

BACK CARE INSTRUCTIONS

- The spine also carries our lifeline (spinal cord) from the brain to all the other parts of the body. The functional health of the body depends on the flow of an unstressed nervous system. When your spine suffers from misalignments (Subluxations), your overall health suffers too.
- Always stand as erect as possible, with your shoulders, back and your head centered directly over the spine. Try to sit in the same manner, erect, with head over the spine.
- Do not sit with your legs crossed at the knees or ankles.
- When you lift try to bend from the knees and not from the back, keep your back straight at all times. Hold the weight close to your body as you carry it.
- Parents of small children must be very careful not to bend at the waist but bend from the knees (squat) when lifting any child from the bed or floor.
- You must have a good firm mattress to sleep on with no lumps or sags, as one third of your life is spent in bed. Water beds are not acceptable. You want as FIRM as you can HANDLE.
- Never sleep on your stomach. Sleep on your side or back instead. The best is on your side with knees slightly bent with a body pillow between your legs extending to your chest with your arms hugging the pillow. When on your back use a contour pillow and “tent” your knees w/a pillow or two under your knees. Do not sleep with more than one pillow under your head. Your neck should not be pushed up so that your chin moves down toward your chest. *Invest in a good pillow and bed.
- Do not sit longer than 45-60 minutes without at least standing, walking, stretching, for 5 minutes. Sitting for your spine is the equivalent of sugar for your teeth. For long drives or plane flights, use a small pillow behind your lower back.
- Do not rest on a couch with your head propped up on the arm rest.
- No reading or watching TV in bed. It is too difficult to have proper posture. Sit on a recliner or win chair instead.
- In most cases, refrain from weightlifting, running, or rigorous physical activity during the first 3 weeks of treatment (unless otherwise instructed) as this may negatively impact your progress. (walking, elliptical & swimming OK)