

## Could the Way You Stand be Aggravating Your Lower Back Pain?

Back pain is intimately connected with how we do things. One of the activities we do most is standing. Let's look at a simple test to see how your standing habits might be affecting your back pain.

### Standing Test for Back Pain

Stand normally and assess whether you have back pain. For many people this simple activity really gets their backs irritated. I want you to notice how you're standing now. Where is the weight distributed through your feet? Are your feet facing the same direction? Are your knees locked?

For now, let's just focus on the last question: Are your knees locked? If you have back pain while standing and you lock your knees, I want you to try this little experiment. Bend your knees a little and stay there long enough to sense whether your back feels less or more pain. Most of you will feel less pain. To make sure you're right, lock the knees out again like you normally do. Does your pain increase again?

If your pain decreases when you bend your knees, you most likely have a problem whereby your spine is too arched or rigid. When we bend the knees, the lumbar spine flattens or bends a little taking stress off your back tissues. When we lock the knees, it pitches the pelvis forward, causing the spine to arch more. This arching is painful.

Often this happens because the muscles in the front of your thighs, attaching to your pelvis have become tight. They are pulling the pelvis forward which then increases the spine's curve or increases the forces pulling it into a curve (Figure 1).

In my book, *Fixing You: Back Pain* ([www.FixingYou.net](http://www.FixingYou.net)), I teach you more about this problem and others contributing to your pain--and I show you how to fix them. The keys lie in understanding how your movements and habits are creating and perpetuating your pain.

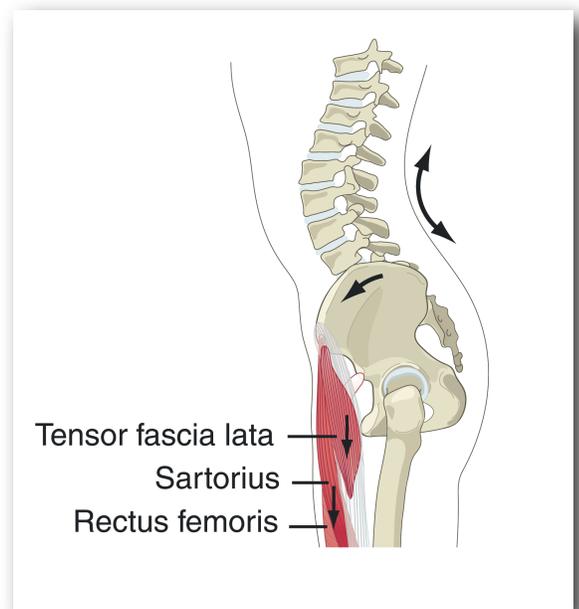


Figure 1

**You can also reach me at (303) 477-4212 or email [Rick@RickOlderman.com](mailto:Rick@RickOlderman.com) if you'd like an appointment or to ask a question.**