

## **Tool #10 Should I Wear a Back Corset?**

Research indicates lumbar or back corsets may be helpful with spinal stenosis or with possibly with spondylolisthesis.



It seems they may be less helpful with sciatica, or just run-of-the-mill mechanical back pain. We believe if you are an EXTENDER OR SHAKER you might use a lumbar corset temporarily (maybe 5-10 days)

How might you use a corset?

Walking: Don't try to straighten up when using a walker if painful. Walk only if not painful. Try a lumbar corset to see if it improves your performance. As an example, if you can walk a total of 30 minutes with a corset in place, but only 15 minutes without it. It makes sense in such an example to use the corset temporarily.

Sleeping: If wearing a corset at night allows you to sleep comfortably and not wake up every time you turn, it might be worth a try (temporarily). There is not much strengthening going on in your back during sleep, so you need not worry about your back getting weak.

Lifting, carrying, pushing, or pulling a heavy object. If you need to intermittently carry, push, pull, or lift an object you may want to have a corset in place to cinch up. This will take some of the stress off your back.

The big concern about back corsets is that if you wear them all the time you will get weak. True? Maybe? Our first recommendation is that you do not wear them all the time. Wear them only when doing something that tends to increase your pain levels. For example, if you are about to walk, lift something, carry something, or push something heavy.