



保护您的下背部

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保持良好的姿势



良好的姿势不仅能预防下背部痛，而且能帮助你正确呼吸，支撑强壮的身体。下面是一些改善姿势的小技巧：²⁻⁵

- 站立或坐着时避免懒散。挺直的姿势可更好地支撑下背部。
- 站立时，双脚保持平衡。
- 使用带有下背部支撑且高度适合所做工作的椅子。定期改变坐姿或在办公室里走动，以减轻下背部的压力。
- 睡硬床。采用胎儿式睡姿，即保持侧卧，膝盖向上屈起并靠近腹部，可以帮助放松脊柱的关节，减轻下背部的压力。
- 搬起重物时，屈膝，收腹，保持低头，背部挺直，头与背保持在一条直线上。让重物靠近身体，不要扭转身体。

健康饮食



腰部的赘肉会拉伤下背部的肌肉。⁶健康饮食可以帮助你：^{6,7}

- 如果超重，则帮助减轻体重；如果体重为健康水平，则帮助保持体重。
- 通过提供维生素和矿物质(例如钙、镁、维生素D)来保持脊柱和骨骼强壮。

规律运动



增强和伸展肌肉并提高柔韧性的运动有助于预防下背部疼痛，例如散步、游泳或瑜伽等。如果发生急性下背部疼痛，应在头几天停止所有正常的体育活动，以减轻疼痛，然后慢慢恢复。以下是一些有助于加强和伸展背部的运动：^{8,9}

- **屈肌运动**：包括前弯腰。它可以减轻神经压力，伸展背部和臀部肌肉，增强腹部肌肉。
- **伸展运动**：后弯腰（例如抬腿和抬高上半身）。它可减少扩散到身体不同部位的疼痛。
- **伸展运动**：它可以增强肌肉运动、弯曲和扭曲的能力。同时还能够减小肌肉僵硬并提供更大的运动范围。
- **有氧运动**：快走、慢跑、游泳等运动可在较长时间(如30分钟)内增强心率。下背部痛的人应避免高强度运动。

在开始新的饮食或运动计划之前，请先与医疗服务提供者讨论。

参考

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