Back Care
Improving the health of your spine
What do you know about taking care of your back?
Why is it important to take care of your back?
What are you doing to take care of your back?
Looking at your back

disc

bone

nerve

joint

ligament
Tools to Protect Your Back

**Prevention**
- Proper posture
- Safety

**Building a Strong Back**
- Back exercise
- Practice

**Maintenance**
- Safety first
- Regular exercise
Prevention: Proper Posture
Incorrect posture vs correct posture
Prevention: Proper Posture
Sitting and Health

• Advancement of technology
• Sitting is the new smoking
• Lower back, glutes and hamstrings are all connected
• Long term health detriments due to sedentary behavior
Prevention: Safety
Picking an object up
Building a Strong Back
Take a stretch break!

![Two women exercising with resistance bands in a park setting.]
Maintenance
Exercise
## Taking care of your back

<table>
<thead>
<tr>
<th>Benefits</th>
<th>Risks Factors</th>
<th>Improvement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Independence</td>
<td>Poor posture</td>
<td>Awareness of posture</td>
</tr>
<tr>
<td>Pain-free</td>
<td>Physical inactivity</td>
<td>Physical activity</td>
</tr>
<tr>
<td>Increased physical activity as you age</td>
<td>Age</td>
<td>Exercise!</td>
</tr>
</tbody>
</table>
Information-Motivation-Behavioral Skills Model

Information "What"

Motivation "Want"

Behavioral Plan "How"

Behavior Change

Back Care Plan

Create a plan for the next 2 weeks around what you can do to increase your life satisfaction:

- Proper sitting/standing posture
- Taking the stairs
- Walking
- Taking frequent stretch breaks
Back Care Plan – using the SMART skills

- **S**et a goal
- **M**onitor your progress
- **A**rrange your world for success
- **R**ecruit support
- **T**reat yourself

Use the following SMART skills to change any behavior:

**Set a Behavior Goal** – What behavior will I choose? How often?
- Example: I am going to do stretching exercises on Monday, Wednesday and Friday before work.

**Monitor** – How will I monitor my behavior goal?
- Example: Make a mark on monitoring tool

**Arrange My World** – How will I change my surroundings to reach my behavior goal?
- Example: Write a note at my computer

**Recruit Support** – Who will I ask to support me in reaching my behavior goal?
- Example: Have a conversation with your family

**Treat Myself** – How will I reward myself every time I do my behavior?
- Example: Be aware of how good it feels to have this time

Creating Your Goal

- What will I do?
- How often will I do it?
- When will I do it?
- Time/portion
- Level of Confidence:

| Not confident | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Very confident |

If your confidence level for achieving your goal is less than 7, re-work your plan
If you were able to achieve your goal how would your life be 6 months from now?
When will you get started on your plan?