

Exercise plan :
Spine Hygiene

Patient:
BHCC Patient

Date:
19th Nov 2024

Practitioner:
Max Atkinson

Dear BHCC, please start the following exercise program. Please stop doing any exercise that causes significant pain. Use an ice pack for 10 minutes over the problem area if there is any significant discomfort after exercising (do not use heat). Do not perform exercises within 20 minutes of getting up or going to bed. If you have any questions with an exercise, just email us on: enquiries@chiropractic-clinic.com. Good luck and keep going! Kind Regards, Max Atkinson DC MRCC & Associates, Bradford House Chiropractic & Wellness Centre. Find us at: www.chiropractic-clinic.com

Advice On Bending



© rehabmypatient.com

When you pick something up from the floor, ensure the following: 1) Go down on to one knee, or squat down. If you find it uncomfortable to go onto one knee, then put a pillow under your knee and use nearby objects such as a table or chair to support your arms. 2) Avoid bending over to make a bed, clean the bath, or wash your teeth. Think of ways to prevent bending, such as going on to one knee, or widening the legs to make a split-stance (this will drop your height several inches), or avoid picking things up from the floor unless completely necessary. 3) If you do have to bend, do not twist at the same time. 4) When bending you may find it useful to brace the stomach muscles by squeezing the abdomen inwards slightly.

Video: <http://youtu.be/5OPsQIPB300>

Avoid Forward Bending



© rehabmypatient.com

Be careful when you bend forwards! Repetitive forward bending can aggravate underlying disc problems. Keep your back straight and bend your knees to take a lot of strain off the spine.

Video: <http://youtu.be/akTzMmqItzl>

Advice On Lifting



© rehabmypatient.com

When lifting: 1) Avoid lifting heavy objects. 2) Position your body square on to the object being lifted, never twist. 3) Bend your knees rather than your back. 4) Contract your deep abdominal muscles - one way to do this is to squeeze your stomach inwards and hold. 5) Keep the load close to your body to reduce the weight and lever-arm. 6) Do not twist when you put the weight back down.

Video: <http://youtu.be/0ytXllkLf7A>

Advice On Lifting From the Floor

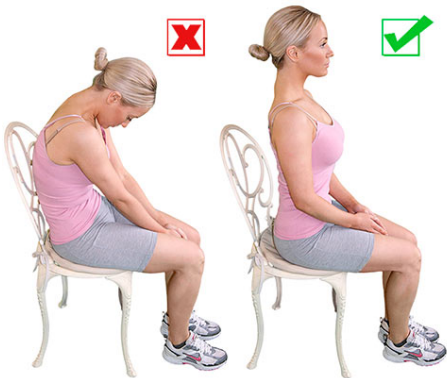


© rehabmypatient.com

When lifting from the floor: 1) Avoid lifting heavy objects. 2) Position your body square on to the object being lifted, never twist. 3) Bend your knees rather than your back. 4) Contract your deep abdominal muscles - one way to do this is to squeeze your stomach inwards and hold. 5) Keep the load close to your body to reduce the weight and lever-arm. 6) Do not twist when you put the weight back down.

Video: <http://youtu.be/8cGecetwzyc>

Advice On Sitting Correctly

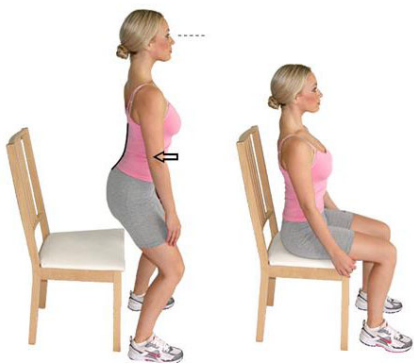


© rehabmypatient.com

When sitting on a chair: 1) Keep your eyes on the horizon. 2) Do not let your head drop forwards or down. 3) Do not let your shoulders drop forwards. 4) Do not let your upper back round. 5) Keep a gentle backward curve in your lower back.

Video: <http://youtu.be/V5TGzXUJlqo>

Correct Way to Sit Down and Stand Up



© rehabmypatient.com

To ensure you sit down correctly, first contract the deep abdominal muscles by squeezing the stomach inwards. Next, lean forwards onto your feet and stick your bottom out slightly to maintain the natural curve in the lower back (known as the Hyperlordosis) and then bend the legs to squat down. Make sure you keep the eyes looking forwards, do not drop the chin. To stand up from sitting, do the opposite: first contract the abdominal muscles, then maintain the curve in the lower back, and push up from the legs.

Video: <http://youtu.be/z7Db6E3fgzk>

Getting In and Out of Bed

To get in and out of bed, sit on the side of your bed, and bend your knees up onto the bed as you lower the upper body down, thus keeping your back straight. Do the opposite when coming up from lying.



Exercise Diary:



Advice On Bending

19. Nov (Week 1)					26. Nov (Week 2)					03. Dec (Week 3)					10. Dec (Week 4)				
T	W	T	F	S	T	W	T	F	S	T	W	T	F	S	T	W	T	F	S

17. Dec (Week 5)					24. Dec (Week 6)					31. Dec (Week 7)					07. Jan (Week 8)				
T	W	T	F	S	T	W	T	F	S	T	W	T	F	S	T	W	T	F	S



Avoid Forward Bending

19. Nov (Week 1)					26. Nov (Week 2)					03. Dec (Week 3)					10. Dec (Week 4)				
T	W	T	F	S	T	W	T	F	S	T	W	T	F	S	T	W	T	F	S

17. Dec (Week 5)					24. Dec (Week 6)					31. Dec (Week 7)					07. Jan (Week 8)				
T	W	T	F	S	T	W	T	F	S	T	W	T	F	S	T	W	T	F	S



Advice On Lifting

19. Nov (Week 1)					26. Nov (Week 2)					03. Dec (Week 3)					10. Dec (Week 4)				
T	W	T	F	S	T	W	T	F	S	T	W	T	F	S	T	W	T	F	S

17. Dec (Week 5)					24. Dec (Week 6)					31. Dec (Week 7)					07. Jan (Week 8)				
T	W	T	F	S	T	W	T	F	S	T	W	T	F	S	T	W	T	F	S



Advice On Lifting From the Floor

19. Nov (Week 1)					26. Nov (Week 2)					03. Dec (Week 3)					10. Dec (Week 4)				
T	W	T	F	S	T	W	T	F	S	T	W	T	F	S	T	W	T	F	S

17. Dec (Week 5)					24. Dec (Week 6)					31. Dec (Week 7)					07. Jan (Week 8)				
T	W	T	F	S	T	W	T	F	S	T	W	T	F	S	T	W	T	F	S

Advice On Sitting Correctly

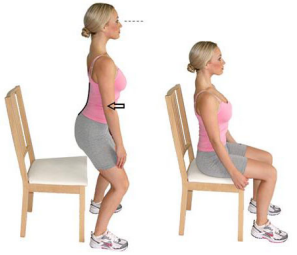


© rehabmypatient.com

19. Nov (Week 1)					26. Nov (Week 2)					03. Dec (Week 3)					10. Dec (Week 4)																	
T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M					

17. Dec (Week 5)					24. Dec (Week 6)					31. Dec (Week 7)					07. Jan (Week 8)																	
T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M					

Correct Way to Sit Down and Stand Up



© rehabmypatient.com

19. Nov (Week 1)					26. Nov (Week 2)					03. Dec (Week 3)					10. Dec (Week 4)																	
T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M					

17. Dec (Week 5)					24. Dec (Week 6)					31. Dec (Week 7)					07. Jan (Week 8)																	
T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M					

Getting In and Out of Bed



© rehabmypatient.com

19. Nov (Week 1)					26. Nov (Week 2)					03. Dec (Week 3)					10. Dec (Week 4)																	
T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M					

17. Dec (Week 5)					24. Dec (Week 6)					31. Dec (Week 7)					07. Jan (Week 8)																	
T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M					