

# 101

# BACK PAIN RELIEF TRICKS

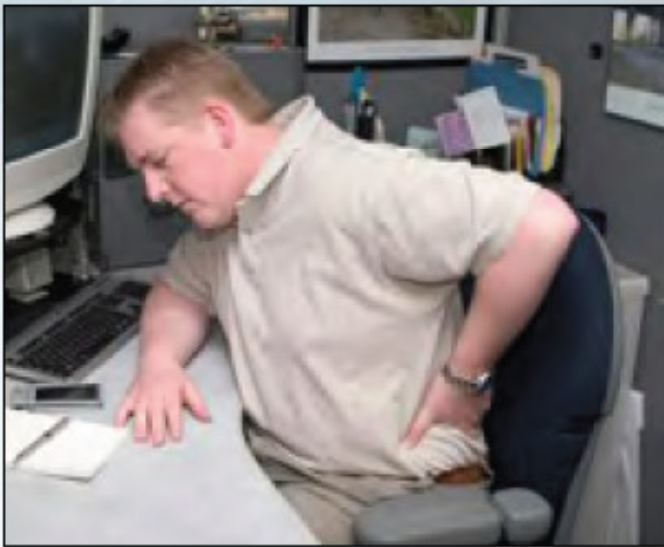
*Quick and Easy Ways to  
**FINALLY** Beat Back Pain!*



[www.losethebackpain.com](http://www.losethebackpain.com)

**I wrote 17  
back pain relief tips  
which, along with  
many others,  
were included in the  
Healthy Back Institute  
publication,  
*101 Back Pain Relief Tips***

**Following is  
a small sampling  
from that publication.**



And if that was your answer, then your very first consideration for preventing back strain should be a review of the office chair you're planted in all day. That's because sitting for prolonged periods of time can be a major cause of back pain and specially-configured office chairs with correct lumbar support go a long way toward taking back pain out of your daily picture.

If your current chair fails to make the grade by leaving you in pain then be sure to watch my [office chair review video](#) before purchasing a new chair. And yes, if your employer won't spring for a new chair you should buy it for yourself – it's that important!

## 26 Get On the Ball

Exercise ball, Pilates ball, whatever you choose to call it... get one and sit on it!

That's really the whole tip. Sitting on an exercise ball adds a measure of instability you won't find sitting on most chairs, causing your core muscles to automatically compensate to keep your body upright on the ball. Your back benefits as your stability and core strength improves. And it's fun!



While exercise balls are cheap, make sure to spend the few extra bucks for a heavy-duty ball that'll easily support your weight. If you're under about 5 feet, 10 inches tall (178cm), a 65cm ball should fit you well. If you are taller, consider going with a 75cm ball.

## 27 Throw Your Back In

Don't want to throw your back out? Make sure it's in the right position, especially when you're sitting. Specifically, make sure you give the curve of your lower back the support it needs with proper lumbar support.

Obviously, the first choice is to pick a chair which offers a good back support. See Tip #25 for advice on picking the right chair. But even if you're stuck with a lousy seat for now, there's still hope. Give your back what it needs with a [lumbar support pillow](#). In a pinch, even a small, rolled-up towel strategically placed behind your lower back can help.

## 28 Use a Back Orthotic

Many people think of a brace for scoliosis when I mention a back orthotic, but that's not what I'm talking about this time. There's actually a type of seat cushion that works so effectively at instantly improving your posture and eliminating spinal pressure while sitting that the company which created it calls it a back orthotic, but officially it's named the Back Joy Core.



Here's how the Back Joy works. Normally when you sit down, your buttocks flatten out and your back muscles automatically tighten. The Back Joy cups your gluteus muscles to prevent this automatic tightening and reduces pressure on your lower back and tailbone.

We tested it out and found it to work very well. Check out my [video review](#) and see how you can get a Back Joy for yourself.