

## TACTICS FOR A HEALTHY SPINE

Statistically, 85 to 90 percent of people who read this article will have or have suffered from back pain at some point in their life. As we age, the bones and discs in our spines change and can lead to various types of ailments, such as disc degeneration and spinal arthritis. Spine pain can be debilitating and often lead to other health problems prompted by the lack of mobility. A healthy, properly aligned spine is central to a healthy lifestyle. Following simple posture, lifting, and healthy lifestyle guidelines can help you keep your back in good shape.

### WHEN SHOULD I SEEK FURTHER TREATMENT?

Most acute or short-term back pain generally lasts from a few days to a few weeks and can be treated without surgery. Back pain that lasts longer than three months is unlikely to heal on its own, and requires more extensive treatment paths in order to find pain relief.

### KEEPING YOUR SPINE HEALTHY

To keep your spine strong and healthy, here are a few basic spinal health practices to help you avoid back pain.



Always stand and sit up as straight as possible. When standing upright, bend your knees slightly to take pressure off your lower back.



Always avoid twisting your spine, particularly when lifting heavy weights.



Whenever possible, use your legs instead of your lower back to lift anything, especially heavy things.



Consider an exercise program that includes core work. The core of the body is the abdomen, lower back, hips, and gluteal area. All of these body parts support and strengthen your spine.

In addition, general health and wellness contribute to spine health. If you are carrying extra weight, this will put undue strain on your spine, so weight management, nutrition, and exercise all can lead to a healthier back.



**If you are experiencing back pain or are facing a medical decision,  
Best Doctors is here to help.**

**Call 1.866.904.0910 or visit [www.bestdoctors.com/Intuit](http://www.bestdoctors.com/Intuit).**