

Today's Chiropractic Weekly Handout

Some Tips For A Healthy Spine

Dr. Charles M. Laycock

Re-evaluate your posture at work:

Americans spend an average of 44 hours at work every week often behind a desk. To avoid poor posture that can lead to tension, back pain, and joint problems such as carpal tunnel syndrome, check that your chair is the right size and adjusted correctly, says the ACA. Do your feet rest comfortably on the ground? Does the chair offer lumbar support? Are you able to tilt or swivel easily while performing tasks at your desk? Also, be sure you have adequate light (so that you aren't straining to see documents or a computer screen), adjust your computer monitor so that it is at eye level, and wear a headset for longer telephone conversations. And don't forget to take frequent breaks and stretch throughout the day (*for more info about workstation ergonomics check out **Issue 7** on our web site www.todayschiropractic.net*).

Lift correctly:

Many back injuries are caused by improper lifting of items such as luggage, backpacks or briefcases, storage boxes, or even groceries. But knowing how to lift properly can prevent serious injury. First and foremost, don't bend from the waist. Keep your back straight, and squat to reach the item. Then, keep it close to your body as you lift, and avoid twisting motions. When traveling, check all bags that weigh more than 10 percent of your body weight.

Eat right and exercise well:

Eating a balanced diet and getting regular exercise helps your body stay toned and tension-free—and promotes a healthy weight and a happier spine. Smart exercise and a good diet can also prevent osteoporosis, which affects over 20 million American women. To start, the ACA recommends eating out at restaurants less (to reduce the amount of unhealthy fats and sugars you consume) and adding more fresh fruits, vegetables, and whole grains to your diet. Aim for a minimum of 20 to 30 minutes of exercise, three or four days a week.



Getting Healthy and Staying Healthy with Chiropractic Care

Nutritious food and regular exercise will only go so far if your nervous system is not working properly. Spinal nerve irritation can block the free flow of information between your brain and the rest of your body, interfering with healthy functioning and leading to a wide range of diseases.

Irritated nerves cause too many nerve signals or too few nerve signals to flow between the brain and the body. Information transfer is either speeded up or slowed down - either situation leads to a breakdown in communication and results in various disorders and diseases.

Chiropractors are specialists in detecting and correcting spinal nerve irritation or nerve interference. Chiropractic adjustments help restore normal nerve transmission, helping restore optimal health and well-being, so be sure you are getting checked regularly!

Today's Chiropractic Clinic

614 S. 225th Street

Des Moines, WA 98198

206-878 BACK (2225)

www.todayschiropractic.net

~ Serving Our Community Since 1990 ~

Office Hours:

Mon/Wed/Fri: 8:30am-12pm & 2:30pm-6:30pm

Tues: 8:30am-12pm & 2:30pm-5pm