

DR. LINDA'S BACK PAIN SOLUTIONS^{©™}

NECK TIPS

- 1** Your back cushion supports your entire spine and relieves stress in the upper back, neck, and low back. It removes pressure on the upper back and neck created by car and airplane seats.



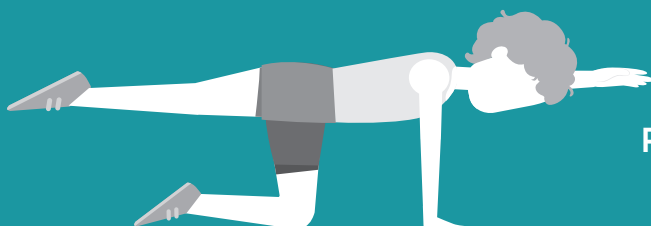
- 2** While at rest, use a roll under your neck while lying on your back with pillows under your knees.



- 3** Switch your computer mouse to your non-dominant hand. This is good for your neck and upper back, and your brain!

- 4** For women, a sports bra will help support the upper back and neck.

- 5** Avoid weight training that strengthens the front chest muscles and stresses the neck area. It is the upper and mid back muscles that need strengthening.



Repeat 5-8 times.



LOW BACK TIPS

- 1 Twenty minutes of ICE applied to the low back in this resting position will help relieve pain and spasm.



- 2 Lie on your stomach and gently press upwards, leaving your hips on the floor. This movement shifts the low back into alignment and helps relieve acute low back pain.



- 3 Focus on exercises for the LOWER ABDOMINALS to prevent incidents of low back pain.



Press your low back gently into the floor. Repeat each exercise 8-10 times.

- 4 BRACING the low back during acute pain supports the muscles and joints and helps to interrupt the spasm of an acute episode.

- 5 ALWAYS Use your BACK CUSHION in your car and at your desk. Do not go without support for the low and mid back.

- 6 Periodic hands-on care for your back and neck, including chiropractic, massage therapy, and acupuncture, helps prevent disabling incidents of back and neck pain.