

## **How to Use a Riding Lawn Mower or Push Mower When You Have Back Pain**

We highly recommend against this task if you are currently experiencing low back pain. We have several concerns:

- Most lawn mowers have poor back support.
- Many people when riding a lawnmower have their back in a flexed position.
- The vibrations and bouncing that accompany the use of the riding land mower are more likely to injure your back or prevent it from healing.
- Many people tend to sit for a long period of time when riding a mower. They are not likely to take needed breaks.

If you are going to use a riding lawn mower try the following:

- Strap a back support cushion to the back of the lawnmower
- Stop the mower, stand up and do some back extensions every 20 minutes.



- If mowing for over an hour - stop the mower and walk for five minutes.
- After mowing DO NOT perform any lifting or bending for at least an hour. More walking is advised.