

Know Your Back!

Do you know how to take care of your back?

Take this quiz to find out.

1. How should you protect your back when lifting?

- A. Keep your back straight
- B. Stand with your feet parallel
- C. Hold your load close to your body

2. Back belts allow you to lift more weight.

True or False?

3. Which is better for your back:

Pulling or Pushing?

4. Prolonged bed rest will cure back pain.

True or False?

5. Heat is best for acute (severe) back pain.

True or False?

6. Being overweight can contribute to back pain.

True or False?

7. If you have back pain, you should not do weight-bearing exercises.

True or False?

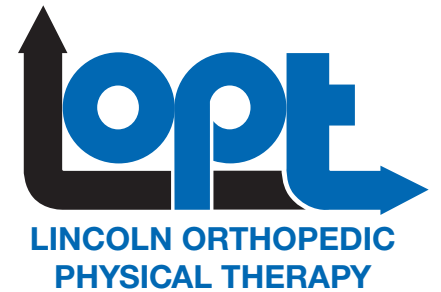
8. Strengthening abdominal muscles may prevent back pain and provide some relief if you already have back pain.

True or False?

9. The best time to stretch is:

- A. In the morning
- B. Throughout the day
- C. After work

1. All the above; 2. True; 3. Pushing; 4. False; 5. False; 6. True; 7. False; 8. True; 9. B



How well did you do?

The more you know, the better chance you have of avoiding back pain – which affects 80% of the adult population and is the second most common reason people visit their doctors.

We're all about helping people improve their quality of life.

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