Your back works all of the time, even when you are asleep. Over time, poor posture, movements and lack of exercise can lead to back problems. You can prevent most back problems if you use your back the correct way and exercise safely.

### Your back

Your back is made up of bones, discs, muscles, ligaments and nerves.

- **Bones** of the spine include 24 bones called vertebrae, and a larger bone called the sacrum or tailbone. These bones form 3 curves.

- **Discs** on top of each vertebra are like cushions. Regular exercise helps keep discs healthy.

- **Muscles** of the back, stomach, buttock and thigh give support to the back. If these muscles are weak, pulled, or tight, you may have problems with your back.

- **Ligaments** are tough elastic bands that hold bones together. Repeated stress on ligaments can lead to injury.

- **Nerves** coming from the spine tell muscles when to move and cause pain when there is a problem.
How to keep your back healthy
Use these tips to keep your spinal curves in balance to decrease your chances of back injury.

When Standing
Look straight ahead and keep your ears in line with your shoulders. Your hips and knees are straight. The lower curve in your back is present but not curved too much. Limit twisting at the waist. Turn your body by moving your feet.

When Sitting
Keep your hips, knees and ankles at a 90 degree angle. Sit up straight in a chair. Do not slouch. Use a pillow or rolled up towel if you need support for the lower curve of your spine.

आफ्नो ढाडलाई कसरी स्वस्थ राख्ने
ढाडमा चोटका सम्भावनाहुनै घटाउन मेरूदण्डका चुम्वितहुनै सन्तुलित राख्ने चहें सल्लाहुनैको पालन गनुहोस्।

उिभंदा
अगाँड सोझो हेनुहोस् र आफ्ना कानहुनै आफ्ना काँडको बराबर राख्नुहोस्। तपाईंका नितम्भ र ढाँडुहुनै सोझो हुनु पन्दछ। ढाँडको तल्लो चुम्वित हुन्छ तर त्यति चुम्वो हुँदैन। कम्मरलाई कम बटाउनुहोस्। आफ्नो धरीर चुमाउनका लागि ढाँडुहु बटाउनुहोस्!

बस्दा
आफ्ना नितम्भ, ढुँढा र कुरुल्लाई 90 डिग्रीको कोणमा बटाउनुहोस्। कुरुल्लाई सोझो स्थितिमा बटाउनुहोस्। कुरो नपनुहोस्। तपाईंको ढाँडको तल्लो चुम्वितहुनै अडेसो चाहिन्छ भने तौलिया बटाउर राख्नुहोस्।
When Lying Down
A firm, but not hard surface best supports the spinal curves. Sleeping on your side with a pillow between your knees is the best position for your back. If you sleep on your back, support your neck on a pillow and have a pillow under your arm. If you sleep on your stomach, use a thin pillow under your stomach and bend one leg to the side.

When Lifting
Keep your back straight while bending and lifting. Use your leg and buttock muscles to lift. Bend the hips and knees, not the back, and squat when you lift an object. Keep the object close to your body. Straighten your legs and do not twist as you return to a standing position.

केहि उठाउँदा
बुझे, केहि उठाउँदा आफ्नो ढाउँलाई सोझो राख्नो। उठाउँदा आफ्ना खुँचा र नितम्भका मासपेशीहरूको उपयोग गर्नुहोस्। कुनै सामान तहाँबाट उठाउँदा नितम्भ र ढाउँलाई झुकाउनुहोस्, र बसेर उठाउनुहोस्। सामानलाई आफ्नो शरीरको नजिक टाँसाएर राख्नुहोस्। आफ्ना खुँचा सोझो पानुस् र उमेएको स्थितिमा आउँदा खुँचा नबटानुहोस्।