Know Your Joints

Muscle and Joint Care Suggestions

Good sleeping posture is important to back health. Please read all details.

See our Joint Care Program and Lower Back Care Program

Details: Good sleeping posture

- If you sleep on your side, place a pillow between your knees to help keep your hips level and make sure your head is supported and not bent. For optimal results, your nose should be parallel to the ground when you lay on your side.
- If you sleep on your back a pillow underneath your knees can help remove pressure from your lower back. Make sure your chin and nose are parallel to the ground.
- Try to avoid sleeping on your stomach since this can cause hyperextension of your back without you noticing it.
- Be careful waking up - Sitting up too quickly and hopping out of bed can cause strain on your entire body, including your lower back. Instead, start by rolling over to the side of your bed. Tighten your abdominal muscles and use an arm to lift yourself up as you drop your feet to the floor.
- Most mattresses and box-springs should be replaced between 7 and 15 years after purchase. Look for a mattress that supports the curves in your back and is neither too hard nor too soft. Make sure you regularly flip your mattress over and around (from end to end) to help reduce sagging. Do not sleep for hours in a reclined position.