

Know Your Back!

Do you know how to take care of your back?

Take this quiz to find out.

- 1. How should you protect your back when lifting?**
 - A. Keep your back straight
 - B. Stand with your feet parallel
 - C. Hold your load close to your body
- 2. Back belts allow you to lift more weight.**

True or False?
- 3. Which is better for your back:**

Pulling or Pushing?
- 4. Prolonged bed rest will cure back pain.**

True or False?
- 5. Heat is best for acute (severe) back pain.**

True or False?
- 6. Being overweight can contribute to back pain.**

True or False?
- 7. If you have back pain, you should not do weight-bearing exercises.**

True or False?
- 8. Strengthening abdominal muscles may prevent back pain and provide some relief if you already have back pain.**

True or False?
- 9. The best time to stretch is:**
 - A. In the morning
 - B. Throughout the day
 - C. After work

1. All the above; 2. True; 3. Pushing; 4. False; 5. False; 6. True; 7. True; 8. True; 9. B



Lincoln Orthopedic
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How well did you do?

The more you know, the better chance you have of avoiding back pain – which affects 80% of the adult population and is the second most common reason people visit their doctors.

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North Office

27th & Superior
4920 N. 26th Street
Lincoln, NE 68521
402-434-5361 • Fax 402-434-5365
Darren Ferguson, MPT, ATC, SCS
Ben DeWaard, MSPT
Brent Bednar, MPT, OCS

Northeast Office

84th & Holdrege
1651 N. 86th Street, Suite 100
Lincoln, NE 68505
402-484-7117 • Fax 402-484-7118
Roger Sand, PT
Tom Kruse, MPT, MTC
John Linn, MPT, ATC, OCS

South Office

Williamsburg Village
6120 Village Drive
Lincoln, NE 68516
402-420-2626 • Fax 402-420-6502
Jake Denell, PT, OCS, CWCE, CEEAA
Stephen Benson, DPT, OCS, MTC
Bruce Bednar, OTR/L, CHT, CWCE
Sherril Kilpatrick, PT

Beatrice Office

1200 N 6th St #B
Beatrice, NE 68310
402-228-1222 • Fax 402-806-4115
Zack Zade, DPT, CSCS

www.loptonline.com