

the doctor's orders

back pain quotes from Dr. David

managing back pain

“**Reclining is important** to help reduce back pain because it **allows the entire body to relax**. For maximum relief I prefer for patients to recline with their legs elevated up high and their backs partially or fully reclined.”

“**Proper support and pressure** is critical **to lumbar-area muscles and joints** in order to achieve relief. Look for reclining chairs and sofas with total body and lumbar support, meaning that no extra stress is placed on any one part of the body as you relax.”

“Reclining certainly isn't the only solution to back pain – **other ways to help** ease muscle tension **include deep breathing and moving** around every 15 minutes. I recommend exercises that incorporate smooth and fluid movement to **keep muscles warm and loose**.”



for more information visit
la-z-boy.com/PrescriptionRecline

This information is not a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Everybody is different, and relief from back pain is not guaranteed.



the back pain problem

“Back pain is one of the most common reasons that a patient will visit his or her doctor. In my experience it's a very expensive problem – **back pain sufferers invest** a lot of **money trying to find a solution** that works.”

“Since back muscles are used for stability, **back pain** can quickly become unmanageable and **negatively affect day-to-day function**.”

“**Back pain affects** nearly everyone in America at some point in their lives, especially those who are **overweight**, those with **previous injuries or a genetic history of problems** and those who exercise with abrupt or lateral movements. Also, **people who sit a lot on the job** – for example truck drivers – are at risk since they tend to stay in the same position for long periods of time.”

“**Reclining** can be good for anyone with back pain, but will **most alleviate** pain for people with **muscle strain, degenerative changes and pregnancy-associated back pain**.”

“In addition to relieving back pain, one of the most **important benefits of reclining is taking the weight off of** several of your **joints, allowing muscles to relax** instead of constantly contracting to support your weight. Other benefits include increased comfort, relaxation, reduced swelling/edema and increased circulation.”

“**Look for reclining furniture with locking positions** so that your back muscles can fully relax once you are in the reclined position – holding the recliner will put added strain on the back.”

“**I appreciate a feature** on La-Z-Boy reclining furniture **that allows you to recline back independently** of whether the footrest is up or down – so comfort levels are even more customizable.”

Dr. David is a board-certified physician who has practiced medicine for more than 30 years and is passionate about helping patients lead happy, healthy, pain-free lives.

