



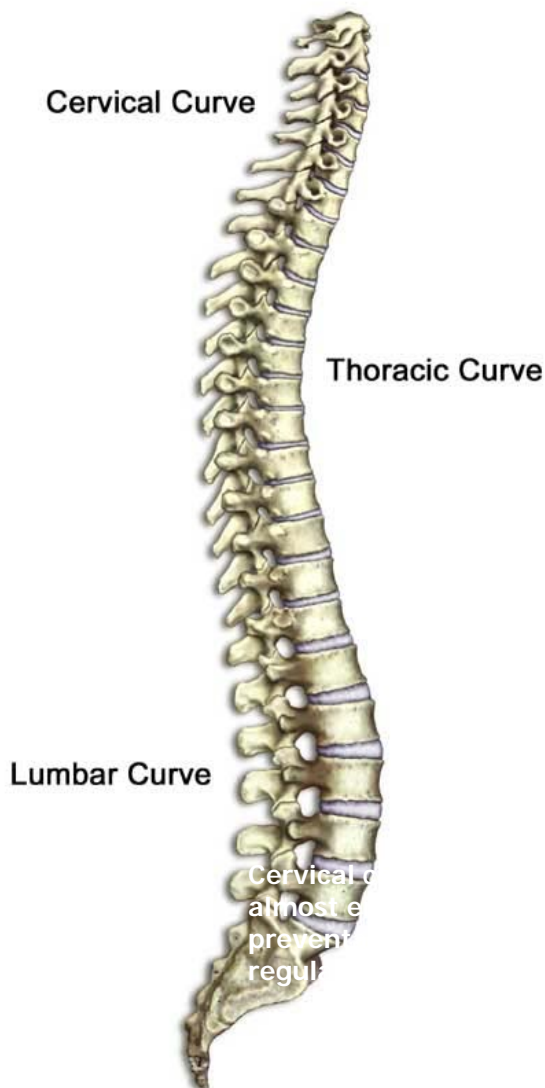
WELLNESS WORKS....

at Brain Injury Community Re-entry (Niagara) Inc.

A Publication from Brain Injury Community Re-entry Niagara's Wellness Works Committee

April 2010

Maintain a Healthy Back for Life



Top 10 tips for a healthy back, including lifting advice, how to sit properly and back-strengthening exercises.

1. Exercise your back regularly. Walking, swimming (especially back stroke) and using exercise bikes are all excellent ways to strengthen your back muscles.
2. Always bend your knees and your hips, not your back.
3. Never twist and bend at the same time.
4. Always lift and carry objects close to your body.
5. Try to carry loads in a rucksack and avoid sling bags.
6. Maintain a good posture. Avoid slumping in your chair, hunching over a desk or walking with your shoulders hunched.
7. Use a chair with a backrest. Sit with your feet flat on the floor or on a footrest. Change how you sit every few minutes.
8. Quit smoking. It is thought that smoking reduces the blood supply to the discs between the vertebrae and this may lead to degeneration of these discs.
9. Lose any excess weight.
10. Choose a mattress suited to your height, weight, age and sleeping position.

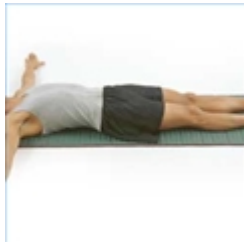


WELLNESS WORKS...

at Brain Injury Community Re-entry (Niagara) Inc.

The Ultimate Back Stretch

1. Step 1



Lie with your back flat on the floor.

2. Step 2

Extend both your arms out to either side of your body, about 90 degrees.

3. Step 3



Bend your knees and turn your waist so that your knees point to the right. Try not to lift the trunk of your body off the floor.

4. Step 4

Turn your head to the left as you point your knees to the right.

5. Step 5

Hold this position for 10 to 15 seconds but not to the point where you're uncomfortable.

6. Step 6



Switch your position by twisting your legs to the left and turning your head to the right. Hold this position for 10 to 15 seconds.