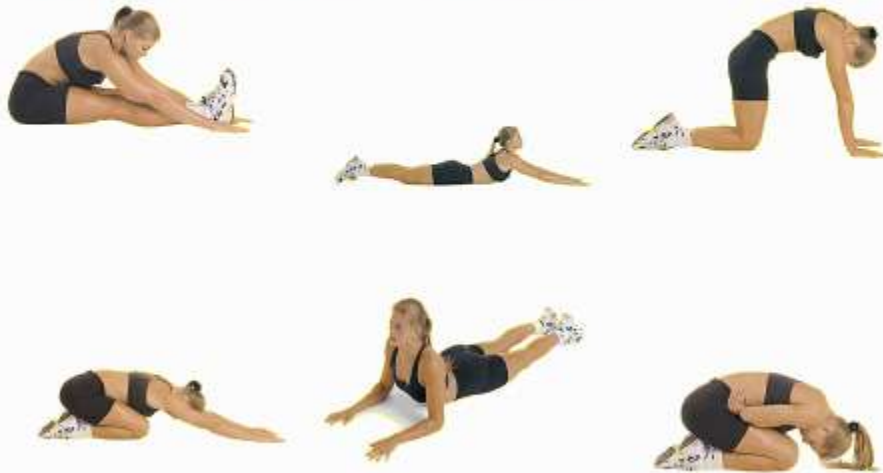# Spinal care exercises

Sleeping positions:

- Never:
- On your belly: especially as you age

- On your back is ideal: make sure pillow is set up so that your chin is away from your chest. If you feel tension on your low back or have an increased low back curve, put pillows under your knees

- On your side: legs slightly bent and together, not one leg up and one straight
  - Careful of the head: it needs to be level and spine supported

Ergonomics

- Place your chair and your computer so that you look at your computer from eye level, adjust the height of your chair and sit straight away

- Do not let your wrist drop while using the mouse or keyboard, you want your arms out front with something to rest on, so that your wrist in neutral and not bending very much either up from the desk to the keyboard or downward
- Feet should be out front and flat on floor in front of you
- And yes, grandma was right, "no slouching", try to maintain a nice upright posture: sometimes moving to the edge of the chair and not sitting so far back actually help you sit up straight.....this may be a challenge at first if you aren't use to it, just like any other exercise or task it gets easier the more you do it.

In the gym:

- With every exercise: make sure that your knee never goes over your toe
- Never lift from the waist, always squat and lift with the legs
- Never lift and turn at the same time: ankles, knees, hips and low back
- Listen to your body: pain is a sign your body needs attention and you should not just work through it.