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### Low Back Pain & Rotation/Side Bending of the Spine

There are times when rotation and side bending of the spine need to be avoided, so that injured tissues can heal. A physical therapy evaluation can determine if rotation & side bending of the spine should be minimized or avoided. If rotation/side bending of the lumbar spine exacerbates pain, the following list describes activities, which need to be modified or avoided.

- **Position in bed:** when side lying, place a pillow between your knees, and a towel roll in the area between your ribs and pelvis, on the side you are sleeping.
- **Moving from bed:** When lying on your back tighten your abdominal muscles slide your hips and knees up into a bent position. Roll onto your side being careful to move your trunk and legs together as a log. Drop your legs over the side of the bed as you push yourself up to sitting. Do not side bend or rotate your trunk as you get up from bed.
- **Sitting:** Avoid sitting in chairs without backrest. Sit with your back supported, use the backrest on the chair. Do not lean on elbow towards *one* side for support. Do not cross your legs or sit on one leg. Do not shift from side to side as you sit for prolonged periods.
- **Moving from Sit to Stand:** Do not move forward in the chair seat pan by rotating one hip forward at a time. Push your back into the backrest and slide both hips forward at the same time.
- **Standing:** do not stand on one leg. Stand with your weight evenly distributed over both legs.
- **Getting in/out car:** Minimize and avoid rotating the trunk separate from the legs. Keep both feet on ground hold onto car door sit down on car seat, than pivot on your bottom to lift feet into car. Do not have one foot on ground and one foot in car while bending the spine. Getting out of car pivot on your bottom lift both feet on to ground before standing up, hold on to car door.