

## 6 Simple Back Care Reminders

Get back to the basics of spine health with these 6 simple yet important back care tips:

### 1. STAY HYDRATED AND PRACTICE GOOD NUTRITION

Maintaining a healthy diet and staying well-hydrated will optimize blood flow and nutrition to your organs, joints, and spine. Blood transports nutrients and oxygen throughout the body, and it eliminates cellular waste. The discs in our backs are made mostly of water, so staying well hydrated will keep them healthier and more pliable. Ideally, try to drink 8 large glasses of water every day.

For more nutrition and diet tips, click here: <http://www.spine-health.com/wellness/nutrition-diet-weight-loss/nutrition-and-diet-tips>



### 2. SIT COMFORTABLY

Seems counter-intuitive, but sitting is actually harder on your back than standing. Sitting obstructs blood flow along your spine, and it increases the stress on your spine.

If you must sit a lot, finding the right setup can help you stay comfortable. While sitting, make sure your knees are slightly higher than your hips, push your chair right up to the desk, and support your arms with armrests.

Make sure you get up and walk around often, or try periods of standing at your desk.



Here are ten tips for improving posture and ergonomics: <http://www.spine-health.com/wellness/ergonomics/ten-tips-improving-posture-and-ergonomics>

## Dr. Greg Chapman

### Address

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### Treatments

- Chiropractic Manipulations
- Chiropractic Adjustments
- Heat/Ice Therapy
- Massage
- Arthrostim
- Proadjuster
- Exercise
- Decompression
- Nutritional Counseling
- Stretching and Postural Counseling
- Supports
- Frequency Specific Microcurrent
- Traction

"Wake up Feeling Good."

### 3. EMPLOY HEALTHY BODY MECHANICS

Avoid suddenly straining a muscle or worse by employing healthy body mechanics. Pushing objects is easier on your back than pulling them. Pivoting your feet to turn is safer than twisting, and always hold heavy objects close to your body when you are moving them.

Learn more about ergonomics and good posture at work here:

<http://www.spine-health.com/wellness/ergonomics/office-chair-posture-and-driving-ergonomics>

### 4. STRENGTHEN YOUR CORE

The muscles in your abdomen and back are responsible for supporting your spine. The stronger they are, the healthier your spine will be. Ask your chiropractor to recommend some core exercises, and stick to them.

If needed, your chiropractor can also help you modify your exercise program to your level of comfort.

Whatever you do, don't stop moving. A sedentary lifestyle can aggravate your back condition.

### 5. TRY A DIFFERENT BACK PAIN MEDICATION

Remember, everyone's body chemistry and genetic makeup is different, so medications and treatments are going to affect people in different ways.

If your current medication is not working, try something else. A medication may have intolerable side effects for you but not for someone else, or may be much more or less effective. Don't be afraid to work with your chiropractor to find an alternative.



### 6. TAKE CARE OF YOUR MENTAL HEALTH

Your mental health can have an effect on your pain level and how you manage your pain. Too much stress can lead to depression, which can make pain much worse. Actively try to manage your mental health. Identify the activities that make you feel calmer and happier, and make sure to work them into your everyday routine. Techniques that work for some people include mindful meditation, prayer, exercise, therapy, and medications.

See Effective Coping Strategies for Back Pain — <http://www.spine-health.com/conditions/chronic-pain/chronic-pain-coping-techniques-pain-management>

Taking care of your back and overall health is a daily process. We hope these tips serve as reminders of the basics of back care.

Visit [www.spine-health.com](http://www.spine-health.com) for more information about back pain and its causes.

***Talk to Dr. Chapman about specific questions related to your unique health situation.***

**Contact Dr. Chapman**  
**to learn more or schedule an appointment**  
**(406) 721-5780**

<http://www.spine-health.com/doctor/chiropractor/greg-chapman-missoula-mt>