Actions for Lower Back Pain When Sitting

Use these steps from the article to ease lower back pain when sitting and to spot the signs that need a doctor.

- [ ] Get up from the desk and walk around at least every 30 minutes.
- [ ] Place a small pillow or rolled towel behind the lower back during long periods of sitting.
- [ ] Rest the feet on a stool so the knees sit higher than the hips.
- [ ] Choose walking over more sitting when the lower back feels sore.
- [ ] Apply a heat pack for stiffness or muscle spasm.
- [ ] Stop and walk around every hour on a long drive.
- [ ] Avoid lifting heavy objects just after a long car ride.
- [ ] Stop any exercise that makes the pain worse.
- [ ] See a doctor when the pain has not improved after a few weeks of self-care.
- [ ] Seek emergency care for groin numbness, bladder or bowel changes, or symptoms in both legs.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/chiropractic/lower-back-pain-when-sitting/