

Do YOU/CAN YOU

Do THIS?

SHORT WELLNESS SELF-
CHECKS

Do you Hang?

I WOULD EXPERIMENT WITH HANGING FROM A BAR AND NOT OVER DO IT. Half Body Weight is a good place to start when introducing hanging into your program. Many therapists suggest decompression / distraction of your joints because they believe it lubricates, hydrates, and nourishes them. So it kind of makes sense that hanging from a bar may be good for you. Many movement coaches, trainers, and even surgeons speculate that hanging from a bar is great for shoulder and spine health, and even a cure, especially for shoulder pain (SEE KIRSCH'S BOOK). The proposed mechanism is the hanging action creates space in the joint to avoid compression or impingement of sensitive tissues. I have not seen any solid research to support these claims, but I do know from personal experience that hanging from a bar feels good. There is a good deal of research of the proven effects of decompression of joints. If you hang and have pain then do not do. It should feel good. I would hang no more than a minute a couple times a day. Stuart McGill, a leading low back researcher, says that hanging / decompression may help those with certain spine issues (stenosis) but not all. The key when you hang from a bar is to keep your spine in NEUTRAL and do not flex or extend your spine. That is where you do not lose the natural curve of your spine. You can do this by lightly engaging your abdomen muscles by tightening (bracing) and I would HIGHLY suggest not using you entire body weight. In other words let your feet touch the floor.



HANGING UPSIDE DOWN: Hanging upside down from either a bar with cuffs attached to your ankles—so-called gravity boots—or on an inversion table that tilts you back—is suggested to relieve nerve pressure in the spine by creating more space between the vertebrae. “Any relief from traction on its own is hardly ever permanent,” Stuart McGill, a leading back researcher, says. In a study he conducted, laying on an inversion table for 15 minutes helped the spine decompress and expand between one and five centimeters. However, the effects were short-lived. The spine returned to its pre-inversion length after 20 minutes of walking. Worse, if you have an injury, it may cause more pain by making the spine unstable or making a herniated disk worse. However, if you don’t have back issues and like the head rush, it probably won’t hurt if you do it a few minutes at a time says McGill. But very cautious there are OCULAR ISSUES THAT CAN OCCUR FROM HAVING YOUR HEAD BELOW YOUR WAIST (SEE HEADSTAND ARTICLE). WebMed has a list of possible side effects and interactions (see site), and they also too suggest that evidence is mixed on whether or not these tables are an effective treatment for pain.

Decompress: replacing space that has been lost between the bones, joints and discs in your body.

Self-checks: Solving problems before they happen.