

## **Tool #17 Arranging your Home & Work for Back Pain**

This is a very simple concept (with three rules) that can help prevent the strain placed on your back from repeatedly bending forward or bending down. You are going to rearrange your home, your garage, and your workplace using these three rules:

1. Rule Number One: Items that you use frequently (or at least daily) should be placed at a height somewhere between your shoulders and your waist (most desirable).



2. Rule Number Two: Light items or items that you use weekly may be placed at levels above shoulder height (less desirable - but okay).



3. Rule Number Three: Items that you use less than weekly may be placed at levels below waist height (least desirable).



**\*\*Heavy items should be avoided when you have back pain/sciatica. Ideally, you would want to place ALL items at a level somewhere between the height of your waist and the height of your shoulders. However, this is usually impossible due to the restraints of storage space. By placing the frequently used objects at the correct heights, you will rarely need to bend forward and put stress on your back.**