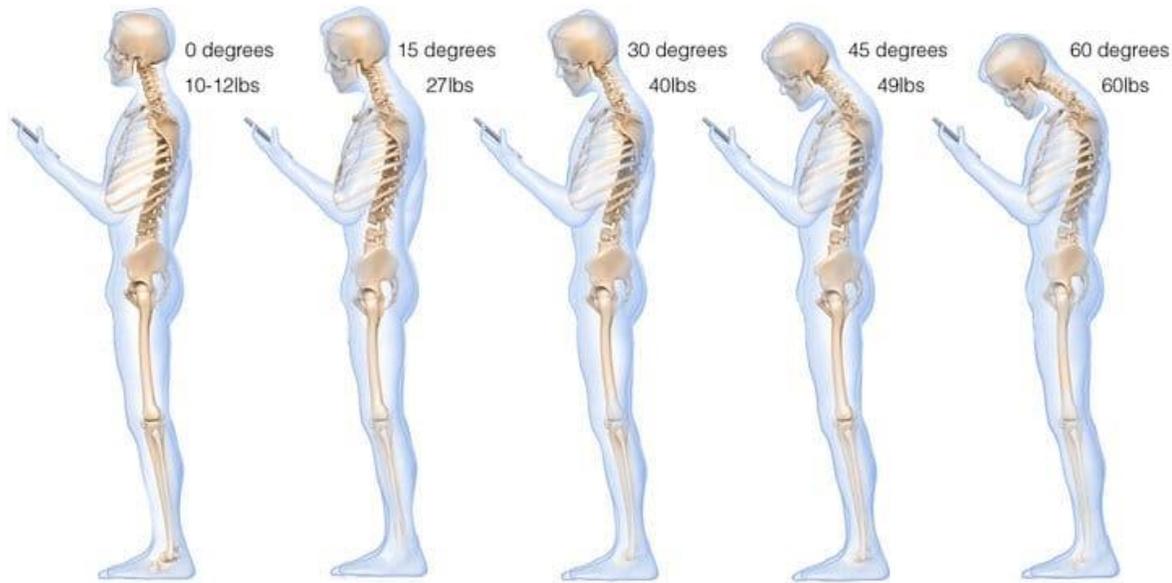




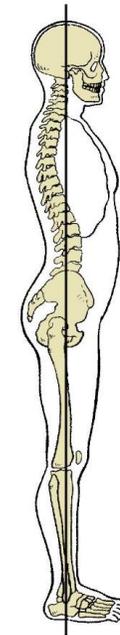
Tips For a Healthy Spine

POSTURE

BAD POSTURE: "Texting Neck"



PROPER POSTURE and ALIGNMENT



- Head over shoulders
- Shoulders over hips
- Hips over knees
- Knees over ankles

HEALTHY WEIGHT

Obesity:

- Can affect posture.
- The excess weight places strain on the vertebrae, muscles, ligaments, and tendons.



EXERCISE & FITNESS

- Back pain is more common among people who are not physically fit.
- Weak back and abdominal muscles may not properly support the spine.
- Studies show that low-impact aerobic exercise is beneficial for the maintaining the integrity of intervertebral discs.



WHAT YOU WEAR

SHOES

- Shoes with orthotic insoles that provide good arch support can prevent hyper-pronation and can help align your legs and back properly.
- High heels that are over two inches high may increase the risk of low back pain.
- Flats without arch support may compromise legs and back posture.
- Get the right fit. Tight shoes can aggravate foot pain, and cause gait compensation. Oversized shoes can also impair gait.
- Replace your shoes as needed. When the supporting cushioning becomes worn, it is no longer helpful.

HEAVY BACKPACKS

- Be sure your back pack is not too heavy: Not more than 5-10% of the wearers weight.
- Wear it correctly (not slung over one shoulder).
- Use a back pack with a waist strap for more even weight distribution.



NO SMOKING

- Smokers are nearly three times as likely to get lower back pain.
- Tobacco impairs the delivery of oxygen-rich blood to bones and tissues.
- Decreasing blood and nutrient flow can cause degeneration, particularly in discs of the spine, which already have more limited blood flow.
- Physicians also link smoking with fatigue and slower healing, factors that make painful conditions more prominent.



Sources:

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