

DAILY HABITS FOR OPTIMAL SPINAL HEALTH

POSTURE

Sit tall, relax shoulders, and keep feet flat to maintain spinal alignment.



MOVEMENT

Moving every 30 minutes helps to reduce stiffness and promotes circulation in the spine.

LIFTING

Always hinge at the hips, keep loads close, and avoid twisting to protect your spine.



MAKE A CHANGE

Simple adjustments today lead to lasting spinal health benefits.

Get Back To Doing What You Love, Pain Free Today!