

Advice for people with lumber spine disc injuries

- No sitting – gradually progress to sitting for meals with a cushion behind your back.
- No sofa sitting – preferably lying on sofa or the floor.
- No bending forwards – keep the hollow in your back.
- Put socks on when lying in bed or bring foot up on a chair.
- Stand or lie down whilst on the phone.
- No sitting in bed e.g. reading watching TV.
- No sneezing whilst sitting.
- No straining on the toilet.
- When getting up off a chair shuffle bottom to the edge of the chair and rise with a straight back. Visa versa when sitting.
- When brushing teeth place feet in a front and back position in a ‘lunge’ position rather than a ‘bend’ position.
- Keep mobile try moving for 15 min every hour (3 x 5 min if acute).

This advice has been developed for patients suffering acute disc injuries. As an information sheet, it must be viewed as a generalization – your osteopath may have given you pointers as to exactly which of the above are more, or less, relevant in your particular case.

Good luck and a speedy recovery.

Bradley Whale.