



How to Vacuum with a Bad Back

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Over the years I have had many patients come to me suffering from back pain as well as those who have had surgery. These patients are just simply frustrated because they are still unable to vacuum without pain. While many people would love to give up vacuuming all together, unfortunately we decide it maybe one of those things we just have to do.

Our backs seem to favor a neutral position with good posture, so if we can put ourselves in good positions while vacuuming we can eliminate increased back pain and injury. Our backs are supported by one large group of muscles which we refer to as our Core muscles. Core muscles are made up of our stomach ,mid and low back muscles. These muscles work in conjunction to keep our spine upright. With strengthening these muscles the back can remain in a neutral position. So while you are vacuuming you can put the Core muscles to work, and eliminated back strain that is caused by pushing and pulling with your arms and shoulders.

If you are having back pain and would like to learn more on how to strengthen your Core muscles, contact your doctor or your local physical therapy office to see how they can help you.