

Do's and Don'ts with Low Back Pain

Sitting

- **Do:**

- ▶ Sit as little as possible and then only for short periods.

- ▶ Place a supportive towel roll at the belt line of the back especially when sitting in a car.

- ▶ When getting up from sitting, keep the normal curves in your back. Move to the front of the seat and stand up by straightening your legs. Avoid bending forward at the waist.



Good



Bad

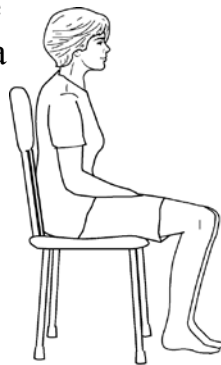
- ▶ Try to keep the normal curves in your back at all times.
- **Do not** sit on a low soft couch with a deep seat. It will force you to sit with your hips lower than your knees and will round your back. You will lose the normal curve in your back.
- **Do not** place your legs straight out in front of you while sitting. (e.g. sitting in the bath tub).

Waxay tahay in la sameeyo iyo waxa aan la samayn markay tahay Xanuunka Dhabarka Hoose

Fadhiga

- **Sidan samee:**

- ▶ Fadhiiso inta ugu yar ee suurtagalka ah oo kaliya ah wakhtiyo gaaban.
- ▶ Dhig tuwaal duuban dhabarka meesha suunka la gashado gaar ahaan markaad baabuur dhex fadhido.



Si fiican



Si xun

- ▶ Markaad kor uga kacayso fadhiga, ku hay sideeda qaabka caadiga ah ee dhabarkaaga. U durug xagga hore ee kursiga oo kor isku taag adigoo toosinaya lugahaaga. Iska ilaali hore ugu foorarsiga dhexda.
- ▶ Ku hay qaabka caadiga ah ee dhabarkaaga sidiisa mark kasta.
- **Ha ku** fadhiisan soofe hooseeya oo jilicsan lehna fadhiisi hoos u dega. Wuxuu kugu kallifayaa inay misigtaadu ka hooseeyso jilbahaaga taas oo keenta in uu dhabarkaagu qalloocdo si aan loogu talo gelin. Waxa kaa xumaan doona qaabka caadiga ah ee dhabarkaaga.
- **Ha** dhigin lugahaaga baxsan hortaada markaad fadhido. (tus. marka la dhex fadhiyo weelka qubeysiga).

Standing

- **Do:**
 - ▶ If you must stand for a long period of time, keep one leg up on a foot stool.
 - ▶ Adapt work heights.
- **Do not:** Avoid half bent positions.



Good



Bad

Lifting

- **Do:**
 - ▶ Avoid lifting altogether if you can.
 - ▶ Use the correct lifting technique. Keep your back straight when lifting. Never stoop or bend forward. Stand close to the load, have a firm footing and wide stance. Kneel on one knee, keeping the back straight. Have a secure grip on the load and lift by straightening your knees. Do a steady lift and do not jerk. Shift your feet to turn and do not twist your back.



Good



Bad



Good



Bad

Taagnida

- **Sidan samee:**
 - ▶ Hadday tahay inaad istaagto wakhti muddo dheer ah, ku hay hal lug dusha gambarka cagta.
 - ▶ U qiyaas dherer hawleedka.
- **Sidan ha samayn:** Iska ilaali qaababka badh foorarsiga ah.



Si fiican



Si xun

Qaaditaanka

- **Sidan same:**
 - ▶ Iska ilaali wax qaaditaanka giddigeedba haddaad karto.
 - ▶ Isticmaal xeeladda wax qaaditaanka saxda ah. Dhabkaaga sinnaan ka dhig markaad wax qaadeyso. Waligaa hore ha u foorarsan ama isku qalloocin. Ku dhowow waxa aad qaadeyso, si fiican oo lugo fidsan leh u joogso. Hal jilib ku jilba-joogso, adigoo dhabarka toosinaya. Si fiican u haleel xammuulka oo qaad adigoo toosiya jilbahaaga. Si dheellitiran oo aan liicliic lahayn u qaad. Cagtaada beddelo si aad u weecato oo ha qalloocin dhabarkaaga.



Si fiican



Si xun



Si fiican



Si xun

Lying

- **Do:**
 - ▶ Sleep on a good firm surface.
 - ▶ If your bed sags, use slats or plywood supports between the mattress and base to firm it. You also can place the mattress on the floor, a simple but temporary solution.
 - ▶ You may be more comfortable at night when you use a supportive roll. A rolled up towel behind your waist is usually helpful.
- **Do not** sleep on your stomach.



Good



Good

Bending Forward

- **Do:**
 - ▶ Keep the natural curves of your back when doing these and other activities: making a bed, vacuuming, sweeping or mopping the floor, weeding the garden or raking leaves.



Good



Bad

Jiifka

- **Sidan samee:**

- ▶ Ku seexo dusheeda meel fiican oo ishaysata.
- ▶ Haddii ay sarriitaadu dabacdo, isticmaal xubno ma alwaax u dhexeeya joodariga iyo salka si aad ugu adkeyso. Waxa kale oo aad dhgan kartaa joodari dhulka, taas oo ah arrin xallin sahlan lakiin ku meelgaar ah.
- ▶ Waxa laga yaabaa inay si ku anfado markaad isticmaasho shey duuban oo ku celiya. Tuwaal duuba oo aad dhigto xagga dambee dhexdaada ayaa badanaa wax kuu tara.

- **Ha** u seexan caloosha.



Si fiican



Si fiican

Hore u Foorarsiga

- **Sidan samee:**

- ▶ Ku hay samayska dabiiciga ah ee dhabarkaaga markaad samayneeso waxqabadyadan iyo kuwa kaleba.



Si fiican



Si xun

Coughing and Sneezing

- **Do:**
 - ▶ Bend backwards to increase the curve of your back while you cough or sneeze.

Driving a Car

- **Do:**
 - ▶ Drive the car as little as possible. It is better to be a passenger than to drive yourself.
 - ▶ Move the seat forward to the steering wheel. Your seat must be close enough to the wheel to keep the natural curves of your back. If your hips are lower than your knees in this position, raise yourself by sitting on a pillow.



Exercises for Low Back Pain

Centralization

- The closer your pain is to your spine, the better. (e.g. the pain is better in your knee than in your foot).
- An increase in your low back pain can be expected with these exercises. This is acceptable as long as your leg symptoms are not increasing.

Stop the exercise and let your doctor or therapist know right away if you have either of these problems:

- Any change in your bowel or bladder control.
- Any increase in weakness in your leg or foot.

Qufaca iyo Hindhisada

- **Sidan samee:**

- ▶ Gadaal isku leexi si aad kordhiso qaabka dhabarkaaga markaad qufacayso ama hindhisooneyso.

Baabuur Wadid

- **Sidan samee:**

- ▶ Baabuur wad inta ugu yar ee suurtagal ah. Waxa wanaagsan inaad rakaab noqoto halkaad adigu ka wadi lahayd.
- ▶ U kaxee kursiga hore dhinaca shookaanta. Waa inaad ku dhawaataa in kugu filan shookaanta sidii aad u dhowri lahayd samayska dabiiciga ah ee dhabarkaaga. Haddii ay misigahaagu ka hooseeyaan jilbahaaga fadhigan, kor isku qaad adiga oo barkin ku fadhiisanaya.



Jimicsiyada loogu talagalay Xakamaynta Xanuunka

Dhabarka Hoose

- Kolba siduu xanuunkaagu ugu dhow yahay laf-dhabarataada, ayay kolba ka sii wanaagsan tahay. (tus. xanuunka kaa haya jilibka ayaa dhaama ka kaa haya cagta).
- Waxa la arkaa (oo la filan karaa) in ay jimicsiyadani keenaan xanuunka dhabarka hoose oo kugu sii kordha Taas waa la qaadan karaa haddii aanay calaamadaha xanuunka ee lugtaadu ka sii darin

Jooji jimicsiga oo ogeysii dhakhtarkaaga ama terabistahaaga isla markaaba haddii aad isku aragto dhibaatooyinkan midkoodna:

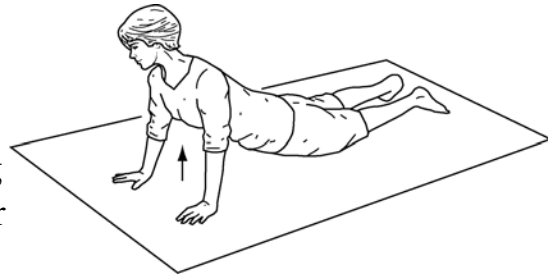
- Wixii isbeddel kasta ee ku yimaada xakamaynta saxarada ama kaadida.
- Wax kasta oo kordhitaan diciifnimo ku timaad lugtaada ama cagtaada

If your pain returns:

- Adjust your posture.
- If no improvement, begin your exercises.

□ Press-Ups:

Keep your back and buttocks relaxed and use your arms to press up. Concentrate on keeping your hips down and push up your upper body as high as possible.



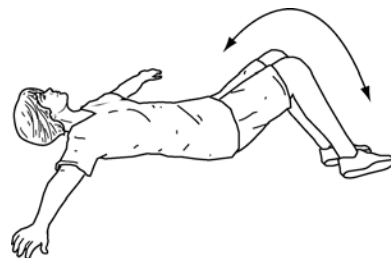
□ Double Knee to Chest:

Grasp both your knees with your hands and pull toward your shoulders. Hold the stretch for 1 second. Let your knees return, but keep them bent at arms length.



□ Lumbar Spine Stretches:

Lie on your back. Bring your knees towards your chest. Rotate your knees towards the pain.

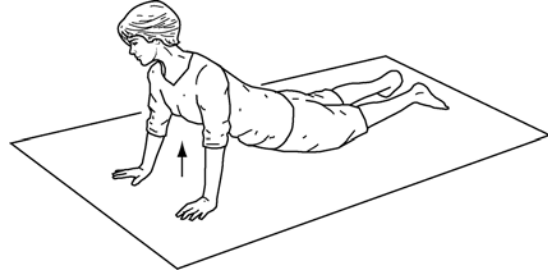


Haddii ay xanuunsashadu kugu soo noqoto:

- Isku dheelli-tir qaab-joogsigaaga.
- Haddii ayna waxba kuu kordhin, bilow jimicsiyadaada.

❑ Kor Isku Soo Riixidda:

Dhabarkaaga iyo salkaaga dabci oo isticmaal gacmahaaga si aad kor isku riixdo. Ku nuuxnuuxso sidii aad misigahaaga hoos uga dhigi lahayd qaarkaaga sare ee jirkaaga sarre inta suurtagalka ah.



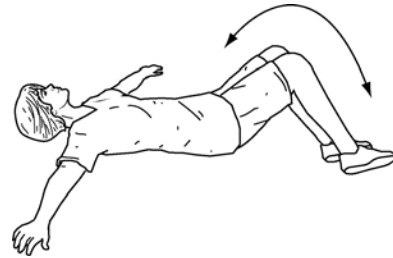
❑ Labada Jilib oo Laabta Sare Loogu soo Qaado:

Labadaada jilib gacamaha ku qabso oo u soo qaad dhinaca laabtaada. Ku hay jimicsiga 1 sekend. Jilbahaaga soo celi, laakiin laabkooda oo fidsanaanata gacmaha le'eg.



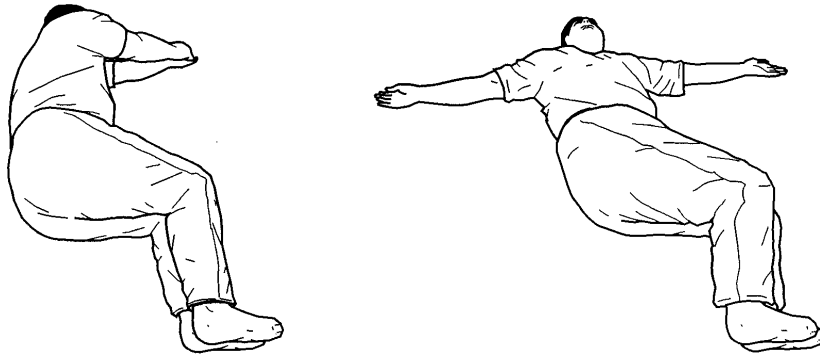
❑ Jimicsiyada Agagaarka Laf-dhabarta Hoose:

Dhabarka u jiiifso. Jilbahaaga u soo laab laabtaada. Ku wareeji jilbahaaga dhinaca xanuunka.



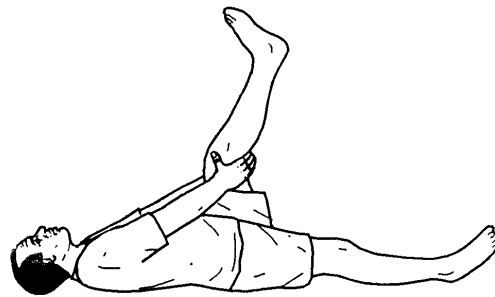
❑ Side Lying Rotation

Lie on your side and face forward. Have both arms straight in front and bend your knees. Turn your head as you move your top arm across your body as far as you can. Keep your arm in place and turn your head back to the starting position. Look back again and turn your head farther if you can. Bring your head and arm back to the starting position. Relax and repeat 10 times on each side.



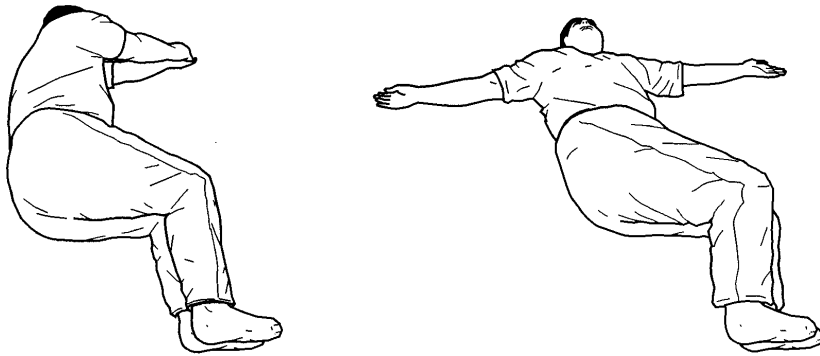
❑ Hamstring Stretch

Lie on your back with your legs out straight. Raise your leg up and put your hands around the upper leg for support. Slowly straighten the raised knee until you feel a stretch in the back of the upper leg. Hold, then relax and repeat 10 times on each leg.



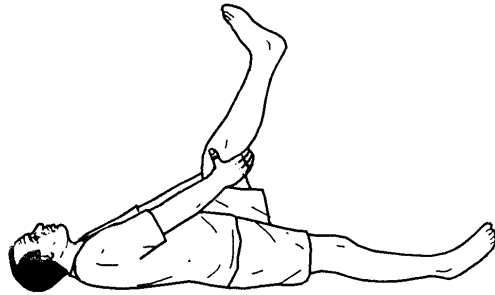
❑ U Wareegga Dhinaca u Jiifitaanka

Dhinac u jiifso oo hore u jeedso. Labada gacmoodba waa inay u fidsanaadaan hore adoo soo laabaya jilbahaaga. Madaxaaga leexi kolba markaad dul marineyso gacantaada sare jirkaaga fogaan illaa intaad karto. Gacantaada meesha ku hay oo madaxaaga dib ugu leexi meeshaad ka bilowday. Dib u eeg oo madaxaaga u leexi meela ka sii fog haddaad karto. Madaxaaga dib ugu soo celi meeshaad ka bilowday. Naso oo ku celi 10 jeer dhinac kasta.



❑ Fidinta Seedda Lugta

Dhabarka u jiifso adiga oo lugahaaga toos u bixiynaya. Lugtaada kor u qaad oo gacmahaaga ku qabo lugta qaadsan si aad u taageerto. Aayar u fidi lugta kor u qaadsan illaa aad ka dareento mijo baxsanaan xagga dambe ee lugta qaadsan. Sidaas ku hay, naso oo ku celi 10 jeer lug kasta.



❑ **Standing Arch:**

Stand with your feet apart and hands on the small of your back with fingers pointing backwards. Bend backwards at the waist, supporting the trunk with your hands. Keep your knees straight. Hold for 5 seconds. Repeat 3 to 5 times.



❑ **Side Glides:**

Stand at a right angle to the wall about 2 feet out from the wall. Lean your shoulder into the wall. Move your hips toward the wall, keeping your legs together and your knees straight. Return to the starting position.



❑ Qallooca Istaagga:

Istaag cagahaaga oo kala fidsan gacmahaaguna dul yaalliin sintaada iyagoo farahuna ku jeedaan dhinaca dambe. Dib dhexda iska qallooci, adigoo isku haya cududda gacmahaaga. Jilibahaaga fidsanaanta ku hay. Sidaas ku hay 5 sekend. Ku celceli 3 illaa 5 jeer.



❑ Dhinac Ku Dhaqaaqyada:

Xagal qumman isugu taag derbiga adiga oo 2 fiit u jira derbiga. Garabkaaga ku tiiri derbiga. Misigta u soo kaxee dhinaca derbiga, adiga oo lugaha isku haya oo jilbahaaguna toosan yihiin. Dib ugu soo noqo meeshaad ka bilowday.



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