



Feb. 2025

# Taking Care of Your Spine

## 5 Golden Rules for Looking after Your Back:

### Good Daily Habits:

- Maintain good posture
- Get up briefly every 20 mins
- Walk when you can
- Exercise for strength
- Rest like an elite athlete
- Chose shoes and outfits for comfort as well as style
- Stay hydrated
- Nourish your body
- Act on advice
- Regular chiro check-ups

### Bad Habits for our Spine:

- Looking down at phone
- Sitting with head forward
- Slouching in chair
- Sleeping with poor support
- Bending from spine to lift

### 1. Know your Spine

The spine is literally the backbone of all bodily functions. This amazing structure of engineering and architecture allows us to walk upright. The spinal column encapsulates and protects our nervous system as soon as it exits the cranium.

By the time we start to walk in our 2nd year of life, the spine has changed from the C-curved shape, we were born with, to an S-shaped spine.

That's exactly the way it should look for the rest of our lives! The moment the spine is no longer S-shaped, we put excess load on it, that can cause injury.

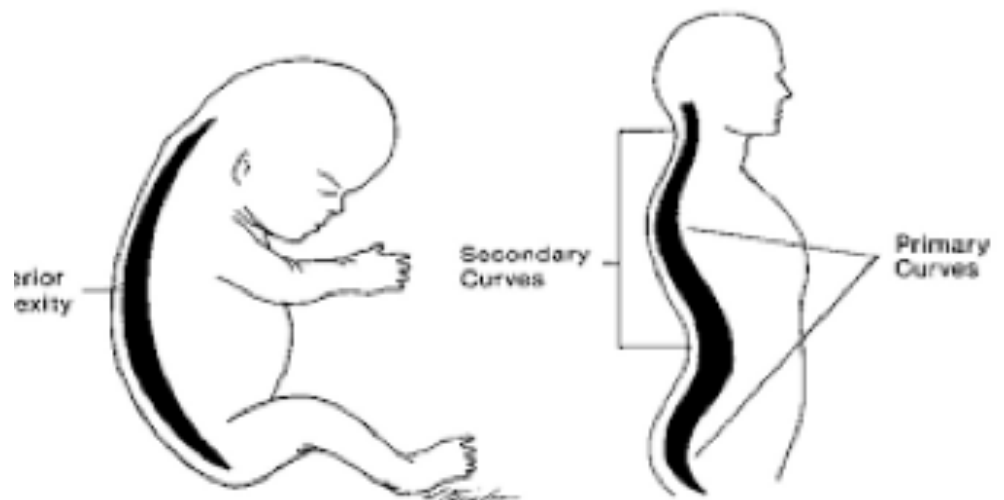
### 2. Move

We are built for movement and the spine needs it.

The 24 vertebrae in the spine are bound by ligaments, while controlled and moved by layers of muscles. The spinal discs between the vertebrae rely on physical movement to remain nourished and hydrated.

So, if you don't move it, you lose it!

The strength and resilience of the spine relies on constant use. Hence sedentary lifestyle, extended bed rest etc. is bad for us.



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### 3. Exercise

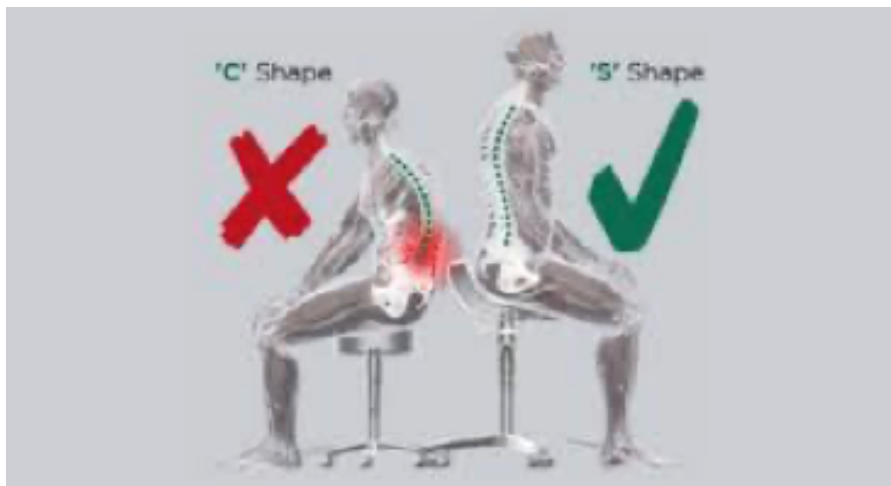
To exercise is a step further on from moving and having an active lifestyle.

Building ourselves to be stronger than what our lifestyle requires, lets us cope much better on a day to day basis. Eg. sitting for an extended period of time, carry shopping or lifting a baby from the cot.

Best to ask your chiropractor, what is suitable for you, but here are some essentials.

Make exercising “physiological”. That means: If we are physiologically built to do this, it is likely appropriate. We crawl, walk, run, jump, climb, swim, lift, push, pull etc.

Repeated sit-ups or crunches are not physiological and commonly do much more damage than good. If you, like some, love activities like squash, tennis, golf, lawn bowling etc. you can argue that these activities are bordering on not being physiological in nature. They are one sided body activities and repetitive. To cope with such sports we are wise to work on body balance to prevent injury. Ask your chiropractor!



### 4. Your Happy Place

Let's not forget that the state of our physical wellbeing is intimately linked to how we feel emotionally and spiritually.

Spending daily time in our “happy place” affects our levels of: dopamine, serotonin and oxytocin. By this, we mean the slow release. Not the quick fix of scrolling Insta or eating a family block of chocolate!

The feel-good hormones have many positive effects including lowering our pain perception. We can draw on them through having a good laugh with family and friends, meditate, having a sauna or an ice bath or maybe through reading, music or doing art & craft.

### 5. Get Adjusted

Prevention is not only better than a cure, it saves you from being in pain, missing work and loosing out on the activities that you love doing.

Spinal subluxations, loss of functional spinal joint movement, are not always felt until overloading happens, leading to injury and pain.

Your chiropractor is extensively trained to find and correct spinal subluxations, which help restore functionality of the spine.

Having regular checkups is also an opportunity to discuss new activities, work load or other health issues that may affect your spine.

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