

Posture

Your Back ✍️ How to Care for it

The ideal way to take care of a backache is to prevent it. Many of today's spinal problems develop from abuse of the spine. Procedures outlined in this pamphlet are easy to follow and require no extra time. Your major involvement will be to develop new habits. Dividends from this simple program will be great. As your posture improves, organs will have more room to function, circulation will improve, and muscles will do their work with more ease; all of which will give you a better energy level and a lower fatigue level.

If a problem has already developed because of long-standing imbalance or injury, your doctor of chiropractic will examine and balance the muscles which support your spine, returning it to proper balance. Follow the procedures in this pamphlet to help him speed your recovery. When correction is complete you will be in the habit of proper spinal use to maintain the correction that has been accomplished. If you have any questions about a specific problem or situation, be sure to ask your doctor for further information.

Check your carriage here

Your postural balance is maintained by the muscles that support the body, from the feet all the way to the head. Bad posture could be the result of improper foot balance, knee balance, pelvic balance, lower back balance or the trunk itself. The chiropractic examination is designed to find improper muscular support which causes postural distortions. The weak muscles are usually corrected by neurologic reflexes, adjustments to your spine, and corrections to other nerve and energy center of your body.

It is necessary for you to become aware of your body structure position, and to avoid structural strain as presented here.

- ✍️ In the correct position, there is less strain on the muscles, the organs have ample room and the body is graceful.
- ✍️ If the lower back is arched or hollow. Excessive strain will be present because of the increased curve of the lower back.
- ✍️ If the upper back is stooped, lower back is arched, and abdomen sags, the this position crowds internal organs.
- ✍️ If you have increased curves, please note how forward tilt of the pelvis increases the spinal curves.

- ✍️ If you sit to reduce strains, then slumping increases strain on the neck and shoulders, and develops abnormal curves.
- ✍️ Do not sit so that the lower curve of the spine is greatly increased.
- ✍️ Keep neck and back in a straight line, maintaining relaxed balance.

Maintain Activity without fatigue

- ✍️ Alternate the use of a footrest to change the point of strain.
- ✍️ Use strong leg muscles when lifting.
- ✍️ Make leverage work for you, not against you.

Correct Sleeping

Many spinal problems develop because of poor sleeping habits. Some positions, although comfortable, place an abnormal strain on the spine. Habitually sleeping in these strained positions causes the body to assume an imbalance posture. This is the beginning of many serious backache and spinal problems.

Poor sleeping positions are difficult to correct because they are habitual. Like any habit, changing requires persistence.

- ✍️ When sleeping on back, use a pillow to support curve in neck.
- ✍️ Use of high pillow strains the neck and shoulders.
- ✍️ When sleeping on your side use small pillow to hold your neck and spine straight.
- ✍️ Never sleep on your stomach, as this places strain on your neck and shoulders.
- ✍️ Do not read in bed.

Your back is a mirror of body function. Many backaches come from organ dysfunction radiating pain to the back, or from nutritional deficiency. Conversely, many health problems are created by an improperly functioning back or spinal column which affect the nerve control of body function.

There is also a type of backache called "emotional backache." No this does not mean "your backache is all in your head." It correlates with a specific glandular imbalance that develops as a result of stress of any type, frequently emotional stress. For example, the businessman who pushes very hard, keeping himself constantly under the pressure of his business.