



— STOP USING PILLS —

7 WAYS TO FIX YOUR LOWER BACK PAIN

A STARTING POINT FOR ANYONE WITH LOWER BACK PAIN

AircomfortChairs

A porchester Executive Health Company

THE WELLNESS COMPANY

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Introduction

Congratulations on taking the first step to fixing your back pain by signing up for this free ebook! In this introductory guide, expert physiologist Dr. Rahman, will explain the systemic problems that causes back pain and ways to alleviate the pain.

The lower back is a complicated part of the human body hence there are many different possible cause of lower back pain, lower back pain can be a chronic and debilitating condition. Small, daily actions can either help or worsen your discomfort. By taking steps to strengthen, stretch, and protect your back, you can ideally stop or slow pain.

Causes of Back Pain

There are numerous causes of back pain stemming from our different everyday work and life adaptations, some common causes of back pain is listed below:

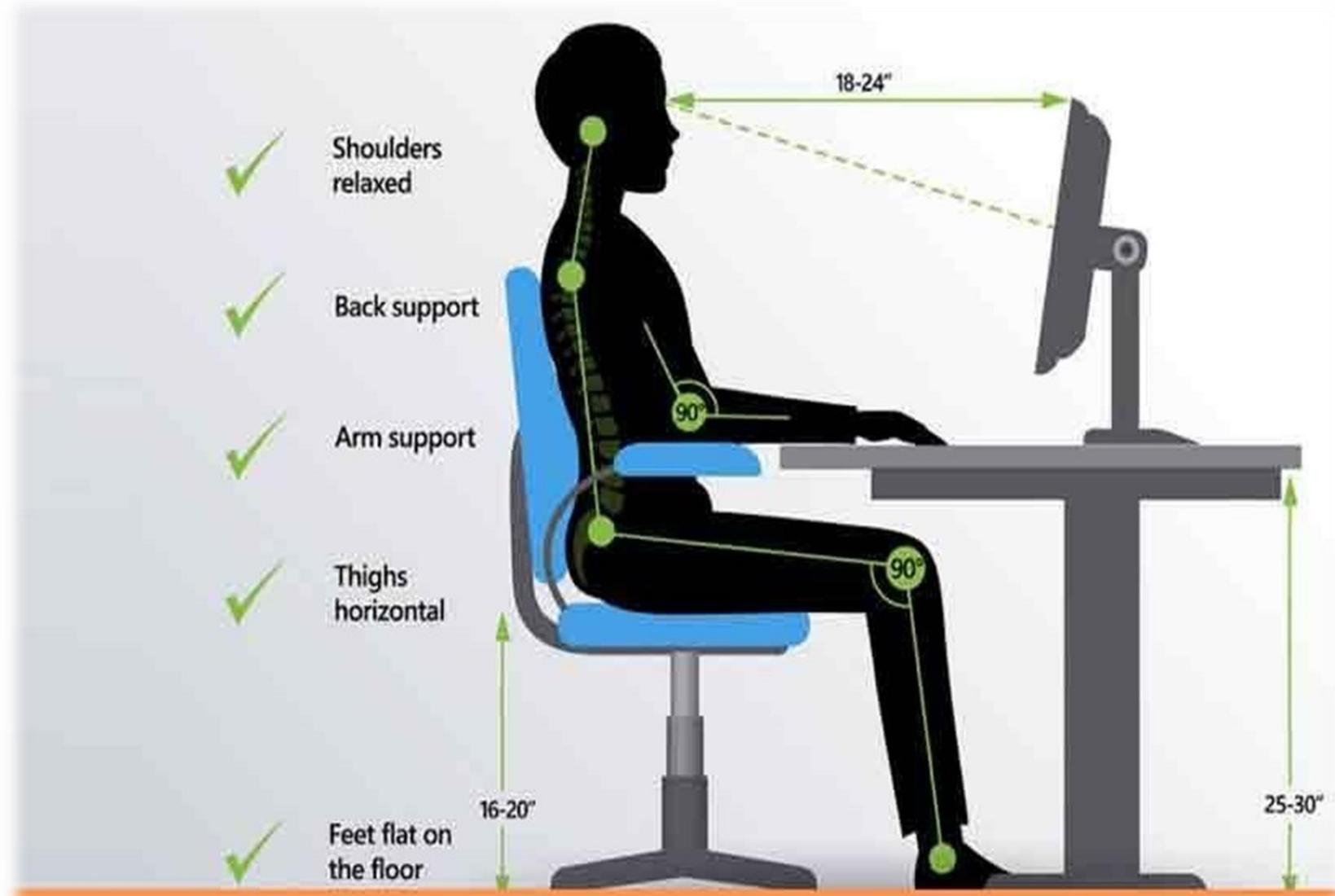
1. Sitting
2. Wrong Sleeping Positions
3. Improper Standing Posture
4. Hip immobility
5. Lumbar Mobility
6. Muscle Weakness³

Causes of Back Pain

The first three causes namely sitting, wrong sleeping positions and improper standing posture is responsible for over 90% of lower back pain among Nigerians.

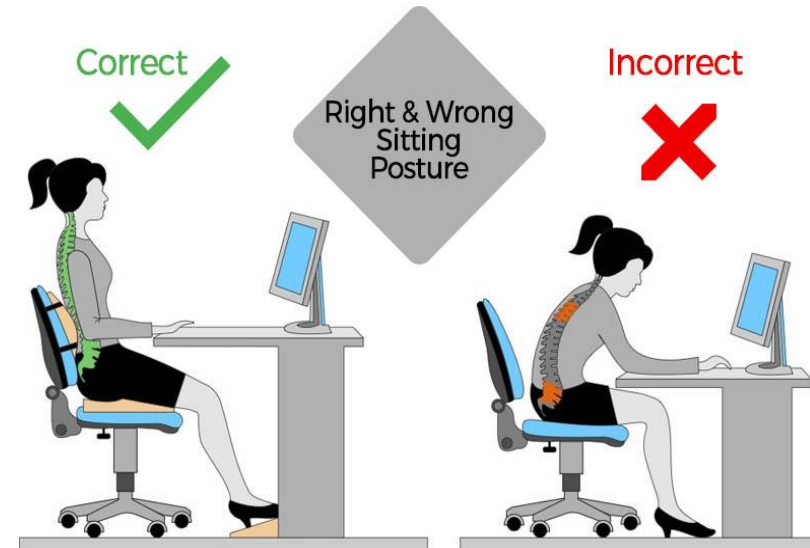
This is more so especially for busy executives and even mid-level managers and other people that does desk job.

Covid-19 pandemic has thrown up a new culture of working from home and poor sitting is part of the problem encountered as most people make do with chairs not suitable for work but you can get ergonomic chairs that will ensure a pain free back click [here](#). Please see pictures depicting right and wrong sitting positions.



Causes of Back Pain....

Lifting of heavy items, slipped disk from a pesky athletic injury or other lifestyle activities can sometimes lead to lower back pain and we are all likely to experience back pain at one time or the other in our lifetime. Whatever the cause, there are some practices you can do to strengthen your back and keep lower back pain at bay or buy ergonomic products [here](#)



incorrect



incorrect



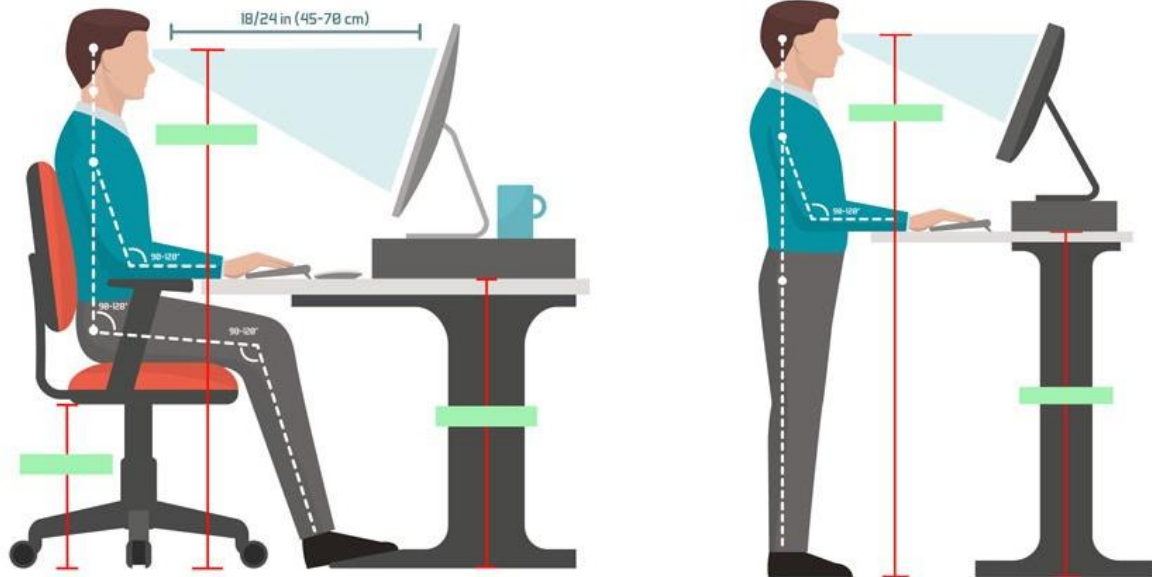
incorrect



correct

Causes of Back Pain

Sudden or severe back pain should be checked by a doctor or a physical therapist. That also goes for pain that won't go away. But sometimes you can treat nagging pain and discomfort on your own.



Your Wellbeing starts with a pain free back!
Take your work to a new level with height adjustable Sit-Stand Desk

FREE TRIAL/DEMO

HEIGHT ADJUSTABLE
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...SIT TO STAND DESK IN ACTION
...taking Work To New Height!

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1. Get hot and cold

You can use both ice and heat to your advantage when you experience lower back pain. However, order is important here. When faced with a new injury, first you ice it, then use heat. If you've tweaked your lower back, apply ice during the first 24 to 48 hours.

Here's how you can use ice to your advantage:

Ice
the first 24 to 48 hours



Heat
after 1 to 2 days



Place ice cubes or crushed ice in a plastic bag, or purchase a cool pack. Wrap what you're using in a cloth to protect your skin from injury.

Apply to your lower back for no more than 10 minutes at a time.

Repeat as needed throughout the day. Give yourself at least 10-minute breaks between ice applications.

Get hot and cold...

While heat may be tempting to apply after an injury, it can cause your body to release even more inflammatory compounds into your body. After one to two days and for chronic pain, you can begin to apply heat.

The same rules apply as a cold pack: Refrain from applying the heat source directly to your skin. Instead, wrap the heat pack or heating pad in a cloth first. While it can be tempting to sleep with a heating pad all night to relieve your back pain, avoid doing this. You can easily burn your skin if the protective cloth slips away.



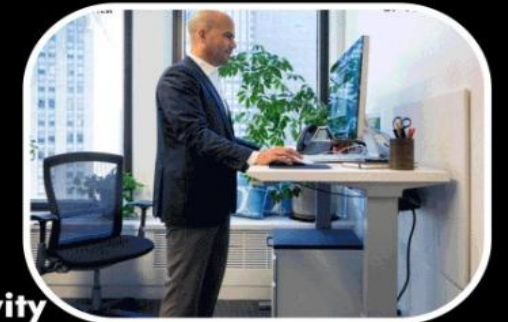
TAKE YOUR WORK TO A NEW HEIGHT

**GET THE HEIGHT
ADJUSTABLE DESK.**

**IT ALLOWS YOU TO
CHOOSE BETWEEN
SITTING AND STANDING
TO WORK**

Benefits

- Increased Productivity
- Burn Calories
- Back Pain Free
- Work is Fun



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2. Maintain same level of activity

The thought of the pain you feel with every movement tend to make us feel it's best to reduce activities at the onset of lower back pain but it's in your own interest to disregard the feelings and just keep moving. Try to keep up with your usual level of daily activity and movement. It can be a brisk 30-minute walk down the road or on a treadmill. Aim to get on your feet at least three times a week.

Being sedentary “allows the muscles around the spine and in the back to become weak,” says Salman Hemani, MD, an assistant professor of orthopedics at Emory University School of Medicine in Atlanta. “That in turn can cause less support for the spine” and lead to long-term pain.

Bad Postures?

Get **Aircomfort** Chairs



NEW

Put back pain to rest

3. Stretch and strengthen

Strong muscles, especially in your abdominal core, help support your back. Strength and flexibility may help both relieve your pain and prevent it. It's best to do stretching exercises first thing in the morning but if you're older or worried about overdoing it, you can stretch and do your strengthening exercises later in the day when your body is warmed up.

Yoga and Pilates are a few of the ways to strengthen your core and the muscles around your hips. One exercise that targets your entire upper and lower back is to lie on your tummy and lift up your legs and arms in the flying position.

The Child's Pose is a yoga position that is especially beneficial for the back. To perform Child's Pose, start on all fours, then stretch back, resting your bottom on your feet.



3. Stretch and strengthen

Child's Pose



Revolved Head-to-Knee



Forward Folds



Puppy Pose



Twists



Cat



Down Dog



Side Angle



Head-to-Knee



Plow



Your arms should stay extended with your hands on the floor. This creates a stretch in your lower back. Hold this pose for 30 seconds, then return to your starting position. Repeat five times.

This exercise form also promotes stress relief, which can help reduce tension you may commonly hold in your lower back.

4. Rethink your workspace



Rethinking your workspace especially in this era of work from home is super important

If you work at a desk job at home or in the office all day, you might have some areas of your workstation to thank for your back pain. Evaluating your space to make it more [ergonomic](#) (back-friendly), can help you experience lower back pain relief and prevent pain from getting worse.

Rethinking your workspace especially in this era of work from home is important for back relief starts with positioning your most important work [tools](#). Using a smart console to position your monitor correctly and a [task lamp](#) can help keep back pain far from you.

4. Rethink your workspace

Objects

If frequently used objects are too far out of arm's reach, it can result in repeated twisting that can strain your lower back. To avoid this, keep things you use the most within easy reach. This could include your phone, stapler, pens, notepads, or anything else that gets regular use. If something is too large or heavy to keep near your keyboard, place it where you have to stand to get it to help you resist the urge to twist.

Chair

Your chair should be at a height to where your feet rest fully and flat on the floor. Your knees should also be level with your hips. If the back rest in your desk chair doesn't adequately support your back, you may wish to [purchase](#) a small lumbar pillow or rolled-up towel to place in your lower back curve.

WELCOME TO

Aircomfort
ERGOZONE

Take the stress out of the Workplace

ERGO CHAIRS
causes of absenteeism at work. The majority of those problems can be avoided or solved through more movement at the workplace and the use of ergonomic furniture. "This is our promise with our ERGOZONE"

TASK LAMPS
causes of absenteeism at work. The majority of those problems can be avoided or solved through more movement at the workplace and the use of ergonomic furniture. "This is our promise with our ERGOZONE"

HEIGHT ADJUSTABLE DESK
causes of absenteeism at work. The majority of those problems can be avoided or solved through more movement at the workplace and the use of ergonomic furniture. "This is our promise with our ERGOZONE"

Working in a static posture and lack of exercise lead to insufficient blood flow and nutrition of our muscles. This may lead to chronic pain in the lower back or neck and shoulder area, these complaints are the main causes of absenteeism at work. The majority of those problems can be avoided or solved through more movement at the workplace and the use of ergonomic furniture. "This is our promise with our ERGOZONE"

ERGONOMICALLY ADJUSTED MONITORS
causes of absenteeism at work. The majority of those problems can be avoided or solved through more movement at the workplace and the use of ergonomic furniture. "This is our promise with our ERGOZONE"

OFFICE SOFAS
causes of absenteeism at work. The majority of those problems can be avoided or solved through more movement at the workplace and the use of ergonomic furniture. "This is our promise with our ERGOZONE"



4. Rethink your workspace

Computer monitor

Looking too high or too low at your monitor can affect your posture and therefore contribute to lower back pain. Your [monitor](#) should be about an arm's length away from your chair with the top portion of the screen just a small amount below eye level. Using a smart console can help you achieve the perfect positioning to ensure fatigue and back pain free work environment.

Desk

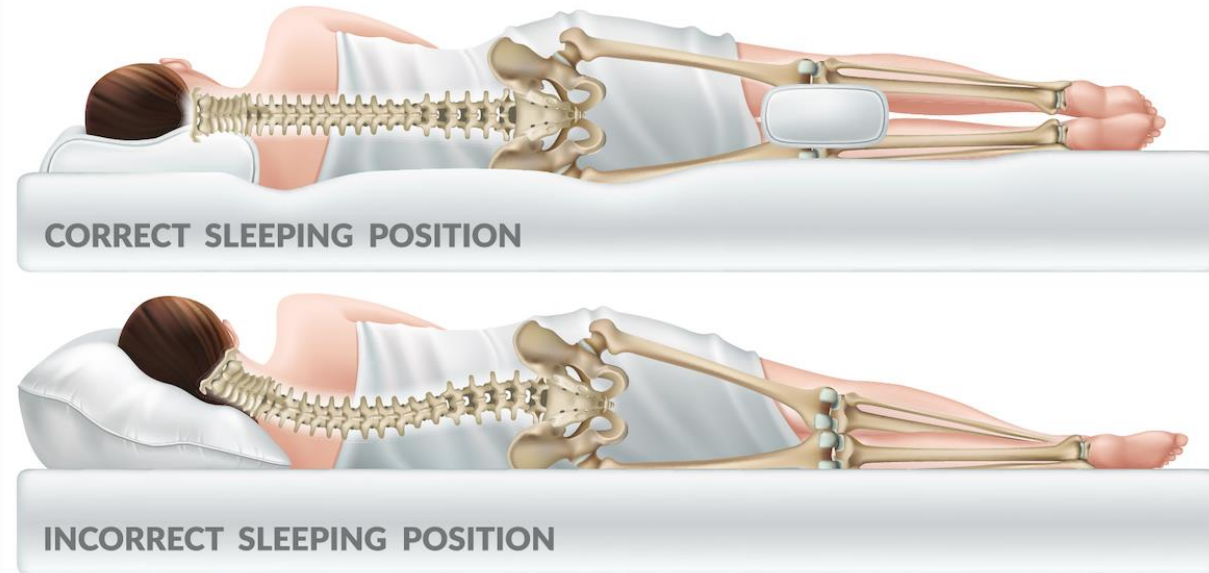
An [ergonomic](#) desk is rarely enough, you'll also need to get up frequently and take walking breaks to relieve muscle tension or preferably use an height adjustable desk that allows you to stand up and sit down to work from time to time.



5. Sleep smarter

Sleeping in an awkward position can cause you to be in pain from the moment you wake up. The best sleeping position for lower back pain may be sleeping on your side with your knees drawn up close to your chest (also known as the fetal position).

Placing a pillow or two between your legs, while sleeping on your side, helps to reduce stress on your lower back. Sleeping on a too soft mattress can also cause lower back pain. A firmer mattress/semi-orthopedic is best for your back.



If lying flat on your back feels uncomfortable, try shifting over to your side: Allow your right or left shoulder to make contact with the mattress, along with the rest of that side of your body. Place a pillow between your knees. If there's a gap between your waist and the mattress, consider using a small pillow there for added support.

5. Sleep smarter

Whether you use one pillow or opt for two, you should resist the urge to always sleep on the same side. Doing so many cause issues like muscle imbalance and even scoliosis.

How does this position help? Sleeping on your side alone won't make you feel better. It's using the pillow between your knees that's the trick. The pillow will keep your hips, pelvis, and spine in better alignment.



Sleep on your side in the fetal position

If you have a herniated disc, you may want to try sleeping on your side curled in a fetal position:

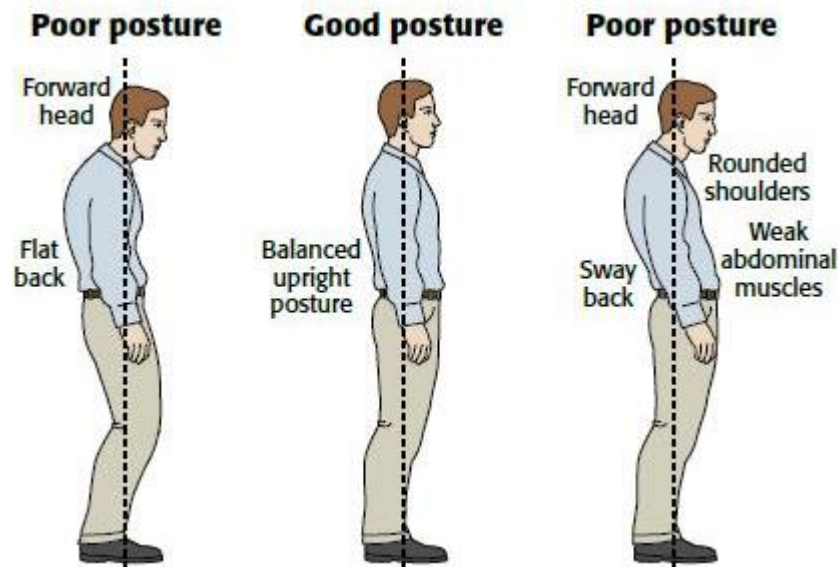
Lay on your back and then roll over gently onto your side. Tuck your knees toward your chest and gently curl your torso toward your knees.

Remember to switch sides from time to time to prevent any imbalances. How does this position help? Your discs are soft cushions between the vertebrae in your spine. Herniation happens when part of a disc pushes out of its normal space, causing nerve pain, weakness, and more. Curling your torso into a fetal position opens the space between vertebrae.

6. Keep Good Posture

This helps ease the pressure on your lower back. You can use tape, straps, or stretchy bands to help keep your spine in alignment. Aim to keep your head centered over your pelvis.

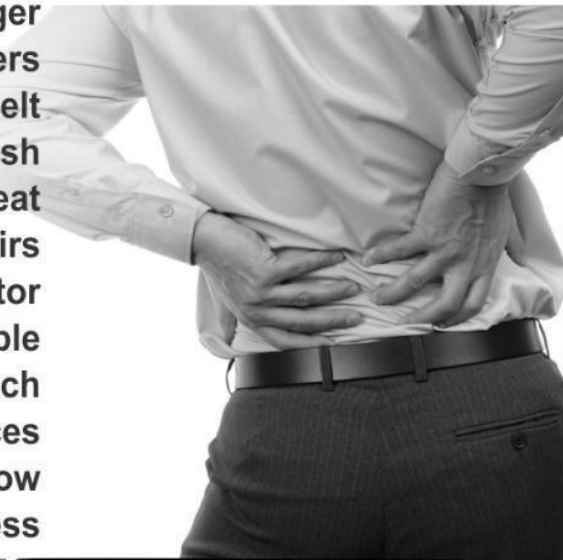
Don't slouch your shoulders or crane your chin forward. If you work in front of a screen, rest your arms evenly on the desk & keep your eyes level with the top of the screen. Get up from your chair and stretch and walk regularly or get [height rising table](#).



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The BackShop is a one-stop shop where all back pains are put to rest

Tens Massager
 Infra Red Massagers
 Lumbar Infra red Belt
 Sit-Right office chair mesh
 Massage cushion with Heat
 Ergo Executive massage chairs
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 Height Adjustment Table
 Back Pain Relieve Patch
 Kneel & Shoulder Braces
 Neck Temper Pillow
 Temper mattress



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7. Maintain a Healthy Weight and Eat for Bone Health

A healthy diet is important for a number of reasons when you have lower back pain. First, eating well can help you maintain a healthy weight.

Shedding extra pounds lightens the load on your lower back, weight loss really helps with back pain because it reduces the amount of mechanical force onto the spine. Excess weight puts extra strain on your lower back, adding to your pain.

Second, a diet that's high in key nutrients can help promote bone growth and keep your bones strong. These must-have nutrients include:

Calcium. Foods high in calcium include dairy products, such as yogurt, milk, cheese, frozen yogurt, and ice cream.

Phosphorus. Foods high in phosphorus are also dairy foods, including cheese, milk, cottage cheese, ice cream, pudding, and yogurt.

Vitamin D. Foods high in vitamin D include cod liver oil, swordfish, salmon, fortified milk, sardines, eggs, and fortified cereals.

Home remedies tend to be better when they are combined than when done alone hence we recommend you incorporate all of the above in your TODO's to ensure you're a pain free back. If work causes you to live a sedentary lifestyle, ensure you create an [ergonomic](#) work environment. At Porchester Health promotions we help Executives, mid-level managers and all category of people create a fatigue and back pain free work environment with our [Ergonomic](#) Chairs, height [adjustable tables](#), [monitor console](#) and [task lamps](#).

Let us help you watch your back while you get the job done, please remember your well-being starts with a pain free back.

About US

[Porchester](#) Executive Health Promotions help all types of companies and people (from top one hundred companies to the self-employed) to cut the cost of work-related absence caused by back problems. We are a registered company with clients across the top 100 companies in Nigeria and beyond.

NIGERIA

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