

Back Care Advice for Caregiver

Tips when lifting your loved ones:

- Keep the load close to you when doing a lift.
- Avoid twisting, sustained positions, or putting your joints at the extremes of their position.
- Consider getting a back support belt to protect your back.



Providing physical care can increase the risk of getting a back injury. Therefore, it's important to use proper handling techniques.

Here are some general rules:

- Get another person to help if needed.
- Use your legs more than your back.
- Stick your bottom out as you bend to lift a heavy load.



Occasionally, our back muscles still get overused or strained from the daily physical care provided. Here are some general back stretches that can be done daily to help prevent or manage your back injury.

4 point kneel pelvic tilts

- This exercise helps to move your lower back and buttock region to ease back ache.
- Adopt the position as shown
- Curve and arch your back
- Repeat 10-20 repetitions



Knee Rocking

- This exercise helps to gently stretch and relax the muscles at the side of your back and buttocks.
- Lie on your back with both/one leg bent.
- Slowly roll your knees to one side, keeping your upper trunk still.
- Stop when you feel tension and hold for 5-10secs, repeat on the other side. Do 5-10 repetitions.



Lazy Cat

- This exercise helps to gently stretch and relax the muscles in your mid and lower back.
- Get in 4 point kneeling position.
- Slowly rock backwards so that your buttocks approach your ankles.
- Stop when you feel a stretch in your upper/lower back.
- Hold for 5-10secs, then slowly return to the original position.
- Do 5-10 repetitions.



Back Extensions

- This exercise helps to increase your back mobility and stretch your abdominal muscles.
- Lie face down with both your hands at shoulder height.
- Straighten your elbows and lift your upper body up.
- Keep your hip and legs relaxed.
- Hold for 5-10secs, then slowly return to the original position.
- Do 5-10 repetitions.



Caregiving can take up almost all your time. However, it is still important for you to stay healthy and physically fit. Go for walks. Do your stretches. Strengthen yourself. You can then continue to provide the best care to the person you are taking care of.



If your pain is getting worse and doing the exercises above do not seem to help, please seek professional advice to manage your pain.

*Disclaimer: The exercises shown in this handout are general exercises. If you have any pre-existing medical conditions/ injuries, please consult a professional before beginning any of the exercises.

Contributed by Physiotherapy, Rehabilitation, Allied Health Services

This brochure is produced for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek the advice of a qualified healthcare provider before starting any treatment or if you have any questions related to your health or medical condition.

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