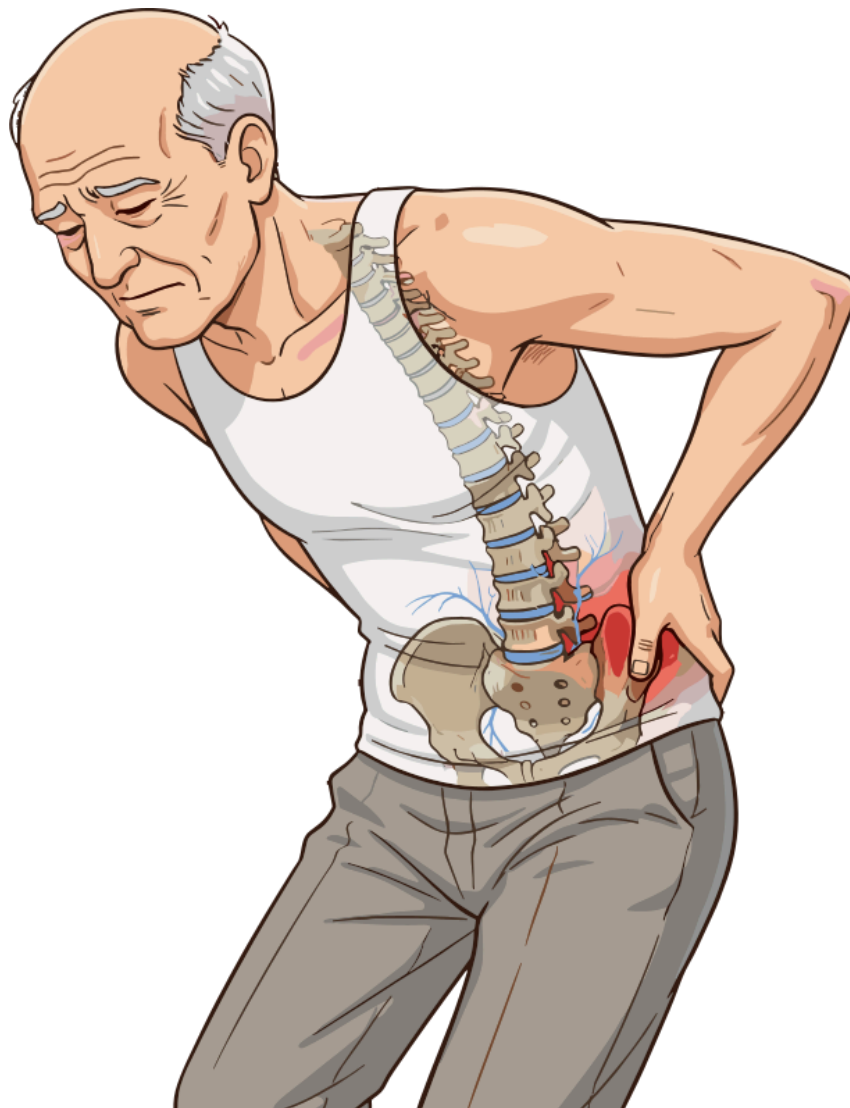


# Low Back Pain

## Precautions & Daily Activity Guide



**Dr Sunit Sanjay Ekka (Physiotherapist)**

# Introduction

Simple day-to-day habits — how you sleep, get out of bed, lift objects, and do household chores — can make the difference between a nagging backache and a pain-free recovery.

This short guide walks you through the exact precautions I share with my patients in clinic, based on 20+ years of physiotherapy practice.

- How to safely get in and out of bed
- The 4 best sleep positions for low back pain
- How to lift heavy objects without hurting your back
- How to do household chores (dishes, sweeping, laundry) pain-free

## A Note From Dr. Sunit

Most low back pain doesn't come from one big injury — it comes from small, repeated strains during ordinary daily movements.

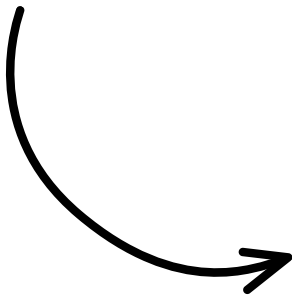
The good news: once you learn the correct way to move, your body starts healing faster and stays protected. Read each section carefully and start applying these tips today.



*Sunit Sanjay Ekka*

# Getting out and in to bed safely

## How to Get Out of Bed Safely



In low back pain, it is important to be careful about how you get in and out of bed without putting pressure on your low back.

Follow these exact steps to get out of bed.

1. Roll onto your side (the less painful side) while still lying down.
2. Slowly bend your hip and knee, and bring them to the edge of the bed.
3. Push up using your shoulder and elbow while lowering your legs off the bed, then rise to sitting, then to standing.



## Getting in to bed safely

1. Sit comfortably on the edge of the bed without sudden movement.
2. Lower your trunk to one side, supporting yourself with your arm, while lifting both legs onto the bed.
3. Once comfortable, come up on your elbow and slowly lie down.

# Sleep Position

## Side Sleeping With Knee Support



This is the easiest modification for habitual side sleepers, and it helps keep the hips and spine aligned.

1. Place a pillow under your head and another between your knees.
2. Straighten your bottom leg and bend the upper leg, supporting it with a pillow.
3. Switch sides regularly if you have sciatica or a disc bulge.

# Fetal Position for Disc Relief



The fetal position opens up the spinal joints and reduces pressure on the disc, making it ideal if you have a herniated or bulging disc.

1. Lie on your side.
2. Support your head with a pillow, and bend your hips and knees fully, curling your torso toward your knees.
3. Switch sides regularly through the night.

# Stomach Sleeping (Modified) & Back Sleeping



If you love sleeping on your stomach, this small modification makes it back-friendly.

1. **Stomach sleepers:** place a pillow under your abdomen to gently flex the lumbar spine and take stress off the low back.
2. **Back sleepers:** place a pillow under your knees to keep the hips and knees gently bent.

A medium-firm mattress supports either position best — avoid one that's too soft or too firm.

# Lifting weight safely

## The Wrong Way to Lift



- Most of us instinctively bend at the lower back to pick something up off the floor — reaching down, grabbing, then straightening up.
- This strains the spine unnecessarily and raises the risk of soft-tissue and disc injury.
- Avoid this even for light objects if you already have back pain.

## The Correct Way to Lift



Squat down keeping your back straight and your core engaged.

Reach the object with your hips and knees bent, spine neutral.

Grip it firmly and keep it close to your body.

Use your legs — not your back — to stand up.

Extra tips: avoid twisting while lifting (turn with your feet, not your spine); warm up before heavy lifting; use a trolley or dolly whenever possible.

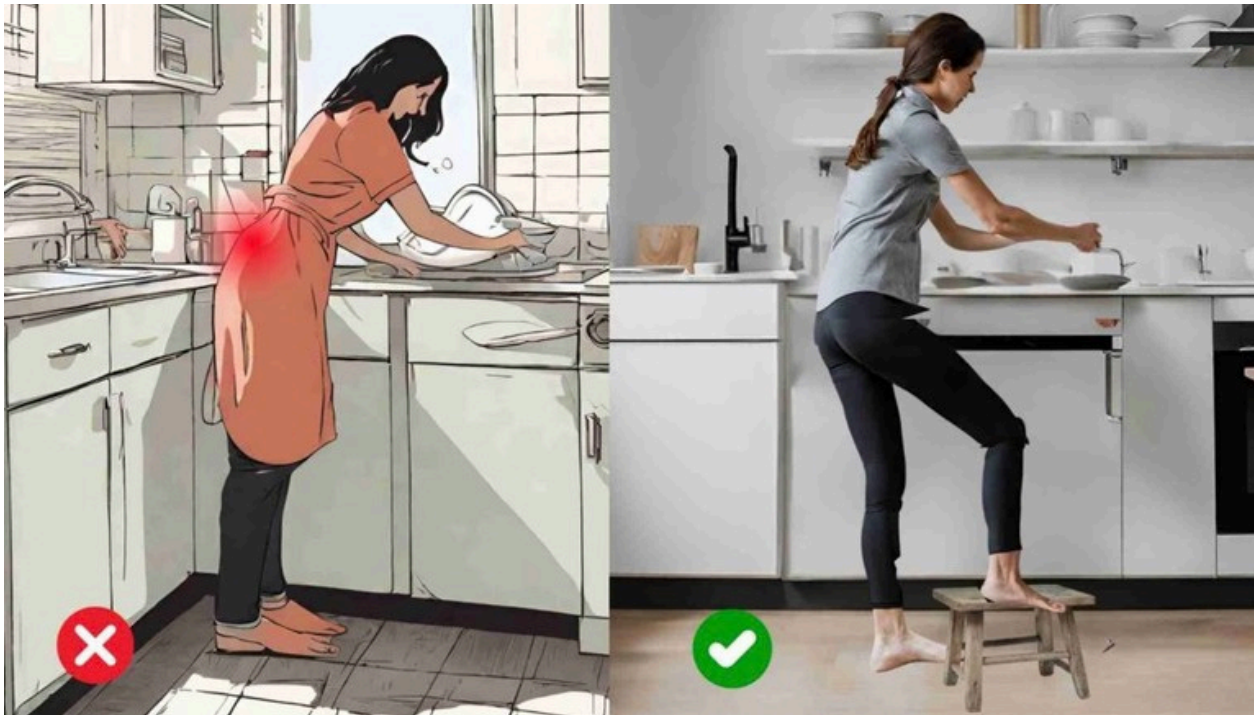
## **Household Chores**

### **Precautions for Daily Housework**

Housework involving repetitive bending, kneeling, and squatting is one of the most common causes of low back pain, especially for homemakers who spend many hours a day on these tasks.

The next few pages cover small, practical modifications for the tasks that cause the most trouble: washing dishes, sweeping/mopping, and washing clothes.

# Washing Dishes Without Back Pain



Standing and bending over the sink for long periods strains the low back and can worsen a disc bulge or sciatica.

1. Rest one foot on a low stool to shift and relax the load on your lower back.
2. Stand upright with one hand on your hip while working with the other.
3. Take short breaks to stretch, and keep frequently used items within easy reach so you don't need to twist or overreach.

# Sweeping & Mopping Without Back Pain



Sweeping or wiping in a bent-over position puts excessive pressure on the low back and leads to muscle fatigue and potential injury.

1. Attach a longer handle to your broom or mop so you can stay upright while sweeping.
2. Look for adjustable-height handles, or add an extension to your existing tools — it's an easy, low-cost fix.
3. Keep your back straight and let your legs do the walking, not your spine the bending.

# Washing Clothes Without Back Pain



Hand-washing clothes in a squatting position or on a very low stool can seriously aggravate a slipped disc or low back pain.

1. Sit on a normal-height chair while washing clothes by hand.
2. This shifts the workload from your lower back to the chair, reducing strain significantly.
3. Whenever possible, use a washing machine for larger loads.

# Final Notes

## Quick-Reference: General Precautions

Keep these in mind every day

- Avoid sudden twisting or bending, especially first thing in the morning.
- Change position often — don't sit or stand in one posture for too long.
- Use your legs, not your back, for every lifting task.
- Choose a medium-firm mattress and the sleep position that suits your condition.

## When to See a Physiotherapist

1. If pain radiates down your leg, becomes severe, or lasts more than a couple of weeks despite these precautions, it's time for a professional assessment.
2. Visit [physiosunit.com](https://physiosunit.com) for more physiotherapist-guided articles, exercise handouts, and tools — or reach out to Physiofirst Physiotherapy Centre for in-person care.

For more such exercise  
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