

## OVERCOME YOUR LOW BACK PAIN IN PREGNANCY eBook

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### PREGNANCY

Pregnancy can be described as a union of cells from a female and a male species and bring up new offspring of the species, both in human, animal and every other living thing. The offspring is a replica of the parent. And it continues like that in all generation.

In this article we would be talking about the Human Reproduction

Pregnancy in human is a period when there is development of live or lives in a woman's womb. A live when it is only one offspring or lives when there two or more offspring in the woman's womb.

**In human:** pregnancy occurs in two ways;

1. Sexual intercourse
2. Assisted Pregnancy

The world is populated with human today from fusion of live substances from a man and a woman and this come together to bring up another human.

In human pregnancy last up to 40 weeks which is equivalent to 9 months.

Pregnancy is divided into Trimesters (1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> trimesters)

**First Trimester;** This period covers from the first month of conception to the third month of pregnancy, this is basically about 12 weeks from pregnancy.

**Second Trimester;** This from the period of three months to the period of six months. Basically twenty fourth month of pregnancy

**Third Trimester;** This is from the period of sixth month to the period of ninth months. Basically about 38 weeks when measured from conception. You find out that in every of pregnancy each month lasts to about 29 1/2 days

Any birth that occurs within 37 to 40 weeks is normal but in terms of maturity, a birth that occurs below 37<sup>th</sup> week is premature birth and has low survival rate. Births that occur within the period of 38 to 40 weeks is within post mature date. Once after this date surgical intervention must be sought if not there will be intra uterine death.

### Embryo development

The embryo develops from the fusion of spermatozoa( sperm cell) and the ovum (egg) hence the name embryo and this is the first stage of human development (conception) after the fertilized egg has travelled from the fallopian tube and has attached itself to the uterus. It is called embryo till a certain stage (about first 8

Matron Bibian Okoye

weeks) when it is called fetus till birth.

First trimester is a very delicate stage. In this stage miscarriage is easy which is death of the embryo

### **Symptoms of Pregnancy**

- Missed period
- Breast enlargement
- Breast pigmentation
- Nausea and vomiting
- Frequent urination
- Hunger

You can check yourself if you are pregnant using pregnancy test stripe. You are pregnant when the result is positive. Or you may go to your health provider when you are seeing these symptoms to confirm your pregnancy.

People Who Are In Position To Help You Are:

- Midwives
- Obstetricians

What You Must Pay Attention To During Your Pregnancy Are

1. Diet
2. sleep
3. Exercise
4. Position

### **How Pregnancy Affects Your Pelvic (HIP) Bone**

Low back pain occurs in almost all the pregnant women especially from the second month of pregnancy, when the weight of the embryo starts to increase and the mother is adding weight due to hormone action.

low backbones comprise of sacrum, ilium and OS coxa. Posterior sacroiliac ligament joins these bones ( Ilium and sacrum) and low vertebral column uniting them through OS coxa forming the hip joint. This is where all the weight of the upper body rest then with pregnancy some women experience pain in the back.

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## **DIET FOR PREGNANT WOMEN**

### **Pregnant woman and Diet: What to do?**

What a woman eats during her pregnancy goes a long way to describe the state her health and that of her baby. That is why when you eat balanced diet coupled with exercise and good [posture](#) you will have a very successful pregnancy and smooth labour. Not only this, pregnant women should eat all classes of food which comprise of carbohydrate, protein, good fats, mineral, and vitamins and supplements in a healthy way.

### **Should we avoid food to save our back?**

All foods are important for the pregnant women. You are not allowed to diet yourself because every class of food is very important for you to keep healthy with your baby. When you feed well during your pregnancy you will be able to carry your baby comfortably without stress. If you don't feed well you will be exposed to certain illness due to lack of essential vitamins and minerals found in the food we eat.

It is only when you have health issues like Diabetes, high blood pressure or any other health problem that your health provider may decide to place you on diet with constantly checking your health condition.

Your weight and size do not matter too much during pregnancy, whether you are obese or slim you must be eating enough food to be able to keep fit with your baby all through the pregnancy, delivery and after. The study showed that those who eat enough healthy food with good [exercise](#) deliver healthy and strong babies

When you are not pregnant you may worry about your weight but when you are pregnant the pregnancy hormone and the increasing weight of the baby alone increase your weight then why should it border you if you add weight. You and your baby need a lot of vitamins and minerals and it is through the food you eat you will be getting them.

A slim or underweight woman should gain between 13 to 18 kg ( 28-40 pounds)

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An overweight woman should gain between 7-11kg (15-25pounds)

An obsessed woman should gain between 5-9kg (11-20 pounds)

Normal weight woman should gain between 11-16kg (25-35 pounds)

### **What food should a pregnant woman eat still avoid low back pain?**

You should eat all food as long as you do not have any health issue. If you have health issue once you are pregnant please consult your doctor immediately. Under normal health condition and you are confirmed pregnant, don't worry go about your normal duties and eat your normal diet but increase your intake of foods that contain minerals and vitamins as they will help in the proper formation of the fetus.

In the early stage of your pregnancy, you may not be able to eat much due to the action of pregnancy hormone which may cause you sick or even vomiting in some people. This is what is called morning sickness because it tends to be worst in the mornings. During this stage, you will not want to be eating as you tend to nauseate or vomit. You are advised to eat more of fruits and vegetable and eat others as much as you can.

During this period you will not gain much weight as to cause you pain at your low back instead some people lose weight because they would not be able to eat and because of constant bout and vomit.

After the first trimester, you will start to eat more than before. This is because your baby is growing and demanding for food. This is the period you must eat in order to supply your baby enough nutrients for its growth.

From this period, you must register with your health provider for regular checks of your condition and the baby. You will be checking your weight regularly so that you do not pass the boundary.

With moderate weight, good posture, exercise and if you are caring only one fetus in your womb your low back pain will be very very minimal or may not be there at all.

### **Foods to eat are;**

Protein food like beans, breadfruit, egg, nuts, Dairy, milk, poultry, red meat, pulses, and fish. You may need up to 40-90 gram depending on your weight

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Carbohydrates; Rice, potatoes, wholemeal pasta wholemeal bread, noodles, maize, oats, cereal, yams banana, and others

Fats; polyunsaturated fats contain omega-3 fatty acids they are important for your baby's healthy development and omega-6 fatty acids too.

Fish like salmon, mackerel, and tuna are also good for you and your baby. avoid raw seafood like oysters or uncooked sushi, you are advised to be eating up to 8-12 ounces a day

vitamins and minerals; Most of the food we eat like lean meat, poultry, green leafy vegetables, eggs and all the other protein foods contain some amount of minerals and vitamins that you and your baby need.

Eat more of fruits, green leafy vegetables, and protein these do not add too many calories to your body rather they nourish your body and give your baby good development.

### **Foods pregnant women should avoid**

These are foods when you take them might cause you to be ill because some of them contain microbes that cause food poisoning. They can poison you and your baby. They are; some fish, Raw meat, Vitamin A, Liver, Cheese,

Do not take Raw milk either of cow, goat or sheep or any product they are made of like soft goat cheese. Make sure that every milk is pasteurized before you take it.

Do not eat a raw egg or undercooked egg or any product made with them like home-made or Mayonnaise. Make sure they are cooked to hard before you take them.

Eat moderate carbohydrate, This is what will add your weight if you overeat it. Check your weight regularly to make sure you are within normal. Overweight will put pressure on your hip bones thereby causing your low back pain.

### **Should I eat snacks and still avoid low back pain?**

As I said earlier, your baby needs plenty of minerals and vitamins for maturity and development so you are advised to eat plenty of fruits and green leafy vegetables where you can get folate (folic Acid), vitamin B groups (B12, B6 etc), Vit C, Vit D. most of the times you can not get enough vitamins you and your baby need in food so you will need food supplements to supplement your food

Listed below are the snacks that are safe for you, they are not going to add much weight to you like carbohydrate and some protein

- Veggies or chips with guacamole

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- 1 medium Apples and hard cheese like jack, cheddar, and Monterey
- Egg on an English Muffin
- Mellon with lime
- Toaster waffle with almond butter and pear



- [snacks for pregnant women](#)
- Homemade trail mix
- Greek yogurt parfaits
- mashed avocados on crackers

### **Prepare your food safe**

Endeavour to keep your environment clean before you start to cook your food. Before ever you start any cooking be sure to keep all the utensils clean. Wash your hand before and after cooking. Wash all surfaces and utensils and your hands, after preparing raw foods (poultry, shellfish meat, eggs shellfish and raw vegetables) to avoid food poisoning, make sure that raw foods are stored separately from ready-to-eat foods, otherwise, there's a risk of contamination.

### **EXERCISES IN PREGNANCY**

The importance of exercise for the pregnant women is nothing to write home about. It is important for all the pregnant women to do exercise no matter how little every day to maintain their normal blood circulation. When the blood flow normally in the body the actualization of good health is achieved not only to the mother but also the baby. [Exercise also can relieve temporal back pain.](#)

### **Instructions concerning Exercise**

Inasmuch as pregnant women are advised for regular exercise, there are some exercises which you are allowed to do and those you are not allowed to do. The most important thing is when you want to take part in exercises especially aerobic

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exercises like swimming, running and other exercises that will take a lot of your energy make sure to tell your healthcare provider who is knowledgeable. NHS choices state that your health is your choice

Have your exercise scheduled for 3 times a week and do not indulge in strenuous exercises that might be taking your breath as this will affect the baby. once it is taking your breath it is good you stop, find a cool place and rest. Breath deep in several times to give your baby enough oxygen.

The more active and healthy you are during pregnancy the easier the process of pregnancy and labour, after delivery, you will be able to change back to your normal shape and not only that you will deliver a healthy baby.

On the days of your scheduled exercise, start with warming up. don't jump into running a long distance or swimming a long distance without first of all warm yourself up which will sustain your energy if not you will be tired easily.

As you are doing your exercise drink a lot of fluid to aid electrolyte(fluid) balance of your body as you will be losing a lot of fluid through sweating.

As your pregnancy advances avoid those exercises that will make you fall like down the hill skinning, cycling, ice hockey and horse riding.

Make sure to eat enough calories especially during your third trimester when your baby will be making more demand on you. While eating, visit your health provider for regular checking of your weight and your general condition. If your body mass index ( BMI ) is still within normal of 18.5 and 24.9. Make sure to be eating up to 450 calories every day.

Maintain comfortable outfit by wearing loose gowns and low heeled shoes but not flat shoes that may make you slip and fall.

Do not lie flat on your back after your first trimester. The weight of your baby has increased and when you exercise lying flat the weight of your baby and the weight of the uterus will lie on the major vein called venacava. If this happens the blood supply to the heart and the uterus will reduce causing a shortage in the breath, dizziness, nausea or even vomiting.

If you must lie at your back during exercise, put one pillow at your back to help you

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remove the weight of your baby from compressing on the venacava and stop you from becoming breathless.

Do not prefer to be lying down, keep moving it will give strength and prepares you for the ordeal of labour.

Exercise as much as your body can accept, do not overdo it. You might get overheat and you sweat profusely making you feel uncomfortable.

Cool down after your walk out. Do some pregnancy friendly stretching

You can invite some friends to assist you with your regular exercises

When you finish your exercise to cool down quickly; change your environment, take off your layers, go under air condition, take a cool shower and have more drinks.

If you are on the floor make sure to get up slowly. DO not jump up quickly you might lose balance and you fall over.

### **Exercise the Pregnant women do that ease back pain**

These are the most needed exercise pregnant women should be doing to relieve back pain;

#### **Pelvic Tilt Exercise**

stand with your shoulders and bottom against the wall, keep your knees soft then pull your tummy button towards your spine so that your back flattens against the wall. Hold for four seconds and release then repeat 10 times.

#### **Exercising Pelvic Floor**

When your pelvic floor is weak. You will experience what is called stress incontinent which is leaking urine when there is any little pressure on your bladder like when you a cough, laugh, sneeze or strain. When this happens, don't panic it is normal when pelvic muscles relax due to the weight of pregnancy on it.

To avoid this and to avoid back pain that goes with it there is a need for pelvic exercise which will help to prevent stress incontinent and back pain from occurring during and after pregnancy.

**How to exercise pelvic Floor;** You need to sit on a hard surface and put your two legs closed up, thereby tightening your anus so closing also your urethral orifice(bladder mouth). Do this for several times a day so that the pelvic floor will tone up and be able to be controlling the release of urine from the bladder as before.

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**Another useful exercise that helps to ease off back pain is Abdominal strengthening;**

Be on all fours, with knees under hips, hands under shoulders, with fingers facing forward and abdomen lifted to keep back straight.

Pull in your stomach muscles and raise your back up towards the ceiling curling the trunk and allowing your head to relax gently forward. Don't let your elbows lock.

Hold for a few seconds then slowly return to the box position. Take care not to hollow your back, return to a straight neutral position.

Do this slowly and rhythmically 10 times, making your muscles work hard and moving your back carefully

Only move your back as far as you can be comfortable.

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[https://youtu.be/\\_Qed8z9xMtM](https://youtu.be/_Qed8z9xMtM)

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**Related articles are:**

- 1, [Exercise during pregnancy](#)
- 2, [posture during pregnancy](#)
- 3, [1st month of pregnancy and the effect of low back](#)
- 4, [7 Important questions pregnant ladies should ask their doctors](#)

**Abdominal Binder**

Abdominal Binder is elastic abdominal garment that can be used for different purposes. Anyone can use it but in this write I am focusing on the abdominal binder that women Men can also use these is the same with men.

Those who use abdominal Binder

- The pregnant mothers who delivered a baby normal can use it to provide compression to tone up the abdominal muscle and prevent bleeding
- A pregnant mother who delivered a baby by Caesarean section to help bind the skin together
- An obese woman who wants to hold the muscles of the abdomen from floppy while moving
- A lady who wants to maintain the look of her abdominal walls ( figure eight shape)
- A woman who wants to support her abdomen after an abdominal plastic surgery ( for example abdominoplasty)
- Can be used in Paralysis

Functions Of Abdominal Bander

- 1.Binds abdominal muscles together
- 2.Improves blood circulation
- 3.Provides Support to the abdominal wall
- 4.Assists in oxygen circulation in the body
- 5.Prevents bleeding

How To Use Abdominal Binder

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Measuring the proper abdominal Binder

### **Precautions**

Considering what these abdominal binder is made of. It is elastic and can be sewed in a way to hold firm the abdominal muscles together without hurting the skin.

Keeps your figure intact. Makes you feel in control of your abdominal walls and not feeling any floppiness of your abdominal muscles

An abdominal binder is an important surgical body garment used in the early postoperative phase of surgeries like an abdominoplasty (tummy tuck) or an abdominal liposuction. According to the American Society of Plastic Surgeons, approximately 121,653 abdominoplasties were performed on men and women in the United States in 2008. Abdominal binders are essential in the postoperative care of these patients.

**Functions** An abdominal binder serves many important functions, especially in the early postoperative stages of an abdominal surgical procedure. An abdominal binder provides compression and support for both the upper and lower abdomen. It helps to improve blood circulation and oxygen levels at the operative site, increasing healing and reducing swelling. With all these improvements, the patient is able to get out of bed more easily. This is the process of recovery and recovery.

**Other Uses** An abdominal binder may be prescribed and prescribed in other surgical procedures and situations, such as during pregnancy in certain situations, after the delivery of abdominal muscles. It may also be used for obesity or paralysis. Abdominal binders come in sizes from extra small to small and medium, large and extra large and extra-extra large,

**How to Use** An abdominal binder is usually applied in the operating room immediately after surgery. The physician prescribes instruction should be worn. Usually for the first two weeks, it is worn constantly, after which it can be removed

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for showers and then replaced. After 3 weeks, it may not be worn in the day time. Your physician will give instructions based on your progress. Having two abdominal binders is highly recommended so they can be interchanged when one is being laundered.

**How to Measure** The proper measurement of the abdominal binder for a comfortable fit that applies the right amount of compression. The measurements

and sizing must be done prior to the surgical procedures. Measurements are taken next to the skin without clothing. A stage 1 garment is worn for the first 2 weeks postoperative. It is bigger and less tight to accommodate any initial swelling. A second stage garment is worn 2 to 8 weeks postoperative or longer; it is a smaller and tighter binder.

**Precautions** Individuals who are allergic to latex should use a latex-free abdominal binder. This will prevent an allergic reaction, which can include swelling, or swelling of the face, tongue and throat and shortness of breath and difficulty breathing. This is a medical emergency. Immediate medical care must be administered if any of these symptoms occur.

## **STRESS AND LOW BACK PAIN**

Stress by dictionary definition is a state of mental or emotional strain or tension resulting from adverse or demanding circumstances. I can say that every body has

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his/her moments so stress is not bad when it is temporal and only have to do with urgent call to do something or in sudden news either good or bad. But if the stress persist or last for a long time it becomes bad.

### **That you have probing headache might be stress; have you checked?**

Some people may not know when they are stressed. When they have to do all things at one time, jump up from sleep around 4am, prepare kids for school, take them to school, go to work, pick children from school, cook dinner, get children to bed and get things ready for tomorrow's ordeal. All these go routinely till you are weighed down by stress and probing headache sets in

You begin to witness following signs:

Pressure, strain, nervousness, anxiety, tension, Suffering and so on

### **Stress Can Come In Different Ways**

There are two main types of stress; **acute or episodic acute stress** and **chronic stress**. According to the American psychological Association, Acute is the most common type of stress, it can easily go away after some time, this is the type of stress you feel when you have something to finish within the expected time and then you will be stressed till you finish it or there is sudden news like death of a friend or somebody you know, examination to write or travel to make. This type of stress goes with time. It may or may not need any treatment for you to become restful. It is called positive stress

The case of Chronic Stress is different, chronic stress lingers for a long time if nothing is done quickly may lead to a serious mental, physical and emotional problems. This is called Negative stress

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This type of stress has been there which may be due to long-suffering, sudden death of a dear one like husband, father or mother or a child, maltreatment from or discrimination that lasted a long time, sexual abuse or denial of right. I must say something you lived with for a long time can bring about chronic stress.

**Other Types of stress:** Can be, chemical ( **alcohol, drugs or caffeine**)

Environmental (use pesticides)

Trauma ( Burns or injury)

**Your Body is not Firewood; Are You?**

Allowing yourself to be in stress over a long period, your body will start react in different ways such as:

Anger, weakness, aches (tense muscles, chested pain, head ache) low immunity ( easily infected by diseases), Loss of sexual desire, High blood pressure, tiredness, constipation or diarrhoea, Increased heart beat and insomnia ( unable to sleep)

**How Does Stress Cause Low Back Pain During Pregnancy**

Pregnant woman undergoing stressful period will notice that she feels the pain more in the waist, and this is because stress affects more at the weak areas of the body as the waist, and the joints. This is the more reason stress has more impact on the back during pregnancy. It makes you generally unwell and feeling pain and ache all over the body especially the low back where the baby's weight also lies.

**How To Combat Stress During Pregnancy; Off course You Can**

You can combat your back pain by following simple rule of RICE which consists of Rest, apply ice, compression and or Elevation. Read more about how to combat your back pain [Here](#)

## **Conclusion**

Women are advised to stay away from areas of stress when they are pregnant as much as they can because it can cause in you the unpleasant situations like increased anger, stomach upset and other conditions as mentioned above

## **Ergonomic Office And Computer For Your Comfort**

If you are a working-class pregnant woman or a working personnel who has a lot of jobs to do with your computer, a pile of emails to read and reply, a pile of minutes to write, thesis or thing that make you sit all day on your computer, or are you an office worker that has a lot of files to arrange that makes you move in your office million times a day like a robot, or you are pregnant which is even making the matter worse, with all the body pains, low back pain and name what, making you very uncomfortable going about your normal duties in your office or sitting long hours of about 8 or more during your working times. My dear, Ergonomic Chairs are the best chairs for you (be it in the house or in your office).

Again, do you love sitting out after your day's job in the evenings receiving fresh air, enjoying some cool music as you are using your computer? Consider Ergonomic Computer chairs to help you extend your enjoyment to a better level of comfort.

Consider buying the Ergonomic chair that will be durable and strong which will give you the comfort you need.

## **Features of good quality Ergonomic Office and Computer Chairs;**

- Adjust ability ( height, Armrest, front reading table, legs, and backrest)
- Lumbar Support

Matron Bibian Okoye

- Movability
- Strong
- Seat depth adjustment
- Warranty

To get the ergonomic Chairs with the above features it will cost you more money but will give you the worth. This type of chair is highly recommended to you if you are pregnant to save you from low back pain or anybody who wants to save himself/herself from back pain. To be frank the chair is good for everyone especially when you have long hours to sit or to work. [Click here on the image](#)

**It is adjustable;** This will give you the opportunity to adjust the height to any level of your table that will be convenient for you. You can adjust the hand if you want to rest your hand from work, you keep it in a position that is good for you. The backrest can be adjusted to suit your back and allow it to rest and be free from pain. If you are resting and want to use your computer you can bring out the adjustable reading table right in front of you to a level that is most convenient for you. If you want to keep your chair at a place, not wanting it to move about you can remove the legs.

**Lumber Support;** Lumber support is very necessary for you to avoid back pain, this will help you position yourself correctly when you sit down working or reading. It will keep your back straight, with your bottom pressed against the back of the chair. Your lower back slightly arched and well cushioned. Your knees slightly lower than your hip. The whole idea is to allow your feet flat on the floor but if you find supporting your feet with footrest will be more comfortable for you, you can as well do that.

**Movability;** The chairs have movable legs which can move you to any area of your room in a dash flash you are there. It can help you to change your position from a stress area to a less stress area where you can have a little break.

Matron Bibian Okoye

**The chairs are strong;** For the fact that the chairs are not caring equal weight it is built in a way that everybody will be comfortable in it. Whether you are thin, huge (obese) or you are the normal size, the chair will be able to carry you. You can relax in it and enjoy yourself.

**Seat Depth Adjustable;** The chairs are roomy, this shows that it can enter everybody without the person hanging out and not be comfortable. whether you are fat or slim as long as it is deep you have no problem using it. It is important when buying it to buy a bigger size if you are fat.

**Warranty;** Best Ergonomic Chairs have a warranty of 2-5years but they overstay the years and continues to give the service as new. Once you make your order your product will be carried to door post without any extra charge. The manual and how to fix it will be there, you will not find it difficult to fix but in case you meet any difficulty fixing it, contact the manufacturer using their contact in the manual

**Durability;** For the fact that ergonomic chairs are built to serve the purpose of caring people of different sizes, Its inbuilt are metals of high quality and the leather of good quality too. which do not wear out or tear. so it lasts as long as you are using it or kept it in a safe place.

**Ergonomic Chair has other types** you can use but these ones are lower in price but cannot have all the features mentioned above. Some may keep your back straight without having a place to rest your hands. Some may have three feature like hands, height adjustable, and movable legs but may not be roomy for everybody to use.

Some may have the backrest but may not have Armrest, movable legs, may or may not be roomy. [Click on the Image](#)

All the above have different prices depending on the one you can afford. Ergonomic chairs are quality chairs made in different ways but for the same purpose, which is

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to keep your back straight, comfortable and save your back from pain. If you want to buy go for the best depending on the area you want to use it either in the office or at home for your relaxations.

If you are a low-income earner, go for the one you can afford that can also give you the maximum service you need.

Nice to keep good posture to save your back from pain and deformity.

If you have any question/s or comment feel free to go to

<https://pregnancyandlowbackpain.com> ask your question I will be glad to get back to you.