



## Surviving The Holidays With Neck and Back Pain

With the holiday season upon us, many will be spending long hours in the kitchen cooking or hours wrapping up all those holiday gifts. In general, doing a little of this is not a problem, but if you have a history of neck or low back pain, it can cause you to have some increased symptoms. There are a few tips and tricks you can try to help keep your holidays free from neck and low back pain.

1. Avoid wrapping gifts on the floor. Kneeling, reaching and bending for hours at a time can sure cause some problems. Try to set up a "wrapping station" at a counter or large table where you can sit or stand with good posture and this will allow you to wrap with your arms and not your whole body.



**Bad Posture**



**Better Posture**

2. For cooking, why stand when you can sit? For many people, cooking can be painful because of long periods of standing hunched over a counter. While doing prep work, try moving that cutting board to a table where you can sit. Or even move a stool over by your stove top to allow you to get a quick rest.
3. When spending long periods of time at the kitchen sink, try resting a foot on small stool, or inside the cabinet in front of you. Alternate every few minutes and be sure to stand with your feet shoulder width apart. This will allow you to get closer to the sink and take some pressure off your low back.



**Correct posture**

**Wrong posture**