

SUNDAY MORNING

HEALTH

CORNER

Preserving Your Bones and Joints

According to The Burden of Musculoskeletal Conditions in the United States, more than half the American population over the age of 18 - 54 percent are affected by musculoskeletal (bone and joint) conditions. With the challenges of the coronavirus pandemic affecting millions of people worldwide, lockdown restrictions have led to a lack of physical activity that has made people more susceptible to spinal pain and disability.

Take steps to be kind to your spine:

- Maintain a healthy diet and weight.
- Remain active—under the supervision of your health professional. Avoid prolonged inactivity or bed rest.
- Warm-up or stretch before exercising or physical activities.
- Maintain proper posture. Wear comfortable, low-heeled shoes.
- Sleep on a mattress of medium firmness to minimize any curve in your spine. Lift with your knees, keep the object close to your body, and do not twist when lifting.
- Quit smoking. Smoking impairs blood flow, resulting in oxygen and nutrient deprivation to spinal tissues.
- Work with your doctor of chiropractic to ensure that your computer workstation is ergonomically correct.



THE
BALM 
IN
GILEAD™
INC.

www.balmingilead.org

620 Moorefield Park Drive, Suite 150
Richmond, VA 23236
804.644.2256