

XXXVII. How to Use a Push Lawn Mower with Back Pain/Sciatica

Absolutely avoid cutting lawn with a push mower if the activity increases your back pain. You should be attempting to eliminate all the pain-makers from your life in order to get your pain levels down. Who will cut your lawn? The same person who would do it if you had to go in for back surgery- because that may be where you are headed if you continue to injure your back.

- A. Avoid sweeps of the mower where you first **push** the mower down a side hill followed up by immediately **pulling** it up the hill. Your back will be in a bent position and under high loads.
- B. Keep your back in the locked-in position.
- C. It is generally helpful to keep your hands near your pelvis and perform movement with your legs and not with your back.
- D. Every 20 minutes stop and perform some standing back extensions (unless not recommended for you).