

BACK PAIN

New Study: Cleaning The Tub Is A Pain

(NAPSA)—People have been complaining about cleaning the bathroom since the advent of indoor plumbing. Now a new study by the University of California San Francisco/Berkeley Ergonomics Program indicates that help is on the way for those who detest bending and stretching to get a clean tub and shower.

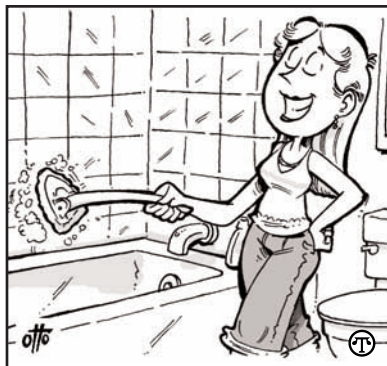
According to the study, using a tool with a long handle can make cleaning the tub/shower easier, taking less effort and decreasing stress on shoulders, knees and lower back.

“The widely used sponge and spray cleaner cleaning method tends to place users in several postures that can result in injury to the musculoskeletal system,” said study lead ergonomist and physical therapist, Ira Janowitz. “Our research shows that using a cleaning tool with a long handle to do the stretching for you helps relieve musculoskeletal stress.”

Following a few easy tips can help you prevent low back pain, says Janowitz.

- Push rather than pull when you have to move a heavy object. Keep your back straight and the object close to your body when moving an object. Always avoid twisting while you are lifting.

- While performing common household chores, use products that are ergonomically designed to reduce awkward bending or stretching, such as the Clorox BathWand. Designed specifically for cleaning the tub and shower,



To prevent back pain, experts recommend using products that are ergonomically designed to reduce awkward bending or stretching.

this handy tool has a 23-inch handle and swiveling head that allows you to easily reach large and hard-to-clean areas without straining or kneeling.

- An inactive lifestyle can contribute to lower back pain, so make sure to exercise regularly. Exercise is important for strengthening and conditioning muscles of the torso, or “core” muscles, that support the lower back.

Experts estimate that 80 percent of Americans will experience back pain at some point in their lives. To keep back pain from interfering with the activities of your daily life, be sure to take the necessary precautions when possible—be it on the job or while doing chores around the house. For more information about Clorox BathWand, visit <http://www.clorox.com/innovations.php>.