

Intradiscal pressure in lower back (level L4-L5). The figures are megapascals.

Lying supine

0,1



Lying laterally

0,12



Relaxed standing

0,5



Standing flexed forward

1,1



Sitting unsupported

0,46



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Sitting with maximum flexion

0,83



Nonchalant sitting

0,3



Lifting a 20-kg weight with round flexed back

2,3



Lifting a 20-kg weight with flexed knees

1,7



Lifting a 20-kg close to the body

1,1

