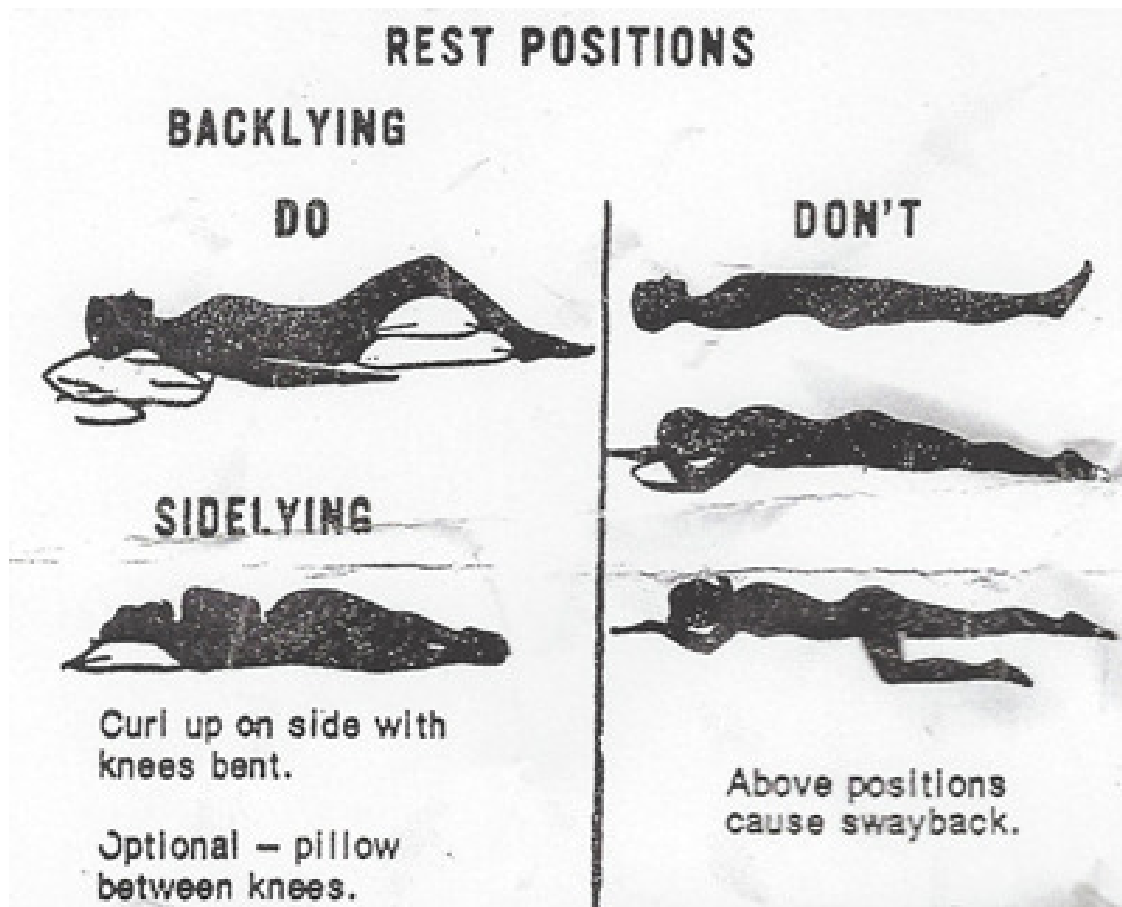


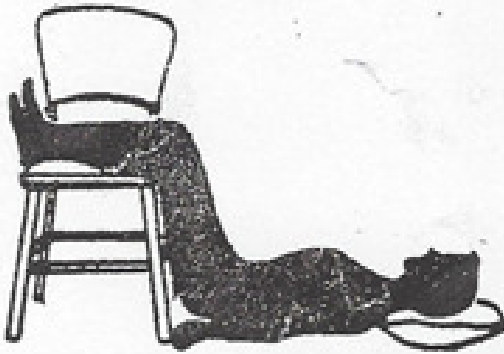
Back Care Program

No matter what causes back pain, an important part of its treatment is improvement of posture and learning how to use the body correctly. Good posture allows use of the body without strain on muscles, joints, ligaments and internal organs. Good posture must be considered in all activities: sitting, standing, working, resting, playing and exercising. It's not just a matter of "standing tall".

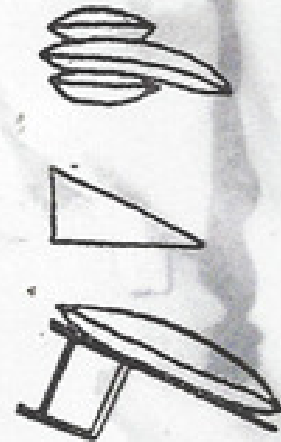
This guide is designed to help you to begin correct the positions and movements, which may aggravate your back problem. Particular emphasis is placed on rest positions, because even in these positions it's possible to strain the back and neck. By learning how to live with good posture in all your activities, your back will gradually return to a comfortable, functional part of you.



**ALTERNATE
REST POSITION:**



**USE OF PILLOWS
FOR BACKRESTS**



DO

STANDING

DON'T



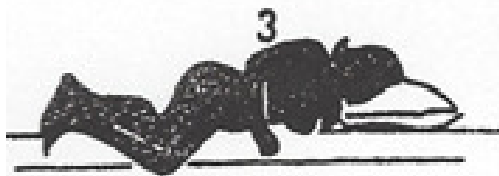
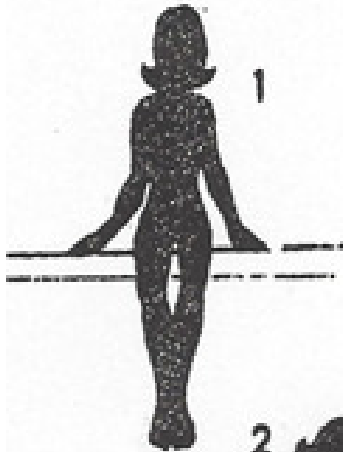
A footrest will re-
lieve the sway back
and help to flatten
the back.



UP AND DOWN FROM BED

DOWN

1. Sit on edge of bed (#1).
2. Bring both arms to one side.
3. Lower side of body to bed keeping knees bent 45° , (#2).
4. Put feet into bed.
5. Remain on side or roll to back.



UP

1. Roll to side (#3).
2. Push with hands to sitting position.
3. Keep knees bent and swing legs over edge of bed.

SITTING:

DO



Good body mechanics when sitting down in a chair.

DON'T



If a chair is too high, swayback is increased.



Knees higher than hips flattens the low back, legs straight on ottoman strains the low back.



CAR



Car seat closer to steering wheel flattens the low back.



Rules to Live By

1. Avoid bending from the waist only; bend the hips and knees.
2. Avoid lifting heavy objects higher than the waist.
3. Always turn and face the object you want to lift.
4. Avoid carrying unbalanced loads.
5. Hold heavy objects close to your body.
6. Never carry or move anything, which you can't handle with ease.
7. Avoid sudden movements; learn how to move more deliberately.
8. Change positions frequently.
9. In mopping, vacuuming, raking, hoeing etc, always work with the tool close to the body. Never use a "giant" step and long reach in these activities.
10. Sit down to dress: socks and shoes etc. Don't bend from the waist while trying to balance on one foot.
11. Women should wear low heels.
12. Avoid exercises or activities that arch and strain the low back (i e. backward bends or frontward bends to touch toes).
13. When you cough or sneeze, round your back and bend your knees slightly.
14. When making a bed, do so from a kneeling position.

DO



Bend at the hips and knees and not at the waist.

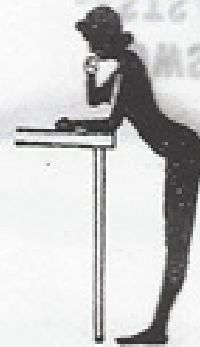
DON'T



Hold and carry objects close to you.



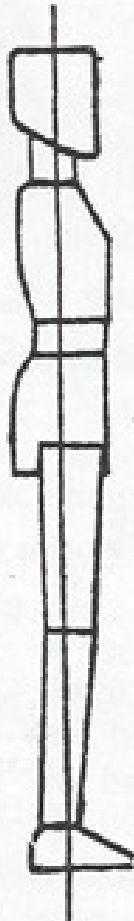
Never bend over without bending knees and tucking buttock under.



Keep back rounded as you return to standing from squat.



DO



Stand tall with chin in. Back flat, pelvis tucked under and knees relaxed.

DON'T



Don't stand with stiff knees, sway-back or chin forward.

(Source: Soho Chiropractic Center, Dr. Mark Brandwein).

If this guide doesn't help you and you still experience back pain, neck problems etc., don't hesitate to visit Dr. Adam Nachmias at Nachmias Chiropractic for an exam and consult. Dr. Adam has more than 20 years experience in chiropractic care and was recently voted 2015's Best Chiropractor in Brooklyn.

Call any of our offices for an appointment:

Brooklyn: 718-832-7300

Manhattan: 212-924-1700

Or book your appointment online here:

<http://calldradam.com/contact/book-online/>

Welcome to find relief with Nachmias Chiropractic!