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# SUMMER BACK SAFETY TIPS

Aches and Pains should not be getting in the way of enjoying your summer! Try implementing these tips into your daily activities and feel the effects it will have on your life!

## START SLOWLY

With the arrival of nice weather, many more people are getting out and becoming active again. Unless you have maintained a fitness routine, jumping into summer full force can wreck havoc on your body and cause injuries. Begin this summer's physical activities gradually while working toward summer fitness. When summer ends, remember to continue a conditioning program throughout the year not only to prevent aches & pain but to enhance your health!

## VARY ACTIVITIES

Many activities emphasize one set of movements while excluding others. This can create muscle imbalances between pairs of muscle groups that should normally function cooperatively. Avoid body imbalance, aches and pain by varying not only your workout activities but also household and play-time activities. Remember to listen to your body BEFORE it demands your attention!

## LIFT PROPERLY

Whether you are lifting dirt into your flower bed, your kids into the boat, boxes into storage or supplies at work improper technique can injure and aggravate your low back.

Use these simple rules to help avoid lifting injuries; bend your knees & lift with your legs, move your feet don't twist your spine, lift & set down the load easily without jerking, and ask for help with heavy tasks! Proper lifting techniques are a necessity year-round!

## STAY HYDRATED

Taking frequent breaks to grab a glass of water and a healthy snack applies to both your sporting activities and your day at work or home. Taking a moment to replenish your body with good quality fuel and water not only gives your muscles a chance to relax and release unnecessary tension but also allows your body to rid itself of toxins and run smoothly.

## ALIGN YOUR BODY

Alignment refers to the relationship of the parts of the body to the whole. Bones come together at joints that allow movement like walking, biking, swimming, lifting, and even typing. The 26 moveable bones in your spine have many connecting joints that allow you to move in several directions. Make sure your body is in alignment so that each of these bones is centered with the next so you can focus on engaging in your sport instead of struggling through it. Chiropractors specialize in the alignment and proper function of your body. Make an appointment to have your spine checked by a Doctor of Chiropractic!