

Your personal guide to a healthy spine

Your spinal condition cannot be treated by medication alone. You must also do something yourself to accelerate the recovery process or to protect your spine from further damage. By doing specific (simple) exercises, you can improve the mobility of your spine and use certain muscles to relieve the strain on your spine. All you need to do is aking your time once a day for your personal spinal health. Unless otherwise instructed, repeat your exercise(s) 3-5 times.

Certain exercises may have been selected (ticked), which are important for you personally.

Perform these exercises regularly!

The following points apply to all exercises:

- practice slowly and carefully**
- no jerky or sudden movements**
- the exercises must not hurt**
(in case of pain, stop the exercises)

In the box next to the drawing, reference is made to the region of the spine which is positively influenced by this exercise.
The abbreviations mean:

CS = CERVICAL SPINE
TS = THORACIC SPINE
LS = LUMBAR SPINE

In order to avoid incorrect spinal loads, you will find valuable tips that you should always follow. The „Daily routine for your spine“ (morning, daytime, evening) will help you to behave in a manner that is spine-friendly throughout the day.

Think about your spine today,
it will thank you tomorrow.



In cooperation with the „Institut für Gesundheitsförderung, 8501 Lieboch“

In the morning

DAILY ROUTINE FOR YOUR SPINE

Good morning!

Even before you get up, you can do something for your spine. While lying down, press your chin to your chest. Now press your lower back against the surface and tense the the abdominal and gluteal muscles. Remain in this position.



When you want to get out of bed, tighten your legs, press your chin against your chest and lift your head from the mattress. Straighten, arms outstretched, slowly vertebra by vertebra, up. You can also support yourself with your elbows.



When it comes to the morning toilet, keep in mind that with all standing excercises work surface and body size should match. Avoid standing with your upper body forward.




After taking a shower it is the right time to take care of your spine. Dry your back by pulling the towel, holding it with both hands, up and downwards in alternation.




During daytime

Ensure that seat and table are adjusted to your height as follows: soles on the ground, right angle between your thigh and lower leg (=sitting posture), back up straight, right angle between upper and forearm (=working posture).

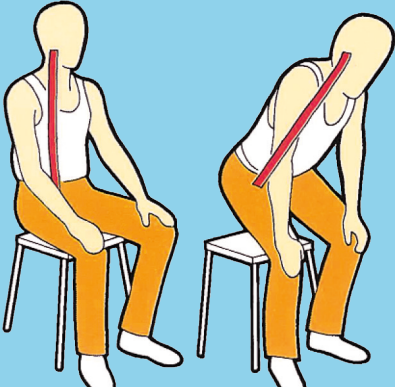
Reminder: always mind to sit in front of the current activity facing it, especially while working on the computer!




When picking up heavy loads (e.g. beverage crates) you should bend your knees with your legs apart and pick up the object just in front of your body. In any case, avoid lifting with your torso bent forward.



When you want to get up, tense your abdominal muscles in order to fix your spine. Then support yourself with your outstretched arms on your thighs and rise slowly.




While carrying heavy loads make sure to distribute the weight equally on both sides. This provides an equal strain of your body.

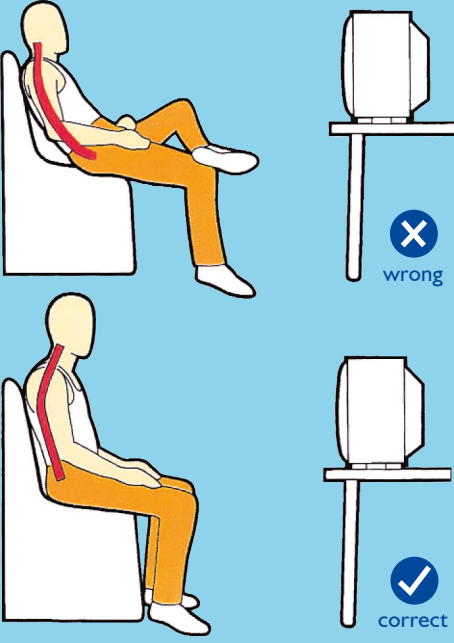


In the evening


When ironing while standing, one tends, to adopt the wrong posture. You protect your spine by sitting while ironing. Please check your seating position.




Check your sitting posture while watching TV. Keep your thighs levelled, your soles on the ground and your back straight.



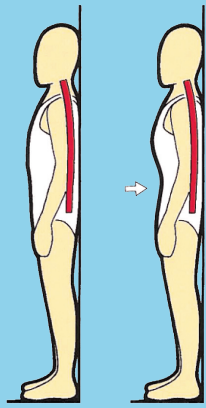
Try to sleep in supine or lateral position. prone position is suboptimal for neck pain (CS), caused through torsion of the cervical spine. Neither choose a too soft nor a too hard mattress.



We wish you a restful sleep!

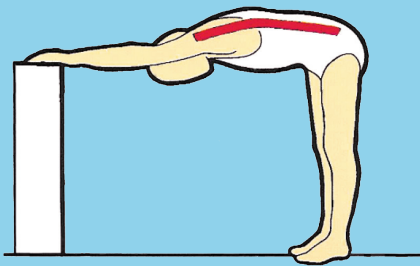


Standing exercises



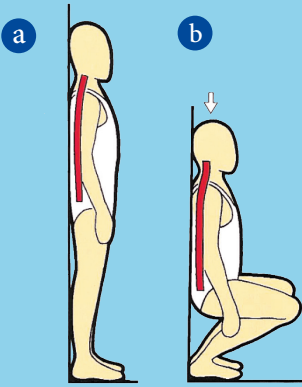
1 TS LS

Wide-legged (feet at shoulder width) with the back against a wall stand. Heels, buttocks, back and back of back of the head touch the wall. Try to pull in your stomach by tensing your abdominal muscles.



3 TS LS

Tilt the upper body forward so that between the upper body and legs, there is a right angle. Lay your Arms outstretched on the back of a hip-high chair. Keep your eyes on the floor, do not fall into a hollow back. Hold this position for a few seconds.



2 TS LS

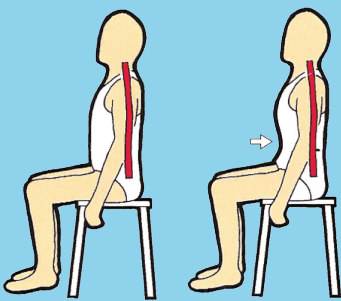
From the starting position on the wall (a) move into the squat position (b). Points of contact with the wall (head, back, buttocks, heels) maintain.



4 CS TS LS

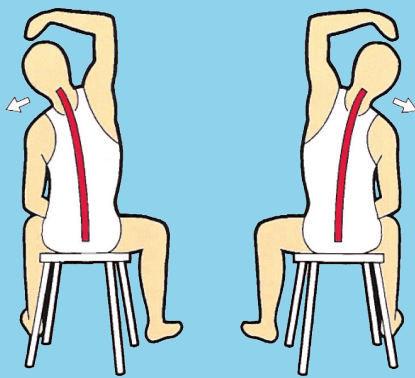
Slowly bend your upper body down and hold your knees with both arms. Press your chin throughout the exercise against the breast. Stay in this position for some seconds.

Sitting exercises



5 LS

Sit on an armchair. The entire sole of the foot touches the ground. Now try to pull in your stomach by tensing your abdominal muscles without falling into your hollow back.



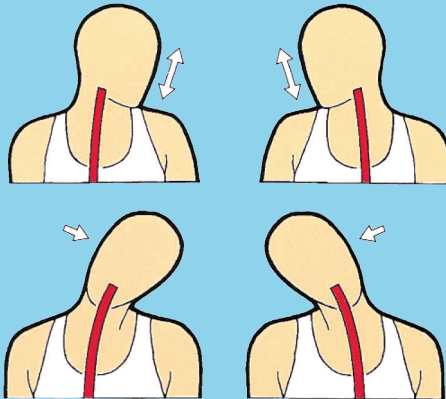
7 latl. TS

You are sitting on an armchair while the entire sole of the foot touches the ground. Stretch one arm straight up, tilt your upper body slightly to the opposite side and stay for a moment in this position. Repeat this exercise with the other arm.



6 CS TS LS

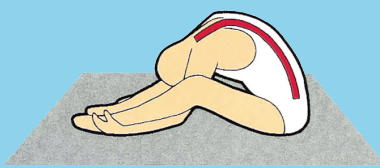
Slowly bend your upper body down and grasp the ankles with your hands from behind. Stay in this position for some seconds.



8 CS

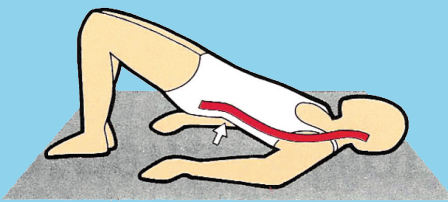
1. Turn head to the left and nod briefly, then turn your head to the right and nod briefly.
2. Tilt your head on your left side. Stay in this position for some seconds. Then tilt you head immediately to the right side.

Exercises in lying position



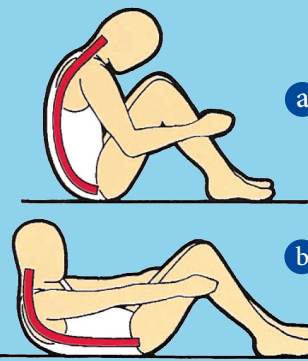
9 CS TS LS

Sit on the floor with your legs up and angled. Reach the back of your feet with your arms from under the back of your knees. Stay for some seconds in this position. Keep your chin pressed against your chest throughout the exercise.



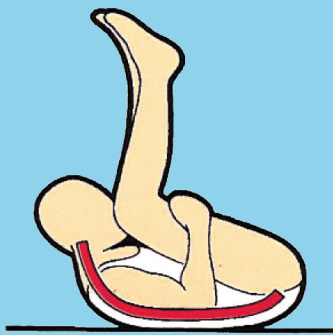
11 LS

Lie on your back, put your legs up, put your arms next to your body. Now lift the pelvis slightly off the floor and stay in this position for a few seconds. When lowering the back, deliberately “roll down” from top to bottom.



10 TS LS

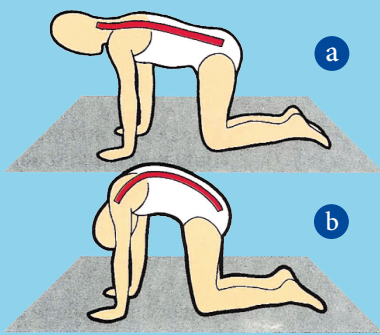
Assume the sitting position (a), press your chin against your chest, stretch both arms forward. Now roll backwards slowly without removing your chin from your chest. Stay in this position (b) for a few seconds.



12 LS

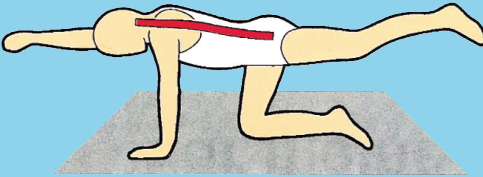
Lie on your back and hold your thighs with both arms. The chin is pressed against the chest. Now try to pull your knees towards your shoulders. Hold this position for a few seconds.

Exercises in bench position



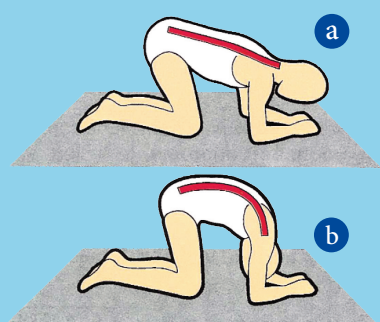
13 TS

Put your hands shoulder-width apart and keep your spine level. Now pull in your stomach. Your view is directed to the floor (a). Press your chin against your chest and make a cat hump (b). Stay in this position for a few seconds.



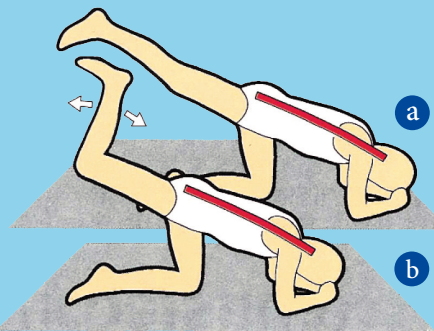
15 CS TS LS

From the bench position, lift your right arm and left leg into a horizontal position. Your view is directed to the floor. Stay in this position for 3-5 seconds.



14 LS

Support your elbows, keep your back straight and your eyes on the floor (a). Press your chin against your chest and make a cat hump (b). Again stay in this position for a few seconds.



16 LS

Support your elbows and press your chin against your chest. Raise one leg to the horizontal (a). Now bend and straighten your lower leg several times (b). Then repeat the exercise with the other leg. Bend and straighten your lower legs several times.