

NATIONAL CHIROPRACTIC HEALTH MONTH



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Strength. Stability. Success.

Musculoskeletal (MSK) health helps people live full and active lives. Everyone wants to be strong and healthy. Our musculoskeletal (MSK) system – comprised of our muscles, bones and joints – plays an important role in helping us get and stay stronger at all stages of life. ... It's what makes it possible for us to stand. It's what enables us to move. It's what powers us to do the things that matter most, whether that's taking care of our children, hiking in the Rockies, remodeling a vintage piece of furniture or dancing until the sun comes up. When injured, or just through normal aging, the MSK system can also be a source of debilitating pain. Low back pain, one of the most common MSK complaints, is the single leading cause of disability worldwide. Taking steps to improve MSK health is a smart way to live healthier and actively now and into the future. During National Chiropractic Health Month 2019, the American Chiropractic Association (ACA) and its members are focusing on how MSK health leads to strength, stability and ultimately the success of a life lived more fully and actively. The campaign will provide information on steps to take toward muscle and joint health, low back pain prevention, better posture, and improved balance. Chiropractors provide care that helps people improve MSK health and relieve low back pain naturally, while also helping them to avoid or reduce the need for riskier pain treatments such as prescription opioid pain medications.

TIPS FOR A HEALTHY SPINE

A healthy spine is an often-overlooked and essential part of a healthy lifestyle. Unfortunately, approximately 80% of the population suffers from spinal pain at some point. People who are overweight or obese, and who smoke, lift heavy objects, or have had a previous episode of back pain are more likely to experience back pain.

Because so many people suffer from spinal pain, it's important for you to try to keep your spine as healthy as possible.

Following simple posture, lifting, and healthy lifestyle guidelines can help you keep your back in good shape. The American Chiropractic Association recommends the following spinal health tips:

Standing

- When standing, keep one foot slightly in front of the other, with your knees slightly bent. This position helps to take the pressure off your low back.
- Keep your head level. Your earlobes should be in line with your shoulders. Do not push your head forward, backward or to the side.
- Shift your weight from your toes to your heels, or one foot to the other, if you have to stand for a long time.

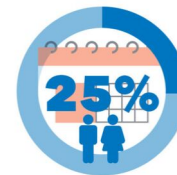
Lifting

- At all times, avoid twisting while lifting. Twisting is one of the most dangerous movements for your spine, especially while lifting.
- If the item is too heavy to lift, pushing it is easier on your back than pulling it. Whenever possible, use your legs, not your back or upper body, to push the item.
- If you must lift a heavy item, get someone to help you.

The spine is a commonly overlooked but essential part of your overall health.



of the population will deal with back pain at some point.



of people report having back pain in the past three months.

Top risk factors for back pain include being overweight, working in a physically demanding job or having previous experiences with back pain.

BECAUSE BACK PAIN IS SO COMMON, IT'S IMPORTANT TO FOLLOW THESE TIPS FOR A HEALTHY SPINE.



STAND PROPERLY

- Keep your knees bent slightly.
- Stand with one foot slightly ahead of the other.
- Hold your head level without bending forward or leaning backward.
- When standing for long periods, shift your weight from your toes to your heels, or from one foot to the other.



BEND & LIFT PROPERLY

- Bend at the knees, **not at the waist**, when lifting something off the floor.
- Lift with your legs and hold the object close to your body.
- Avoid twisting. Turn your whole body to face the correct direction.
- If the item is too heavy, get someone to help you.
- Use a stool to reach items up high.



IMPROVE YOUR SITTING POSTURE

- Keep your knees slightly lower than your hips.
- Hold your head up and keep your back straight.
- Don't slouch.
- Place a lumbar pillow behind your lower back to maintain the natural curve of your spine.



SLEEP IN A HEALTHY POSITION

- Avoid sleeping on your back, which puts 50 pounds of pressure on your spine.
- Place a pillow between your knees to keep them aligned with your hips.
- Choose a pillow designed to support your neck while sleeping in your preferred position.



USE TECHNOLOGY PROPERLY

- Arrange your desk so your computer monitor is at eye level and your feet sit firmly on the floor. If you use a footrest, make sure your knees remain slightly lower than your hips.
- If you don't have a table, use a lap desk to make typing on a laptop more comfortable.
- Bring your phone up to eye level when texting so you don't have to look down.
- Don't cradle your phone between your ear and shoulder. Use a headset instead.



VISIT A CHIROPRACTOR

- Chiropractic care is one of the safest non-invasive, non-pharmaceutical treatments for back pain.
- Spinal adjustments can treat a range of injuries and disorders related to the musculoskeletal system.
- Seeing a chiropractor regularly doesn't just improve back pain - it benefits your overall health as well.