Know Your Joints

Muscle and Joint Care Suggestions

Getting Up and Out of Bed back care tip.

See our Joint Care Program and Lower Back Care Program

Practice Good Habits When You Awake

Do not just jump out of bed in the morning. Rather log roll to your side, push yourself up from your side to a seated position, and then stand. While doing all of this brace your abdomen (see Bracing). It is also important to avoid lifting, bending, and sitting after waking in the morning. The reason is that your spine is more vulnerable and sensitive in the morning.

At night your discs rehydrate and decompress becoming full again. That is why many people feel back stiffness in the morning. The discs have been pressurized. When you wake up your spinal disc are essentially an overfull tire vulnerable to damage or injury. Avoid lifting and spinal bending, even seated postures, immediately after rising from bed. Your spinal discs are not ready for that. Log roll out of bed. Wait an hour for the disc to decompress before doing anything. If you do some walking the spine can decompress in as soon as 30 minutes.

You are shorter in the evening by as much as half an inch compared to the morning. It is because your discs have lost fluid.