

Activities of Daily Living

How to care for your spine and nervous system and prevent fatigue, injury, and arthritis.

1. Avoid holding the same position when standing stationary for extended periods of time. Change positions, shift your weight, and use some sort of footrest. This is not bad posture. It is your body that is telling you these things.
2. Use care getting in and out of your car. Do not twist and turn while sticking one leg in. Sit down first and then swing both legs in.
3. When bending over to lift something, bend at the hips and knees, not the back. When lifting, hold the object close to you and lift with your legs while concentrating on keeping your back straight.
4. When working in a bent-over position, lean one hand or elbow on a knee. This distributes the weight and takes the strain off the back.
5. Ladies, no high heels (over 2in.) as these will cause stress and strain on the knees, hips, and feet, not to mention pressure on the nerves in the low back.
6. Men, don't carry fat wallets in your back pocket, especially when sitting for a long time. This tilts your hips and forces your low back to curve sideways.
7. Slant boards, back swings, and other gravity inversion equipment are beneficial to your spine, as well as your glands, organs, leg veins, and brain, unless you have a history of stomach problems, high blood pressure, stroke, or heart problems. Two to five minutes once or twice a day is the right amount for most patients.
8. Rebounders or mini trampolines are an excellent way to exercise without trauma and risk of injury. As with any form of exercise, you must start slowly and progressively increase your workout.
9. We do not recommend sleeping on waterbeds as they are inadequate support for the back and eventually allow the muscles to get weak and "sloppy."
10. Sleeping on your back is the most restful posture for your body. Sleeping on your side with the knees bent is the next best way, but sleeping on your stomach is very bad for your back.
11. Always stretch all your muscles before and after doing any sports or physical work. This will prevent injury and soreness while improving your performance.
12. Follow your doctor's instructions and do the right exercises in the right amount. Listen to your body's signals of pain, tightness, tingling, etc... and cease the activity and have your spine checked as soon as possible. Never use heat or heating pads. Always ice it.
13. Always stretch your muscles upon awakening in the morning and before retiring at night.
14. Don't hold the phone to your ear by pinching it between your neck and shoulder.
15. Avoid sitting in soft chairs and deep couches.
16. Use shoulder rolls and sky reach exercises to relax muscles tight from hunching over a desk.
17. If you cross your legs, do it at the ankles only to avoid twisting of the low back.
18. If your neck gets tight or stiff, lie down on your back with cervical pillow and bend your knees. Slowly straighten your knees and you will feel a stretching of the muscles in the neck.

Your Doctor wants you to know:

HOW TO LIFT WITHOUT INJURY

DON'T

Bend over to lift



STRAINS
YOUR
BACK

Carry loads
Away from body



STRAINS
BACK
AND
SHOULDERS

Twist your body
When lifting



STRAINS
YOUR
PELVIS

DO

Squat down



KEEP
YOUR
BACK
STRAIGHT!

Keep loads
Close to body



KEEP
ARMS
CLOSE!

Turn feet to direction
of movement



DON'T

Stretch and Strain



Be unbalanced



Walk fast when
Carrying heavy loads



DO

Use a stool



Be balanced



Move slowly and
Keep Back Straight

