



Know Your Joints  
Muscle and Joint Care Suggestions

Lower Back Care:

**Non-Negotiable Keys (3)**

**1. Walk and get up from your**

**chair.** Getting up and walking throughout you day can be extremely helpful in maintaining the health of your spine. Start with smaller bouts of walking (5-10 minutes at first with a fast pace that causes you to swing your arms). The goal should be to eventually reach a 10-minute walk three times a day. ALSO EVERY 30 TO 60 MINUTES OF SEATED POSTURE SHOULD BE COUPLED WITH A 20 SECOND STAND WITH HANDS OVER HEAD TO STRETCH (see picture).



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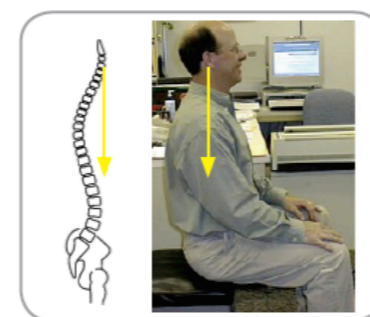
**THESE ARE SOME OF MY FAVORITE MUST DO LOWER BACK CARE MOTIONS. THESE SIMPLE MOTIONS NOURISH YOUR JOINTS, PROTECTS, AND STRENGTHENS.**



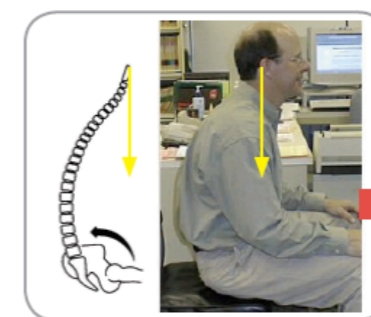
Neutral Spine Position

Flexed Spine Position

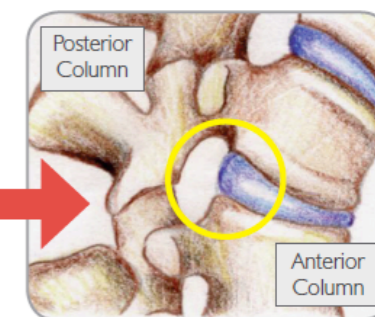
**2. When you lift brace your abdomen, keep back in neutral (natural curve), and hinge at hips-never flex spine.**



Upright neutral seated posture. Weight of torso distributed over facet column.



Flexed rounded posture. Weight of torso distributed over the "Anterior Column" of support.



As the weight of the upper torso is repeatedly distributed over the "Anterior Column" of support, the posterior wall of the disc is affected.

**3. Whenever you sit maintain the natural Curves (3) of the Spine.**

See our [Joint Care Program](#) and [Lower Back Care Program](#)