

# Low back pain can be prevented

## 預防腰酸背痛

We all have backache sometimes. It usually arises because we have given our back too much strain. Poor posture, heavy manual work and minor injuries are some of the causes. Be especially careful about your posture. For once you have developed incorrect postures and bad habits that can cause low back pain, you may have repeated attacks for the rest of your life.

腰酸背痛十分普遍，主要是由於腰部姿勢不良，過勞或創傷等使背部受到損耗所致。

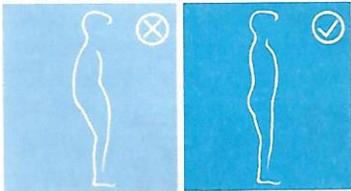
所以你應該注意保持正確的姿勢，因為如果壞習慣一旦養成，便很難改變，並且可能使你一生都受到腰酸背痛的困擾。

**Good Posture** is the most important of all: by keeping to the natural shape of your backbone while working and resting, you will enjoy the greatest efficiency and comfort with no harmful after-effects.

Always stand with your head up, your shoulders straight, and the lower part of your back hollow. You will feel more relaxed and look more attractive.

正確的姿勢是最重要的。無論工作或休息時你都應保持脊骨的正常彎度，使肌肉有適當的運作和充份的鬆弛，及避免不良的後果。

正確的立姿是抬起頭，肩膀平直，胸部微向前傾，下腹內收，腰後微凹，這樣不僅令背肌鬆弛，也顯得更神氣。



**Sit** with your back supported. Slouching is bad for your spine. Use a cushion to fill the hollow behind your back. Have your feet on the ground.

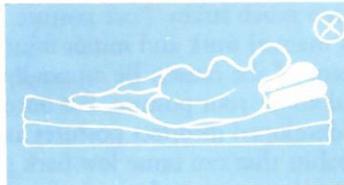
Make sure your desk is the right height for working by adjusting the chair or tilting the table, so that you don't need to crouch or hunch.

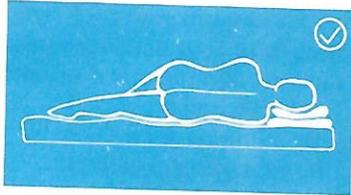
坐的時候要腰部挺直，雙腳到地，小腿自然下垂，臀部後靠，可使用軟墊使腰部有依靠，不要懶散的挨著，因為背部過度彎曲，只會令你疲勞。注意桌子及椅子的高度要適中，以方便工作。



**Sleep** supported. Sagging beds and high pillows strain your back every night. Use a firm mattress, a board under it if necessary.

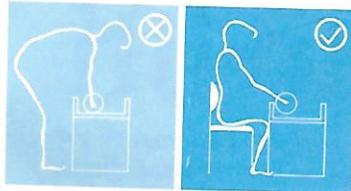
最佳的睡姿是側睡，膝部微曲，只用一個枕頭，要使用實質的床墊以支持體重不致下墮，必要時可加木板在床墊下，使背部能得到真正的休息。





Avoid **Forward Bending** at the waist which makes the back curved. Bend your knees instead. You can use high stools, or arrange your working place or kitchen to suit yourself so that bending can be avoided. If bending forwards is unavoidable, arch your back backwards a few times afterwards in order to maintain the hollow at your low back.

**彎腰**很容易造成腰酸背痛,所以日常工作時,應儘量屈膝或蹲下,日常工作或做家務時可利用高凳或調整工作案的高度以避免彎腰。如彎腰不可避免,你應當在彎腰工作之後,做數次拗腰運動以保持腰部之弧度。



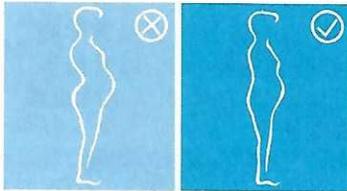
**Lifting** objects strains your back. Bend your knees so that your legs, which are stronger than your back, are doing the work. Never try to lift something which is too heavy for you. When you have to turn with a heavy weight, take steps; never twist your trunk, that is the worst thing to do to your back.

提重物時應蹲下,儘量靠近所舉之物體,利用腿部的力量。要明白,腿部肌肉比背部肌肉強壯得多。還有,要量力而為,否則會損害你的背脊。提物時要轉身的話,應當踏步而不是扭動腰部,因為在負重時扭腰對腰骨害處極大。



**Pregnancy** is a great load for your spine. Try to keep to the normal posture and remember your movements. This is especially important after delivery when you have extra work to do and your back needs to recover.

懷孕對脊骨是一大負擔，所以應特別注意保持正確的姿勢，如避免彎腰及提重物等，產後更應多休息，使背部復原。



**Obesity** is similar to pregnancy and strains your back all the time. You should take care to keep in good shape. Back and abdominal exercises are good for you.

過胖也是一個負荷，使你更易患上腰背痛，所以應注意飲食及作適量的運動，以保持理想的體重，腰部運動會對你有一定的幫助。

**High-heeled Shoes** strain your back by tilting the weight of your body forwards. Ill-fitting footwear also cause bad posture by making you walk and stand awkwardly. By all means be fashionable but not at the expense of your back.

高跟鞋使身體的重心前傾，爲了保持平衡，上半身便會後仰，這樣便會腰部過彎了，不適合的鞋子也會使你行動不靈活，養成不良的姿勢，所以當你追求時髦時，切勿讓你的腰部受苦。

Remember, chronic back problems are difficult to treat. If you do not take good care of your own back you may be letting yourself in for years of pain or discomfort for which very little can be done. It is better to do something about it now!

記住腰酸背痛很難根治，所以你應經常提高警覺，保持正確的姿勢，以免一輩子受到腰酸背痛的苦楚。



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