



OAKTREE

CHIROPRACTIC
ACUPUNCTURE
CHINESE MEDICINE

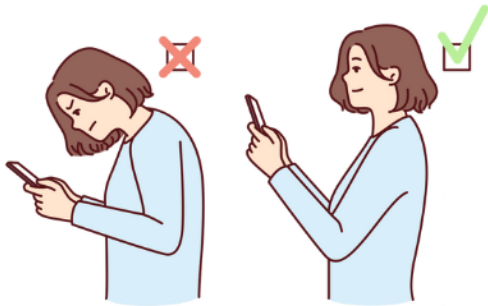
Protecting Your Spine: Tips from Oaktree!

You're here which means you care about your spine. Here are practical tips to promote spinal health and prevent discomfort or injury in your day-to-day life.

Day-to-Day:

Start your spine-friendly routine by adopting proper lifting techniques.

When picking up objects from the floor, remember to bend your knees into a squat position. Maintain this posture while rising, engaging your leg muscles to push up safely.

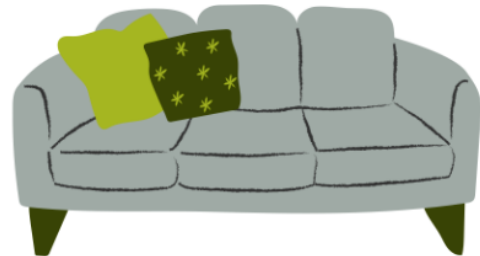


Reading/Phones/iPads:

In today's digital age, many of us spend significant time reading on devices like iPads or phones. To protect your spine during digital reading sessions, elevate your arms to reduce strain. Alternatively, cross one arm in front and prop the other elbow on it to support your device-holding arm. This will make a huge difference long term!

Couch:

Maintaining good posture while relaxing on the couch is essential for spinal health. When you are facing your TV or reading, always place a throw cushion behind your lower back to promote optimal posture and reduce slouching. Make it a family rule! If you tend to favor one side of the couch, alternate sides periodically or consult us for personalized spinal alignment advice (if you should in fact, only sit on one side to help balance out your spine!)



Driving:

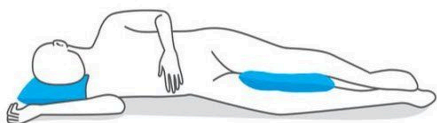
Long hours of driving can take a toll on your spine, especially with uncomfortable car headrests. Most headrests actually push your head forward more!! Combat this by placing a rolled-up towel or a small cushion behind your shoulder blades. This encourages a forward shift in your mid-back and helps your head lean back to compensate. It will be more comfortable and your future spine will thank you.



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✓ Correct Sleep Posture



Sleep:

Quality sleep is crucial for spinal health. Maximize restorative sleep by choosing the right sleeping position and support. Lie on your side with a supportive pillow aligned with your shoulder width, or on your back with a pillow under your knees. Feel free to ask us for recommendations on specialized sleep pillows or mattresses tailored to your needs.

Getting Out of Bed:

Starting your day with the right movements is key to preventing spinal strain. Adopt a gentle approach to getting out of bed by rolling to your side and pushing up (vs doing a “sit-up”). Regardless of whether you share a bed, alternate sides regularly to avoid developing habitual sleep postures. Also, don’t stretch first thing in the morning without being warmed up!

Work:

Office workers can protect their spine by optimizing their workspace ergonomics. Inquire about proper desk setup guidelines tailored to your needs for a comfortable and spine-friendly work environment. The most common problem we see are screens that are too low. Your eyes should be looking at the top third of your screen. An easy fix is to put textbooks or paper stacks under your monitor.



Gym:

Warm up with active mobility exercises before your workout. Incorporate passive stretching post-workout. Don’t do static (passive) stretching when you are not warmed up! You can injure yourself this way.

People often ask us if there is anything they need to change at the gym or home workout routine. If we prescribe mirror image exercises in conjunction with your chiro care, integrate them into your routine at the gym.

The only thing we say not to do are the “sit up machines” where you are seated and pressing forward and down. Any other modifications would be specific to your case, so please ask us.

By implementing these simple yet effective tips into your daily routine, you can safeguard your spine and enjoy improved comfort and mobility. Remember, small adjustments (pun intended!) can make a big difference in your spinal health. For personalized guidance and expert care, don't hesitate to reach out. Your spine will thank you!