

Title:

New Study: Cleaning The Tub Is A Pain

Word Count:

320

Summary:

People have been complaining about cleaning the bathroom since the advent of indoor plumbing.

Keywords:

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Article Body:

People have been complaining about cleaning the bathroom since the advent of indoor plumbing.

According to the study, using a tool with a long handle can make cleaning the tub/shower easier.

"The widely used sponge and spray cleaner cleaning method tends to place users in several postures that can lead to low back pain," says Janowitz.

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

&#8226; Push rather than pull when you have to move a heavy object. Keep your back straight and use your legs.

&#8226; While performing common household chores, use products that are ergonomically designed to reduce strain.

&#8226; An inactive lifestyle can contribute to lower back pain, so make sure to exercise regularly.

Experts estimate that 80 percent of Americans will experience back pain at some point in their lives.

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