

Eaton Chiropractic Suggestions for Standing, Sitting and Driving

Sitting:

1. Your chair back (or car seat for that matter), must be as straight as possible, and you must be able to have your legs comfortably bent to allow your lower back curve to gently arch forward.
2. By rolling up a towel to about 3" in diameter, and placing it in the "small of " your back you can inexpensively support your spine and encourage the forward curve mentioned above. If you must, you can spend some money for a fancier "back support" if you wish, but most of the time the towel support will do just fine.
3. Take frequent breaks, stand up, walk around the room even if for only a few minutes. Every 30-45 minutes is a good rate, yet more would be better yet!
4. If you are using a computer, be sure the keyboard is allowing your shoulders to relax, and that the monitor is at eye level or slightly above to allow your forward neck curve to be maintained also.
5. Begin a walking program today! You must exercise your body every single day to prevent the inevitable damage that modern habits have created! 30-45 minutes is sufficient to add years of health to your spine. A gym and/or more elaborate exercise regimens are wonderful, but at least walk every day. Before starting any serious exercise program, you really must have a complete physical and spinal exam to prevent any unnecessary injury.
6. NEVER, NEVER, NEVER SLOUCH!!!!!!!!!! WHY ASK FOR TROUBLE?
7. If you watch TV, you must sit again at a level with the screen so as to prevent your head from being maintained in a forward position. Recliners are horrible especially if your TV set is on the floor, or is a console model necessitating that you support your neck from the back just to see it!! Remember the computer screen, and sit accordingly.
8. If you really must read in bed, you simply must elevate the book to eye level with pillows and or a book stand available from the Levanger Co. (800) 667-8034. Remember not to slouch!
9. Sitting and writing can also be made easier by the editor's desk from the same company above, but in general, look up frequently, to minimize the stress on your neck muscles. In later newsletter editions we will add exercises to help to keep your muscles relaxed.
10. Have your spine checked for vertebral subluxations frequently to be sure that your patterns are not setting you up for serious problems in the future.

Simple right? Of course! Now lets just do the hard part. Put these simple ideas and suggestions into play in your every day life.

Standing:

1. When standing try to keep with the natural curves in your back at all times.
2. High heels may cause the low back to arch excessively.
3. Wear comfortable shoes with a good arch support.
4. If you stand for long periods of time, shift positions and try to rest one foot on a stool or low shelf.
5. This takes strain off of the lower back.
6. Don't stand in one place for too long.
7. Don't bend forward with straight legs.

Driving:

1. Move your seat forward until your thighs rest comfortably on the seat and your feet are on the pedals.
2. Elevate the headrest until it is right behind the back of your head. This is important in the event of an accident.
3. Sit straight against the back of the seat.
4. Some cars have built in lumbar support, if your car does not, ask your Chiropractor to suggest an appropriate lumbar support.
5. Remember to keep both hands on the wheel.
6. Don't sit too far back - reaching for the steering wheel or pedals puts strain on the spine.