Your back health is something that needs to be nurtured and maintained every day. If you follow these suggestions, you can help prevent back pain or injury.

NO SLOUCHING
Poor posture will increase your risk of back injury. Having your shoulders located in front of your hips will cause you many problems. Slouching in your chair, driving hunched over and standing incorrectly causes misalignment of your spine and increases your risk for back injury.

WATER, WATER AND MORE WATER
Enough water keeps us fluid, rather than stiff. Drinking plenty of water enhances the height of intervertebral discs, keeping them the healthy shock absorbers they are.

FIT IN SOME FITNESS
Exercise and activity keep the muscles of the spine strong. The most important muscles to strengthen to avoid back pain are the abdominals. Include stretching in your fitness program to avoid stiffness.

MAINTAIN A HEALTHY WEIGHT
Maintaining a healthy weight is generally an excellent way to prevent all kinds of diseases and discomforts. For the spine, being active helps one avoid compression and loading of the intervertebral discs, prevents postural abnormalities, such as anterior pelvic tilt, and interrupts a sedentary lifestyle.

SLEEP WELL
Finding a sleeping position that works for you can help you avoid placing unnecessary strains on your back or neck.

- Use a suitable support system – a mattress and pillow, not a couch or recliner
- Avoid sleeping on stomach
- Sleep on side (pillow between legs) or back (pillow under knees)

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