Certificate in Shiatsu
- Certificate in Tuina-Anno
- Certificate in Oriental Medicine Physical Diagnosis
- Certificate in Touch for Health
- Certificate in Set Tai
- Certificate in Hyperton-X Basic
- Certificate in Hyperton-X Advanced

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## CLIENT INFORMATION SHEET

### Back to Basics for

# Preventing Lower Back Pain

**I**n addition to doing a regular strength and conditioning program for the appropriate musculature, lower back pain can be combated by maintaining good posture at all times.

Standing and walking. Stand with the lower back erect and as flat as possible. By squeezing the buttocks and sucking in and tensing the abdomen, the lower back is straightened. Walk, stand, and sit as tall as possible.

**B**end the knees when leaning, as when over a sink. Avoid leaning whenever possible and squat with a straight lower back.

**A**void high-heeled shoes. They shorten the Achilles tendons and increase 'swayback'

**A**void standing for long periods of time, but if it is necessary, alternate leaning on the left and right foot and if possible, use the bent-knee position – but putting one foot on a stool, for example. This stance flattens the lower back.

**W**hen standing, do not lean back and support the body with the hand. Keep the hands in front of the body and lean slightly forward.

When turning to walk from a standing position, move the feet first and then the body.

Open doors wide enough to walk through comfortably.

Carefully judge the height of curbs before stepping up or down.

Sitting Sit so that the lower back is flat or slightly convex – never hunched over.

Sit so that the knees are higher than the hips. This may require a footstool, especially for a small person.

**H**ard seat backs that begin contact with the back four to six inches (100 to 150mm) above the seat provide a flat support over the entire lower back area are preferable.

Do not sit in soft or overstuffed chairs or sofas.

Avoid sitting in swivel chairs or chairs on rollers.

Do not sit with legs out straight on an ottoman or footstool.

Never sit in the same position for prolonged periods; get up and move around

**D**riving Push the front seat forward so that the knees are higher than the hips and the pedals are easily reached without stretching.

**S**it back with the back flat; do not lean forward; sit tall.

**A**dd a flat backrest if the car seat is soft or if traveling a long distance.

**I**f on a long trip, stop every thirty to sixty minutes, get out of the car, and walk around, tensing buttocks and abdomen to flatten the back for several minutes.

**A**lways fasten the seatbelt and shoulder harness.

**B**e sure the car has a properly adjusted headrest.

**L**ying down Sleep or rest only on a flat, firm mattress. If one is not available, place a plywood bed-board no less than 25mm thick under the mattress. A thinner board will sag, preventing spine alignment.

**W**hen sleeping, the preferred position is on one's side, both arms in front, the knees slightly drawn up to the chest. So not sleep on the stomach.

**W**hen lying on the back, place a pillow under the knees; raising the legs flattens the lower back curve.

**W**hen lying in bed, do not extend the arms above the head; relax them at the sides.

**I**f the doctor prescribes absolute bedrest, do stay in bed. Raising the body or twisting and turning can strain the back.

Sleep alone or in an oversized bed.

When getting out of bed, turn over on your side, draw up your knees, and then swing your legs over the side of the bed.

**L**ifting when lifting, let your legs do the work, using the large muscles of the thighs rather than the smaller muscles of the back.

**D**o not twist the body; face the object. Never lift with the legs straight.