

Caring for your Spine

Back Care Tips

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1. **Exercise Regularly:** Recovery from back injury is influenced by the type and quality of rehabilitation for the spine. Regular exercise and strengthening activities will promote a healthier, stronger and more stable spine. Exercise does not have to be overly strenuous to achieve significant benefits. Regular activity such as a daily walk can make a significant difference. Start an exercise program slowly to give your muscles a chance to warm up. Check with your doctor prior to engaging in an exercise program. Increased abdominal strength helps protect the spine from injury. The abdominal muscles support the spine from the front just as the muscle of the back support the spine from behind.
2. **Eat Healthy:** Proper nutrition promotes healthy spine development and repair. A proper diet will also help to strengthen spinal tissues thus reducing the risk for injury.
3. **Maintain Good Posture:** Assume efficient and supportive postures while lying, sitting, and standing to reduce strain on spinal tissues. This will help reduce the risk for spine injury and promote spine health.
4. **Invest in a Good Pillow and Mattress:** The average individual spends approximately one third of their life sleeping, therefore; proper support of the spine and head during this period will strongly influence spine health. A good pillow and mattress will promote restorative sleep. When you sleep, you do not have conscious control over your body position. A good mattress will support the spine no matter how many times one changes position during the night.
5. **Maintain Spine Flexibility:** Regular activity and stretching helps maintain flexibility of the spine. Flexibility is required to reduce the risk of injury.