

Greene Chiropractic Clinic
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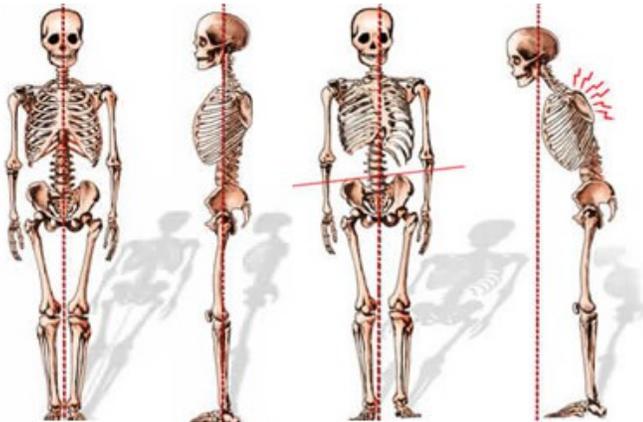
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HOW TO PROTECT YOUR SPINE



Most people are concerned about brushing their teeth, wearing sunscreen, and getting enough sleep, but often ignore one of the most important parts of their bodies: the spine! The entire central nervous system originates in the brain and channels down through the spinal column - extending to every part of the body.

No matter what activities you include in your typical day, they may be taking a toll on your spine. Bending, reaching - even sitting in front of your computer - can result in painful muscles, injury, and a misaligned spine. You may not pay attention to your spine, neck, shoulders, or back until they hurt, but by reading the tips below, you'll learn how to prevent much of that pain and keep your spine safe! Be sure to share these tips with friends, neighbors, and co-workers.

At the office -

- Make sure your chair fits correctly. There should be two inches between the front edge of the seat and the back of your legs. Sit with your feet flat on the floor with your knees at a 90 degree angle. If you can't sit that way, use an angled or elevated foot rest.
- Take periodic stretch breaks. Clench your hands in a fist and move your hands like this: 10 circles in, then 10 circles out. Put your hands in a praying position and squeeze together for 10 seconds, then "pray" with the backs of your hands together, fingers pointed downward for 10 seconds. Spread your fingers apart and then bring them together one by one.

- Hold the telephone with your hand, use a special headset, or use a speaker phone. Don't cradle the phone between your ear and shoulder. This can lock the spinal joints in the neck and upper back and eventually cause pain

Playing sports -

- Warm up slowly before a game. Do calisthenics or light running to increase your heart rate slowly. When sweat beads begin to form, your body is at the proper temperature to stretch tendons and muscles.
- Don't over-extend yourself. Rest when you're tired and drink plenty of water. Pick a sport that fits your ability and lifestyle and play wisely.

At home -

- When you wash dishes, open the cabinet beneath the sink, bend one knee, and put your foot on the shelf under the sink. Lean against the counter so some of your weight is supported in front.
- When resting or watching TV, don't use the sofa arm as a pillow. The angle is much too sharp for your neck.
- Don't bend from the waist when you lift a child. Squat with your back straight. Keep the child close to you and use your legs and arms to lift.

In the yard -

- Before gardening, exercise to warm up. Stretching is critical to prevent injuries. Kneel instead of bending in all outdoor work and alternate your weight as much as possible to balance the muscles you use.
- When raking grass or leaves, use a scissors stance: right foot forward and left foot back for a few minutes, then reverse. Bend at your knees, not your waist as you pick up leaves or debris. Make piles small to decrease strain on your spine.
- For mowing, use your weight to push the mower. Whenever possible, use ergonomically correct tools for your job.

Your Spine & Chiropractic Care -

Chiropractic care centers on the spinal column and nervous system, offering a safe, holistic approach to healing. A misalignment of a vertebra may cause a "pinched" or inhibited spinal nerve that may result in back pain, headaches, and numerous other ailments. That's why spinal adjustments can help the body heal more effectively. Don't neglect your chiropractic adjustments. Talk with your doctor of chiropractic about the proper frequency of adjustments for you and your spine.