

XXXVI. How to Use a Riding Lawn Mower When You Have Back Pain or Sciatica

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

- A. Most lawn mowers have poor back support.
- B. Many people when riding a lawn mower have their backs in a flexed position.
- C. The vibrations and bouncing that accompanies the use of the riding lawn mower are more likely to injure your back or prevent it from healing.
- D. 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:

- A. Strap a back-support cushion to the back of the lawn mower
- B. Stop the mower, stand up, and do some back extensions every 20 minutes
- C. If you'll be mowing for over an hour, stop the mower and walk for five minutes
- D. After mowing, DO NOT perform any lifting or bending for at least an hour. More walking is advised.