

POSTURE AND MOVEMENT

HOW ACTIVITIES AFFECT YOUR SPINE

DID YOU KNOW?

85%

of Americans experience
back pain



Many everyday habits can contribute to spine strain and discomfort. The good news? Becoming more aware of these triggers can help you prevent long-term back issues.

DAILY HABITS THAT CAN TRIGGER BACK PAIN

- **Smoking:** Smoking reduces oxygen flow to your muscles, weakening them over time and increasing the risk of chronic lower back pain.
- **Poor sleeping positions:** Sleeping on your stomach can put stress on your spine and cause lower back pain. Repeating this night after night can make the pain worse.
- **Prolonged sitting:** Sitting for long periods—especially without changing positions—can place significant strain on your spine and contribute to poor posture.
- **Wallets in your back pocket:** Sitting on a wallet can twist your hips and misalign your spine, leading to posture imbalance and chronic back pain.
- **Cleaning and laundry:** Frequently bending over to reach low washers and dryers can stress your lower back. Over time, this repetitive motion may lead to serious pain.
- **Exercising improperly:** Working out without proper technique can cause back injuries. Always prioritize good form and consult a trainer if needed.
- **Unsupportive footwear:** Shoes like flip-flops and unsupportive sandals offer little to no arch support, leading to instability and potential back pain over time.

Be proactive. Small changes in your daily habits can help protect your spine and reduce your risk of chronic back pain.