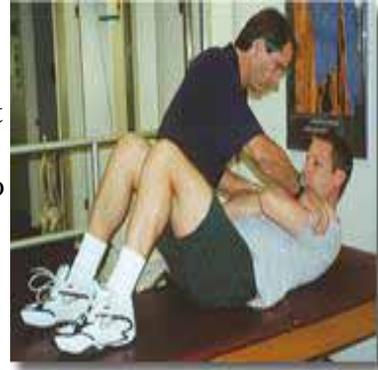


# Spinal care class

The **SPINAL CARE CLASS** at our office is designed to address spinal care for persons with risk for neck & back injury. The curriculum includes a basic review of spinal anatomy (spinal structure, discs, nerve roots, etc.) and common injuries (facet dysfunction, disc protrusion/ herniation, degenerative diseases). The definition, concept, and individual positioning of "neutral spine" are introduced. Additionally, biomechanical advantages of performing activities in a more neutral spine are demonstrated.

Standing, unsupported sitting, and supported sitting positioning methods are reviewed in a conceptual manner. Sit-to-stand and stand-to-sit maneuvers are reviewed to minimize involvement of back musculature. The back school also provides a brief review of ergonomic principles to reduce neck and back discomfort for those in jobs that involve a visual display terminal or a seated work station.



Standing activities including lifting, carrying,



pushing, and pulling are reviewed. Concepts such as center of gravity and use of wide base of support are provided to promote safety when lifting, carrying, and placing objects. Overhead lifting is also reviewed. Additionally, common household activities are analyzed (raking, vacuuming, washing dishes, laundry, gardening activities, etc.). Acute back care, positioning for comfort when sleeping, and the importance of stabilization exercises and stretching are also touched upon.

Patient's are encouraged to ask questions and interact as possible depending on their personal level of back comfort. As time allows, brainstorming activities are performed to review individual work, home, and recreational activities that may contribute to back problems.

***Back School is held Tuesday at 7:30pm.***

**Space is limited for 5 patients per class.  
*Speak to the front desk to reserve a seat.***