



3 Simple Ways to Indulge Your Spine

As the years add up, a lack of care for your spine can lead to pain and put you at risk for serious complications.
Your spinal anatomy is designed to be strong and highly flexible, but it is a common source of back pain

To help alleviate your discomfort and prevent future injuries, make these 3 spinal indulgences part of your daily routine:



1. Take a walk

Low-impact aerobic exercise, like walking, provide numerous benefits for your spine. For example, a daily walk strengthens the core muscles that support your spine, nourishes your spine by spurring healing nutrients and oxygen to the area, improves your overall flexibility, and reinforces the bone structure of your spine.

When you walk, make sure you practice good walking form. This means you need to walk with your shoulders straight, your head help up high, and your stomach slightly pulled in toward you.

If you suffer from a spinal condition, get the okay from your doctor before starting a walking regimen. If you're not an experienced walker, or if you're dealing with severe pain, it's a good idea to begin with several short walks every day and slowly build up to a single long walk.



2. Follow a healthy diet

You may not realize it, but the food you eat every day plays a significant role in determining the overall health of your spine. To indulge your spine, try to limit yourself to foods found in nature - vegetables, fruits, meats, whole grains, and legumes. It's a good idea to eliminate processed foods from your diet, and to limit your intake of sugary drinks such as soda or lemonade.

It may be difficult to make multiple abrupt changes to your diet, so you can start by changing one simple thing per week. For example, the first week you can cut out sugary drinks from your diet.

As an added bonus, a healthy diet will help you maintain a proper weight - which in turn can reduce the pressure on your spine and minimize your back pain.



3. Use a standing desk

Sitting places 3 times as much pressure on the spinal discs in your lower back (lumbar spine) than standing. This means that excessive sitting can have serious consequences for your lumbar spine.

One way to reduce the negative effects of sitting is to indulge your spine by using a standing desk for all, or part of, the day. Here is how you can get started:

- Standing desks can be expensive, so consider purchasing an affordable platform that you can place on your current desk.
- Ensure that your monitor is at eye level to reduce strain on your spine.
- Begin by accomplishing one specific task per day using a standing desk. For example, you can answer your emails in the morning while standing.

- Add an additional task each week, and slowly you will build your way up to spending most your day standing up.

The above 3 spinal indulgences may seem like small changes to your daily routine, but over time they can add up to meaningful relief.

To assist with your Spinal Health, give our office a call today to set up your next appointment.

Rasmussen Chiropractic

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