

## **Back Pain? Activities you may want to stop. For Now!**

These are some of the tasks that you should determine whether they should be avoided (for now). Especially if you are a flexor! We understand that some of the activities on this list may be important to you. We are not asking for you to give them up forever. We are just asking for you to stop them right now so we can reduce your pain. You will be able to return to some of them in the future, and we will try to provide guidance.

- Using a riding lawnmower.
- Shoveling snow
- Canoeing or using a kayak
- Horseback riding
- Lifting weights unless we provide guidance
- Cycling
- Downhill skiing
- Snowboarding
- Snowmobiling
- Hiking in hilly country
- Prolonged sitting such as in a car, on a motorcycle, or on a plane
- Prolonged sitting at a computer
- Yoga
- Tennis, pickleball, etc.
- Running (only if it increases your pain while doing)