

Spine Health Tips



Exercise Regularly

Regular exercise makes a significant difference in preventing and relieving back pain. Get out and move! An active lifestyle will increase your energy, strength and flexibility.

Follow Healthy Eating Habits

Give your body the proper nutrients and minerals it needs to function optimally. A healthy diet will help your back recover from an injury by helping repair worn out tissues.

Maintain Good Posture

Having a good posture does not only affect the way you look. It also put your muscles, organs, joints and bones in an optimal position, therefore avoiding unnecessary strain on your back and overall body.

Maintain Good Flexibility

Regular stretching exercises keep your back and joints moving through their full range of motion which improves circulation and helps relax tense muscles.

Use proper Lifting and Carrying Principles

Don't overload your backpack, luggage or purse. Bend your knees and keep your back straight while lifting. Don't twist your back while carrying something heavy and keep the weight close to your body.



Have a Good Night Sleep

Lying on your back or your side is easier on your spine than lying face down. Put a pillow between your knees while lying on your side or under your knees while lying on your back. It will further reduce the stress put on your spine while sleeping. A good night sleep is important for overall health and to promote good tissue repair.

Maintain Proper Body Weight

Excessive body weight puts more stress on your joints, including your spine. It increases tension on soft tissues, increasing the risk of "wear and tear".

Avoid Smoking

Smoking impairs good circulation, therefore reducing proper blood flow to your back and other parts of your body. This interferes with the healing process following an injury or surgery and it also promotes tissue inflammation.

Most Importantly Listen to Your Back

If you have a back condition, try to limit the activities which aggravate your symptoms. Get proper advice from your doctor or physiotherapist on ways to improve or deal with your back condition. If active rehabilitation is the main recommendation, your physiotherapist will determine which exercises are right for you following a comprehensive physical assessment of your spine.