

Feed Your Spine!

Most people do not realize the spine and its related structures, (discs, ligaments, and tendons) rely on a great deal of movement in order to remain healthy. Movement of the spine actually creates a pumping action that helps move nutrition in and out of the discs from surrounding tissue. This action of pumping nutrition into your discs literally feeds the spine.

Many people are familiar with individuals who have been in traction. Traction reduces the pressure on the discs. The average person does not need traction to take the pressure off of their backs. They can make choices during the day that reduce the pressure enough to feed the spine.

Pressure on the discs increases when a person goes from a standing to a sitting position. In sitting, the legs are no longer in a position to absorb the forces of gravity pushing down on the body. This pressure increases even more when a person goes from a good sitting posture to slumped sitting. Simple changes in sitting posture throughout the day or periodic shifts from sitting to standing pumps valuable nutrition into the discs.

Note:

The human body is capable of working in a wide variety of positions. These positions are not what lead to back problems. It is the fact that people do not choose to get out of these positions enough. The best way to compensate is to periodically feed the spine by making a simple position change or performing a brief stretch. If people have been sitting for a while, they should stand and perform a gentle backward bend. If they have been standing and working overhead, it would be beneficial to sit periodically and/or perform a gentle forward bend.



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Talking Notes

POINTS TO REVIEW

1. An ergonomic tool makes a task physically easier to do.

It is important to change positions frequently throughout the day. This is how the spine gets nutrition. Regularly changing the amount of pressure on the spine keeps the tissues healthy.

2. Simply minimizing the pressure on your back can help valuable nutrition move into your discs.

This can be accomplished by moving from a bent over position to better posture, going from sitting to standing (or vice versa), or by performing simple stretches for your back.

3. There is no single position that is best all of the time.

While initially a position may be beneficial for your back, any position you remain in for an extended period of time can become demanding.

QUESTIONS FOR DISCUSSION

1. What are some tasks you perform that would be appropriate for you to stop briefly and feed your spine?

2. What are some easy ways to feed your spine throughout the day?

3. What positions are most demanding and should be changed more often?

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