

SPINAL HEALTHCARE

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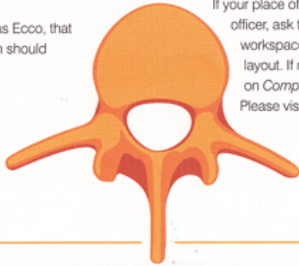
Good posture is essential to managing the causes of back and neck pain. This guide will help you improve your posture, ease the stress on your spinal joints, make you more active and improve general wellbeing.

Prolonged static posture often leaves you feeling stiff, especially first thing in the morning. Chronic pain is usually a result of poor management in the early stages, such as masking the pain with painkillers. At Spinal Joint we locate and focus on the cause of the pain.

Here are some tips to help you through a bout of spinal pain:

- Stay active, even when it is uncomfortable.
- Apply a cold pack to inflamed spinal joints, for a maximum of 30 minutes at regular intervals, while in recommended resting positions – see overleaf.
- Do not remain in the same position for more than 20 minutes, especially when sitting.
- Avoid carrying unbalanced loads or a bag over one shoulder.
- Avoid moving things that involve lots of straining.
- Avoid sudden movements. Move deliberately and try to maintain full range of movement.
- When vacuuming, raking, painting etc, always work with the tool close to the body and avoid over-reaching.
- Wear flat shoes, such as Ecco, that absorb impact. Women should avoid heels.
- Arches of feet should be strong or supported with orthotics.
- Avoid arching or straining the back, and avoid touching your toes without bending your knees.
- Round your back and bend your knees slightly in preparation for a cough or sneeze.
- When driving, there is no such thing as a perfect position. Change the position of the seat often to dissipate the stress. Every 40 minutes take a short five-minute walk.
- Line up your workstation to prevent you from twisting.
- Sit on a Swiss ball rather than a chair when working at a computer.
- Invest in a good mattress and a pillow that supports the neck well.
- Strong core muscles are vital to stabilise the back. We will prepare an exercise programme for you to do at home, to help strengthen the muscles and make them more flexible.
- Drink plenty of water and avoid refined carbohydrates as they increase inflammation.
- 30 minutes fast walking everyday.

If your place of work has an ergonomics officer, ask them to assess your workspace and implement a safer layout. If not, I am happy to give talks on *Computers and Spinal Care*. Please visit www.spinaljoint.com



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