

# “TIPS to help YOUR healing.....Naturally”

## 1. VEHICLES

- A. Sit on the edge of the seat when getting in, then swing both legs together, pivoting on an axis.
- B. **Do Not** put one leg in first then sit down heavily.
- C. If length of seat is too close to the dashboard, move it back when getting out so it's ready when getting back in. Particularly important for patients with low back problems.

## 2. THE PHONE

strengthen your

- A. Switch hands when using the phone.
- B. Do not cradle the phone in the crook of your neck. It will destabilize the cervical spine and require more care!
- C. Secretarial and salespeople who use the phone a great deal should look into purchasing a lightweight headset.

## 3. LIFTING

- A. Everyone knows the correct way to lift; most of us don't do it. **DO IT!** Use your legs, not lower back.
- B. There are circumstances where it is difficult to lift correctly, particularly getting bags in or out of a car. The bumper does not allow one to bend the knees. Bring the grocery bag to you first and lift carefully.
- C. If it is repetitive lifting, *make it easier!* Take breaks. Use equipment to help.

## 4. PLAYING THE DOCTOR ~ PLEASE DON'T!

- A. Avoid rubbing, probing, or “poking” in the areas your doctor adjusts. Allow the body time to heal.
- B. Avoid sudden twists or turns of movement beyond normal limits of motion, especially of the neck.
- C. Avoid extreme bending of your spine in any direction; avoid reaching or other overhead work. Be particularly careful when brushing or shampooing your hair.
- D. Participate in simple exercises to

body, but avoid jarring activities which place stress on your neck and spine.

## 5. POSTURE

- A. Sitting should be upright, not slouched.
- B. Walking should be with the head level or slightly elevated, not looking at the ground.
- C. If good posture cannot be maintained, use cushions, upright chairs, or other equipment to assist you.

## 6. BEDS

- A. Waterbeds are a problem because of lack of support and temperature changes which irritate the spine.
- B. Good firm pillows, chairs and beds are essential for getting rest and healing.
- C. Your bed should be firm enough to hold your body level, and soft enough to allow your shoulders and hips depress into the mattress.

*Tips to  
Help You Heal  
&  
Stay Well!*

7. GETTING OUT OF BED

- A. Lying down: Keep the torso straight, lay down on either side, bringing the feet up, knees and ankles together. Use the arms to help the upper body.  
Reverse for getting into bed.

SITTING

- A. Posture should be upright, not slouched.  
B. La-z-boy's don't bend where you do; buy a rocker.  
C. When at your desk, elevate materials to avoid neck fatigue.

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