

MAKING THE BED WITH BACK PAIN/SCIATICA

First you need to determine if this is a vital task in your day. When you are having pain and trying to calm things down you want to avoid tasks that don't necessarily need to be done. Can you find someone else to do it?

Making the bed is hard on your back, especially if you do it incorrectly. You need to avoid the rounded-out slouched position.

Keep your spine in locked position throughout the task. See previous video, "**What is the Locked-in Spine? Is it good for you? How to do it?**" The movement should come from the hips and the knees.

To take stress off your back when reaching forward, you can place your knee up on the bed to allow you to better keep the back straight. Putting your hand on the bed for support can also unweight the spine while you use the other hand to make the bed.

Alternatively, you can place your hand on your knee or your elbow on your knee to help keep your back straight.

To give additional support to your back while you are making the bed, tighten your abdominal muscles.