

## Bullet Proof Your Lower Back

### Ultimate Guide To Spinal Hygiene Practices

From the presentation:

“Essential Spine-Saving Tips for Renovating & Living Pain-Free at Home”

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## Why Would You Have Spinal Stress at Home?

Home renovation, DIY projects, and everyday household tasks place significant physical demands on the body.

Activities like home renovation, yard work and snow shoveling are not “normal daily movement.” It’s often **lifting, twisting, bending, reaching, ladder work, and awkward positions**—for long stretches **UNDER LOAD**—usually without a warm-up or recovery. In other words...

### THESE ACTIVITIES ARE AN ATHLETIC ENDEAVOUR

If you treat renovation/yard-work/snow-shoveling like sport, your back will do better.

WARM UP ROUTINE [HERE](#)

### What this guide will help you do

- Reduce the strain that builds up during strenuous home projects
- Understand why **motion is lotion** (and what that really means)
- Use simple movement patterns that protect your spine for the long run

Renovation-related injuries are common because the spine is often asked to perform under load, at awkward angles, and for prolonged periods. Understanding this reality is the first step in protecting your lower back.

## Why Pain Is Not the Real Problem

Back pain is not the problem—it is a warning signal. Pain alerts us that the body is under



stress or not adapting well to the demands placed upon it. Focusing only on pain relief without addressing underlying spinal damage is like covering the red oil light with a smiley face. We feel good while our function collapses!

Chiropractic care is not about curing pain. Its purpose is to support how well the nervous system and spine function, helping the body adapt more efficiently to physical, chemical, and emotional stresses encountered in daily life.

## Bulletproof Anatomy and Spinal Longevity

The spine is designed for movement. Spinal discs rely on regular motion to stay healthy through a process called imbibition—movement allows discs to absorb nutrients and release waste products. Without movement, discs degenerate more quickly.

Modern lifestyles involving prolonged sitting and screen use reduce spinal motion, accelerating premature spinal aging. Good spinal hygiene—regular movement, posture variation, and appropriate loading—helps maintain long-term spinal health.

## Practical Principles for Doing What You Love Longer

Protecting your lower back does not require extreme exercise routines. Consistent daily habits make the greatest impact. Warming up before physical tasks, maintaining neutral spinal positions, avoiding prolonged static postures, and moving regularly throughout the day all contribute to spinal resilience.

When the spine moves well and the nervous system functions optimally, the body is better equipped to handle the demands of home projects, work, recreation, and independent living as we age.

## Spinal Hygiene Exercises

You brush your teeth every day because you feel your teeth are important and because someone showed you how to do it. If your teeth fail you can get plastic ones ... not ideal but a solution. But if your nerve system (which is protected by the spine) fails that's it. So maintaining the spine should be a priority. In fact, the highest priority (after protecting the brain) but we never invest any time, energy or education into spinal hygiene.

Below are my best spinal hygiene exercises for low, mid back. Click on the link to bring you to the specific exercise and a playlist of other related videos:

1. [Hanging For L5 S1 Decompression](#)
2. [Easier Snow Shoveling Avoid LBP](#)
3. [6 Snow Shoveling Stretches \(General warm up for Athletic endeavour involving your lower back\)](#)

And here is a 3-minute full spinal stretch routine to get you going in the morning 😊!

4. [3 Minute Routine](#)

Enjoy and don't hesitate to reach out if you or your family have any questions or are looking for a second opinion on important health issues.

Helping You Do What You Love For Longer

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