



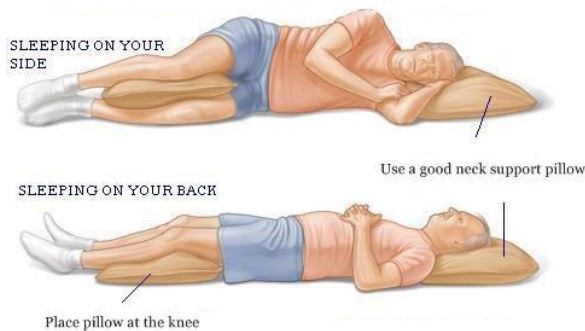
Keep Your Spine Healthy and Happy

Your spine has many nerves, muscles, and ligaments that serve as connections to areas throughout your body, so keeping your back in top condition is one of the best things you can do for both your back and your overall health

These simple tips will help you keep your spine as healthy as possible, minimizing complications from your back condition and helping to prevent future painful episodes.

Let Your Spine Really Rest While Sleeping

While you're sleeping, all the structures in your spine that have worked hard all day finally have an opportunity to relax and be rejuvenated. Using the right mattress and pillow will support the spine so the muscles and ligaments can be stress-free and have a chance to become refreshed.



A large part of the decision about what type of mattress and pillow to use is based on personal preference. As long as the basis for the choice includes ensuring that the correct support and sleeping position will be attained, any of the many available types of mattress can be helpful.

Choose Your Shoes Carefully

Whether you're walking for exercise or just to get where you're going, the shoes you wear have a big effect on your back. They should be well balanced, flexible, and most certainly comfortable. Good shoes not only provide protection for your feet, but also a supportive base that helps the spine and body remain in alignment. Selection of the right shoes, and correctly using inserts if needed to provide even further balance, can help you avoid muscle strain and possible injury.



Sit Up Straight—With Support

The discs in your lower spine are loaded 3-times more while sitting than standing, so long periods of sitting can often create or aggravate a painful back condition. Moreover, when sitting in an office chair, many people slouch and lean forward, and this poor posture usually leads to muscle tension and pain in the lower back and legs (e.g. sciatica).

The right office chair plays an important role in promoting good posture and supporting the natural curves of your back. In addition to a comfortable chair, most experts recommend getting up to stretch and walk around every 20 to 30 minutes, as prolonged static posture is stressful for the structures in your spine. You may also consider trying a stand-up desk at work.

Specifically Exercise Your Abs And Back

One of the most important components of good spine health is exercise. Specifically, performing abdominal and back exercises will go far in helping to keep your spine healthy. These exercises are simple and can be performed in 20 to 30 minutes as part of a daily routine. If your back and abdominal muscles are not in good shape, additional pressure can be put on the spine, which is already under the stress of supporting your entire body. When these muscles are well maintained they help support the spine and minimize the chance of injury.

