

Back Pain? Avoid these positions (if you can)

This is especially true with flexors.

1. Sitting (even with good posture) is more stressful on most backs than standing or lying down. Acceptable of course but limited as able and intersperse movement with sitting.



2. Sitting in the C position is more stressful on the back than sitting with good posture.



(C-Position)

3. Sitting in the C position and holding additional weight is much more stressful on the back.



4. Twisting the back and holding additional weight is stressful on the back.



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5. Lying on your back and curling up your spine (as in a sit-up) is stressful for your spine.



6. Lying on your back, curling up your spine, and twisting it is very stressful for your spine.



7. Lifting a weight with your back in the C position is very stressful on your back.



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8. Lifting an extremely heavyweight (even with the back in perfect posture) is very stressful on the back.



9. Bending forward in the C position is more stressful on your back than bending forward with good posture.



10. Bending forward in the C position and twisting is more stressful than bending forward in the C position.

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11. Bending forward in the C position and holding on to additional weight is much more stressful than positions 9 through 11. Bending forward in the C position, twisting, and adding weight is the most stressful position of all. The type of twist one might do when shoveling snow or moving a laundry basket.



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