

XXVII. How to Stand and Lean Forward with Back Pain and Sciatica

The following explains how to stand and lean forward, (for example, when you are at the sink, brushing your teeth, or doing the dishes):

1. Your back should be in a locked-in mode with an S-curve. Use the alignment broom handle or BOOYAH Stik to make sure you are doing it correctly. Your back should be stationary and all movement should be coming from your hips.
2. Lean forward while bending at the hips. Use the broomstick (or BOOYAH Stik) to practice keeping your back straight. The stick should have 3 points of contact if done correctly (the back of your head, mid back, and pelvis).



3. Whenever possible, a hand should be placed on the counter to unweight the spine while brushing your teeth.



4. When doing dishes, it is sometimes helpful to open the lower cabinet door and place one-foot underneath sink to get closer to the dishes (and to be more upright). It is also helpful to raise the sink up by using two plastic tubs. Place the first tub upside down in sink and then the second tub upright on top of first tub.



5. If you have pain in your back while leaning forward, try tightening your abdomen at the same time. How do you tell if you are tightening your abdomen? Take a single finger from each hand and poke yourself on each side of your abdomen (belly). Tighten up your abdomen. If done correctly you should be able to feel your abdomen tighten with your fingers.
6. If you still have increased pain in your back with the locked-in position, try adjusting the arch in your low back (more or less). Re-tighten your abdomen and try bending forward again. If it still increases your back pain, try to not bend forward as far.



More arch

Less arch

7. When leaning forward to make the bed, it can be helpful to place one knee on the mattress. It is also helpful to unweight your back by supporting yourself with one arm on the mattress.