



**Dr. Alex Jimenez**

El Paso Chiropractor



# PATIENT GUIDE TO SPINAL DECOMPRESSION, NUTRITION, & REHABILITATION

*Warning: Consult your doctor before using any health treatment — including herbal supplements and natural remedies — and tell your doctor if you have a serious medical condition or are taking any medications. The information presented here is in no way intended as substitute for medical counseling.*

Thank you for your confidence in choosing our center for your care. Our commitment to you is to provide you with the highest level of service and most advanced treatment technology available. Regaining your health is a process that will take time and active participation. Please follow our clinic's recommendation so that your recovery can be achieved in the shortest time possible with the best possible result. Low back and neck pain can be prevented by lifestyle choices, healthy meal choices, regular physical exercise, weight control, avoiding smoking, and learning the proper techniques for lifting and moving heavy objects. Exercises designed to strengthen the muscles of the lower back and the opposing abdominals are also recommended. Here are some things that can help ensure you the best, most long lasting results to your treatment protocol.

# Detoxify, Alkalize, Waterize, and Exercise

## Step 1 - Detoxify Your Body

First, lighten up your toxin load. Eliminate alcohol, coffee, cigarettes, refined sugars and saturated fats, all of which act as toxins in the body and are obstacles to your healing process.

Greatly reduce sugar intake. High sugar diets are typically deficient in the nutrients needed to prevent the release of chemical irritants. The average American consumes 100 lbs of sugar each year. Desert foods are high in omega 6 fatty acids which increase inflammation.

Another deterrent to good health is stress, which triggers your body to release stress hormones into your system. It's a good idea to detoxify stressful life situations. Yoga and meditation are simple and effective ways to relieve stress by resetting your physical and mental reactions to the inevitable stress life will bring.

### 9 Ways to Detoxify Your Body

1. Eat plenty of fiber, including brown rice and organically-grown fresh fruits and vegetables.
2. Cleanse and protect the liver by taking herbs such as dandelion root, burdock and milk thistle, and drinking green tea.
3. Take vitamin C, which helps the body produce glutathione, a liver compound that drives away toxins.
4. Consume a moderate amount of protein (chicken, fish, eggs).
5. Breathe deeply to allow oxygen to circulate more completely.
6. Transform your stress by emphasizing positive emotions.
7. Sweat in a sauna so your body can eliminate wastes through perspiration.
8. Dry-brush your skin or try detoxifying patches or foot baths
9. Most important way to detoxify...exercise.

<http://community.gaiam.com/gaiam/p/10WaystoDetoxifyYourBody>

## Step 2 - Alkalize Your Body

Robert Young in the book *The PH Miracle* affirms, "Overacidity in the body interferes with life itself. It is at the root of all sickness and disease. Overacidity is also what's keeping you fat." As your body becomes more alkaline you will notice "new mental clarity and powers of concentration, you'll build strength and stamina, and you'll lose excess body fat. You'll have bright eyes and clearer skin. You'll look better. Acid imbalance in the blood pH has been shown to cause muscle and joint pain, chronic fatigue, and Fibromyalgia."<sup>1</sup> Recommended reading is *The PH Miracle* by Robert Young and Shelly Young

### Anti-Inflammatory Diet

Some foods like caffeine, chocolate, red meat and processed food actually increase acidity and inflammation leading to more pain. Reduce your consumption of foods made with white flour and sugar, especially bread and most packaged snack food (including chips and pretzels). Avoid products made with high fructose corn syrup especially sodas and diet sodas. Avoid regular safflower and sunflower oils, corn oil, cottonseed oil, and mixed vegetable oils. Strictly avoid margarine, vegetable shortening, and all products listing them as ingredients. Strictly avoid all products made with partially hydrogenated oils of any kind. Reduce your intake of saturated fat by eating less butter, cream, cheese and other full-fat dairy products, skin-on chicken and fatty meats, and products made with coconut and palm kernel oils.

### Best to Eat

Aim for variety. Include as much fresh food as possible. Eat an abundance of fruits and vegetables. Eat more whole grains such as brown rice and bulgur wheat, in which the grain is intact or in a few large pieces. These are preferable to whole wheat flour products, which have roughly the same glycemic index as white flour products. Eat more beans, winter squashes, and sweet potatoes. Include in your diet avocados and nuts, especially walnuts, cashews, almonds, and nut butters made from these nuts. Use extra-virgin olive oil as main cooking oil. If you want neutral tasting oil, use expeller-pressed, organic canola oil. For omega-3 fatty acids eat salmon (preferable fresh or frozen wild or canned sockeye), sardines packed in water or olive oil, herring, and black cod (sablefish, butterfish); omega-3 fortified eggs; hemp seeds and flaxseeds (preferable freshly ground); or take a fish oil or a Krill oil supplement.



## Step 3 - Waterize

The human body is more than 70% water. Water is needed in the function, repair, and growth of all avascular white tissues, including ligaments, cartilages, joints and spinal discs. <sup>2</sup>

Daily water intake should be 1 ounce of water for every 2 pounds of your body weight. So if a patient weighs 150 lbs then they should consume 75 ounces of water per day.

“Most people believe that all bottled water and distilled water is the same and that they are good for you. The truth is that most distilled and bottled water are acidic (less than 7.0 PH) and it is referred to as “dead water” because it is devoid of minerals, is extremely acidic, and tends to further dehydrate the user. The water one drinks should be slightly more alkaline than blood. (PH of 7.3)” <sup>3</sup>

Add liquid calcium, PH up, Alka Max or any drops purchased at a major health foods store to add ph (alkalinity) to water. You should also squeeze fresh lemon or lime juice into your water to increase the alkalinity.

Most patients with musculoskeletal problems are already dehydrated, and patients who age more rapidly than their years are often found to have a body composed of 50% water instead of the 70%.” <sup>4</sup>



### Water & Your Discs

The intake of at least 64 ounces of water or half the person’s body weight in ounces is essential for nutrition delivery and waste elimination for spinal discs, ligaments, joints, and all body functions, that is, if they are to perform at an optimal level. <sup>1,6</sup> Each spinal disc nucleus contains 88% water. <sup>4,7</sup> 75% of a persons body weight is supported by the discs in the low back. If these discs lose water they will lose height which will subsequently shift the weight load from the discs to the posterior joints ultimately leading to degenerative changes and bone spurring in the spinal canal.

# General Guidelines for Keeping & Maintaining a Healthy Back

- Stretch and warm up before exercising
- Maintain an ergonomic work station
- Avoid slouching when seated or standing
- Maintain a healthy weight
- Use a chair with a lumbar support when seated
- Use a foot stool that maintains the knees at a higher level than hips
- Stand on flexible rubber mats to avoid the impact of concrete
- Wear supportive, soft soled shoes and avoid the use of high heels



You may get sore from the treatments the first week or even longer. The soreness is usually similar to soreness that comes from working out for the first time in a long time. The treatments should not exacerbate your actual pain. If the pain becomes worse or the pain travels farther down your leg then please tell your doctor.

### Decompression

Decompression should be performed 4-5 times per week for the first two weeks. You may become sore during this time. This is perfectly normal.

### Ice

Apply ice 3-4 times per day for the first 4 days for 20 minutes.

### Rest

- Complete bed rest should never exceed more than two days.
- Patients should rest for the first two weeks as much as possible. However prolonged sitting can lead to deconditioning which can exacerbate the problem.
- Patients should avoid sitting for prolonged periods of time as much as possible.
- Lying down is better than sitting.
- Anything that causes the leg pain to increase or anything that compresses the spine should be avoided.
- A goal can be to walk 20 minutes for every 3 hours of lying down.

### Exercise

A light walk to keep moving during the first two weeks is ok as long as the pain does not increase or travel farther down the leg.

No strenuous exercise should be performed in the first two weeks.

### Back Brace

Wear a back brace as much as possible for the first two weeks.



# Nutrition

## Phase 1 Nutri-Pack

	Upon Rising	Breakfast	Mid Morning	Lunch	Mid Afternoon	Dinner	Bed
Water Intake w/ Alkaline Lemon Drops	One 8 oz Glass	One 8 oz Glass before food	One 8 oz Glass	One 8 oz Glass before food	One 8 oz Glass	One 8 oz Glass	
Pain & Inflammation Complex Days 1-15	2		2				2
Glucose Complex Days 1-60		1		1		1	
Daily Multi-vitamin				1			

- Do not take Pain and Inflammation Enzymes if you have aspirin sensitivity, depression, or are pregnant.
- Do not take Glucosamine COMPLEX if you have a sulfur sensitivity.



# Rehab Protocols

## Learning to Stabilize the Pelvis and Find Neutral Spine Position

The initial phase of stabilization training begins with isolated muscle contractions. Stabilization training is initiated with the patient being instructed in the neutral spine position. The neutral spine position is where the spine is in ideal alignment and is found by envisioning the face of a clock on the abdomen, with 12:00 at the belly button and 6:00 at the pubic bone.

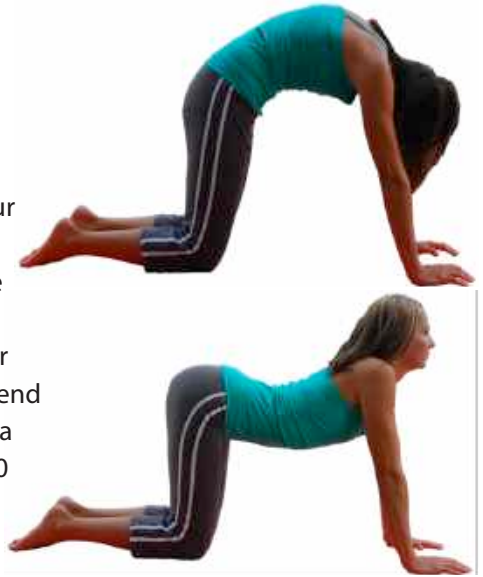
The pelvis is then alternately tilted so that 12:00 rocks toward the floor and 6:00 rocks towards the ceiling. Then switch and 6:00 rocks toward the floor and 12:00 rocks towards the ceiling. Repeat this 10 times in each direction gently and slowly.

The neutral position within that range is the point where you identify is the most comfortable. This position is emphasized and should be maintained for all movements performed during stabilization activities as well as all daily activities.



## Cat/Camel Stretch

Get down on all fours. To create the hump of a camel position round your back by pushing it upward and by rocking your pelvis backward. Pause for one count, then push your lower back towards the floor and rock your pelvis forward by sticking your rear end out to create the arched position of a cat. That's one repetition. Perform 10 repetitions



## Abdominal Bracing

Abdominal bracing means to gently pull your abdomen straight back toward your spine (sucking your belly button in towards your spine). Maintain the spine in neutral position. You can tell if you are tensing the correct muscles by placing your fingers just inside your hip bones. These muscles should get harder as you perform the abdominal brace.

**While breathing hold for 10 seconds standing, kneeling, and laying down. Perform 5 repetitions of each.**



### Decompression

Perform decompression 3 times during the 3rd week.

### Ice and Back Brace

Continue to ice and use the back brace as needed.

### Nutrition

	Upon Rising	Breakfast	Mid Morning	Lunch	Mid Afternoon	Dinner
Water Intake w/ Alkaline Lemon Drops	Two 8 oz Glasses	One 8 oz Glass	One 8 oz Glass	One 8 oz Glass	One 8 oz Glass	One 8 oz Glass
Glucose Complex with MSN Days 1-60		1		1		1

# The Stretching Protocol

**Warning:** The following back exercises should never be performed if they cause irritation to your back or any other condition while they are being performed! As each back condition is different, always consult your doctor before performing any of these exercises to determine what exercises, if any, are right for your particular condition. If you have any discomfort after performing any of these exercises, discontinue immediately and consult a doctor to properly assess your situation.

## Brugger's Relief Position

Sit on the edge of a chair. Rock your pelvis forward into a tilt. Slightly tuck your chin in and turn your hands outward so that your thumbs are pointing behind you. Bring your head back so your ears are over your shoulders. Spread apart your fingers. Breathe deeply in, hold for 2 seconds and then breathe all the way out. Perform this Exercise 10 Times Perform this position several times per day especially if you sit a lot.

**You should do this exercise every 15 minutes when sitting.**



## Piriformis Stretch in a Chair

Sit at the edge of a chair and cross your right ankle over your left knee. Keeping your spine lengthened, bend at the hips (no stooping) until you feel a stretch deep in the buttocks. Stretch only in the “feels-good” range, and not into discomfort. It may also feel good to push against the inside of your right knee with your right hand.

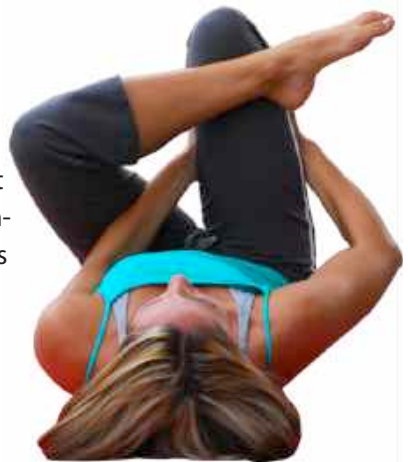
**Hold for 30 seconds on each leg and perform 3 times on each leg.**



## Piriformis and Gluteal Stretch

Lying down on your back, bend your right knee, and place your left leg over the right leg, resting the outside of the left ankle slightly above the right knee. Place your right hand around the outside of your right thigh and place the left hand around the inside of your right thigh. Lock the two hands together. Now pull forward towards your chest to achieve a stretch in the left gluteus portion of your buttocks. Do the exact opposite to achieve a stretch of the right gluteus portion of the buttocks. Hold each stretch for a minimum of 30 seconds.

**Perform 3 Repetitions on Each Leg For 30 Seconds Each**





## Hamstring Stretch

Lie on your back, keeping the back flat and your eyes focused upward. Grasp the back of one thigh with both your hands and (leg bent) pull that thigh into a 90-degree position vs. the floor. Then slowly straighten your knee. After you've gotten used to doing this exercise, you can achieve a better stretch by pulling your thigh closer to your chest—but don't overdo it!

**Hold the stretch On Each Leg For 30 Seconds for 3 repetitions on each leg.**



## Spine Twist

While lying face up on the mat, bend the right leg and place the right foot on the left knee. Slowly twist to the left while taking the right hand straight out on the floor, the left hand gently pressing on the right knee. Relax into the stretch.

**Hold for 30 Seconds then Repeat on the other side**



## Low Back Side to Side Stretch

Start by lying on your back with arms outstretched at shoulder level. Bend both legs. Slowly, drop your knees to the left until the left knee is touching the floor. While dropping your knees, keep your shoulder blades flat on the floor. Hold for 10 seconds. Don't force the stretch. Then slowly rotate to the other side and stretch for 10 seconds. Then you can slowly rotate the legs back and forth, side to side, stretching a little farther each time.

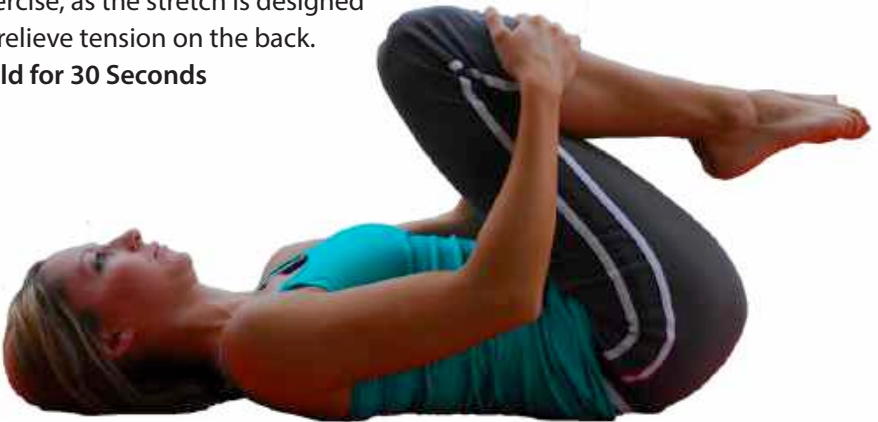
**Perform 10 repetitions to each side.**



## Low Back Knee to Chest Stretch

While lying on your back, pull both knees to your chest until you reach a comfortable stretch in the low back. Do 3-4 repetitions this way holding each one for 30 seconds at a time. You should feel no pain with this exercise, as the stretch is designed to relieve tension on the back.

**Hold for 30 Seconds**





## Prayer Stretch

Start by sitting back on your heels with your face to the floor and your arms overhead. Then bend at the waist until the stretch is felt. Let your buttocks sink into your heels. You can reach to either side in order to localize stretch to the sides of the trunk.

**Hold 30 seconds. Perform 3 repetitions of each.**



### Decompression

Perform decompression **3 times** during the **4th week**.

### Ice and Back Brace

Continue to ice and use the back brace as needed.

### Nutrition

	Upon Rising	Breakfast	Mid Morning	Lunch	Mid Afternoon	Dinner	Bed
ALKALINE WATER INTAKE With freshly-squeezed Lemon or Lime Juice	Two 8 oz Glasses	One 8 oz Glass	One 8 oz Glass	One 8 oz Glass	One 8 oz Glass	One 8 oz Glass	
Glucose Complex with MSN Days 1-60		<b>1</b>		<b>1</b>		<b>1</b>	

# Week 4 Rehab Protocols

**Warning:** The following back exercises should never be performed if they cause irritation to your back or any other condition while they are being performed! As each back condition is different, always consult your doctor before performing any of these exercises to determine what exercises, if any, are right for your particular condition. If you have any discomfort after performing any of these exercises, discontinue immediately and consult a doctor to properly assess your situation.

## Stretching Protocol

The Stretching Protocol is now to be performed on your own each day.

### Bridge

Lay on your back, with your hands down by your side, with the backs of your hands on the floor and your fingers spread apart. Pull your belly button into your spine and contract your abdominal muscles. With your feet hip distance apart, press your hips up until your body is in a 45 degree "diagonal." Hold for 5 seconds. Keeping the abdominals and glutes contracted, return to the starting position. Make sure that you do not arch your back at anytime during the exercise--this is an indication that you are not contracting your abdominals.

**Hold for 2 Seconds for 10 Repetitions for 3 Sets**



## Curl Ups

Lie on your back with your hips and knees bent. Cross your arms in front of your chest. Maintain the abdominal brace by sucking your belly button back towards your spine. Slowly raise your chest up so that your back curves. Keep your chin slightly tucked throughout the movement. Be sure to maintain the abdominal brace while you do this. Keep your head in line with your body; don't press your chin to your chest. Hold this position for 1-2 seconds, and then slowly lower yourself down to the floor.

**Perform 5 To 15 Repetitions for 3 Sets**



## Curl Ups With a Twist

Lie on your back with your hips and knees bent. Maintain the abdominal brace position by sucking your bellybutton towards your spine. Cross your arms in front of your chest. Slowly raise your chest up while at the same time rotating your shoulder towards your opposite knee. Keep your chin slightly tucked but keep your head in line with your spine throughout the entire movement. Slowly lower yourself down and repeat to the other side.

**Perform 5-15 Repetitions on each side for 3 Sets**



## Supine Pelvic Rotation With Feet On The Floor

Lie on your back with your hips and knees bent and your feet on the floor. Maintain the abdominal brace position by sucking your belly button into your spine. Have your arms extended out to the sides and turn them out so the back of the hands are against the floor with the fingers spread apart. Slowly rotate the pelvis to the right so that the knees move halfway to the floor. Be sure to maintain the abdominal brace and don't let your back arch. Straighten up and then repeat to the other side.

**Perform 10 Repetitions to each side**



## Quadruped With Single-Arm Raise

From the hands and knees position maintain the abdominal brace by sucking your belly button to your spine. Keep your head in neutral position in line with your spine. From this position raise your right arm without letting your back arch or your chin poke. Maintain the abdominal brace throughout. Bring your arm back down to neutral and then raise your left arm.

**Perform 10 Repetitions with each arm**



## Quadruped With Single Leg Raise

From the hands and knees position maintain the abdominal brace by sucking your bellybutton towards your spine. Keep the spine in a neutral position with your head aligned with your spine. From this position extend your right leg behind you. Be sure that you do not let your chin poke out or arch your back, or let your hips sway to one side. Maintain the abdominal brace while performing. Return your leg to the floor and repeat with the other leg.



**Perform 10 repetitions on each leg for 3 Sets**

## Wall Squats

Place a Swiss ball between your lower back and a wall. Lean against the Swiss ball with your feet firmly planted about 12 inches in front of you, shoulder width apart. Maintain the abdominal brace by sucking your belly button into your spine. Slowly lower yourself down until your knees are at 90 degrees. Keep your weight on your heels. Do not ever exceed 90 degrees. Then slowly raise yourself back up to the starting position.

**Perform 10 Repetitions of 3 Sets**





## Prone Track with Single Leg Raise

Lie face down with a pillow under your abdomen. Maintain the abdominal brace. Slowly raise your right leg as high as you can without twisting your body. Then lower the right leg to the ground and then raise your left leg as high as you can. Maintain the abdominal brace at all times and don't arch your back.

**Perform 10 Repetitions with each leg for 3 Sets**



## Prone Track with Single Arm Raise

Lie face down with a pillow under your abdomen. Maintain the abdominal brace. Slowly raise your right arm as high as you can. Lower it to the ground and then raise the left arm as high as you can.

**Perform 10 Repetitions with each arm for 3 Sets**





# Week 5 - Month 4

## Decompression, Nutrition, and Rehab Protocols

### Decompression

Starting in Week 5, Decompression should be performed 2 times per week until the patient is 90% out of pain and has stabilized. Most patients will benefit from a 1-month maintenance treatment once the maximum medical improvement has been reached.

### Exercise

After the first month of care patients should perform some sort of aerobic exercise 3-4 times per week for 30 minutes. Aerobic exercise may help to improve the body's ability to break down scar tissue via tissue plasminogen activator. Continue Alkaline Water Intake as Prescribed Above.

### Nutrition

#### Phase 2- Disc/Joint Pack Week 5

1 Glucosamine Complex w/ MSM w/ 90 tablets

1 Fish Oils w/ 60 softgels

**\* Do not take Glucosamine Complex if you have a sulfur sensitivity!**

	Breakfast	Lunch	Dinner
Glucosamine w/ MSM	1	1	1
Fish Oils	1	1	1

## Week 5 Rehab Protocols

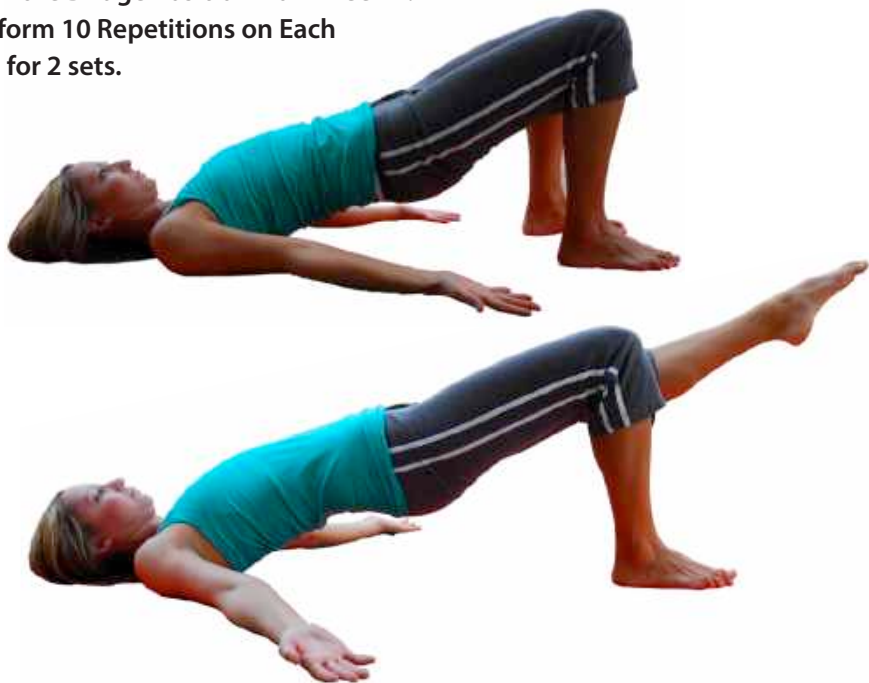
**Warning:** The following back exercises should never be performed if they cause irritation to your back or any other condition while they are being performed! Always consult your doctor before performing any of these exercises to determine what exercises, if any, are right for your particular condition. If you have any discomfort after performing any of these exercises, discontinue immediately and consult a doctor.

### Bridge with Leg Extension

Lay on your back, with your hands down by your side, with the backs of your hands on the floor. Pull your belly button into your spine and contract your abdominal muscles. With your feet hip distance apart, press your hips up until your body is in a 45 degree "diagonal." While holding this bridge position, lift your left leg up and extend it straight and hold for two seconds. Then lower the left leg and raise the right leg straight and hold it for 2 seconds. Alternate raising your legs for 10 repetitions on each side. Make sure that you do not arch your back at anytime during the exercise.

**If you cannot perform this exercise without shaking or arching then perform the Bridge Position from Week 4.**

**Perform 10 Repetitions on Each Leg for 2 sets.**



## Curl Ups

Lie on your back with your hips and knees bent. Cross your arms in front of your chest. Maintain the abdominal brace by sucking your belly button back towards your spine. Slowly raise your chest up so that your back curves. Keep your chin slightly tucked throughout the movement. Be sure to maintain the abdominal brace while you do this. Keep your head in line with your body; don't press your chin to your chest. Hold this position for 1-2 seconds, and then slowly lower yourself down to the floor.

**Perform 10 To 15 Repetitions for 3 Sets**



## Curl Ups With a Twist

Lie on your back with your hips and knees bent. Maintain the abdominal brace position by sucking your bellybutton towards your spine. Cross your arms in front of your chest. Slowly raise your chest up while at the same time rotating your shoulder towards your opposite knee. Keep your chin slightly tucked but keep your head in line with your spine throughout the entire movement. Slowly lower yourself down and repeat to the other side.

**Perform 10-15 Repetitions on Each Side for 3 Sets**



## Dead Bug Exercise

Lie on your back with your knees bent, your feet in the air, and your arms extended straight out in front of you. Maintain the abdominal brace by sucking your belly button towards your spine. Slowly raise your right arm over your head while you slowly extend your left leg straight out. Maintain the abdominal brace and don't let your back arch. It is also important that the non-moving arm and leg remain stationary. Return to the starting position and repeat with the left arm and right leg.

**Perform 10 Repetitions on Each Side for 3 Sets**



## Supine Pelvic Rotation with Feet Off the Floor

Lie on your back with your hips and knees bent and your feet in the air. Maintain the abdominal brace position by sucking your belly button towards your spine. Have your arms extended out to the sides and turn them out so the back of the hands are against the floor with the fingers spread apart. Slowly rotate the pelvis to the right so that the knees move halfway to the floor. Be sure to maintain the abdominal brace and don't let your back arch. Straighten up and then repeat to the other side.

**Perform 5 Repetitions to Each Side.**



## Quadruped Cross Crawl

From the hands and knees position maintain the abdominal brace by sucking your belly button into your spine. Keep your head in neutral position in line with your spine. From this position raise your right arm and your left leg at the same time without letting your back arch or your chin poke. Maintain the abdominal brace throughout. Bring your arm and leg back down to neutral and then raise your left arm and right leg.

**Perform 10 Repetitions on Each Side for 2 sets.**



## Wall Squats

Place a Swiss ball between your lower back and a wall. Lean against the Swiss ball with your feet firmly planted about 12 inches in front of your shoulder width apart. Maintain the abdominal brace by sucking your belly button into your spine. Slowly lower yourself down until your knees are at 90 degrees. Keep your weight on your heels. Do not ever exceed 90 degrees. Then slowly raise yourself back up to the starting position.

**Perform 10 Repetitions For 3 Sets**



## Forward Lunges

Stand with your arms at your sides. Maintain the abdominal brace by sucking your belly button towards your spine. Slowly step forward with your left foot approximately one-half a stride length. Slowly lower yourself until your knee lightly touches the ground. Slowly raise yourself up again returning to the starting position. Maintain the abdominal brace position and be sure not to let your back arch at any time.

**Perform 10 Repetitions to Each Side**



## Backward Lunges

Stand comfortably with your arms at your sides. Maintain the abdominal brace. Slowly step backward with the left foot approximately one-half a stride length. Slowly lower yourself until your knee lightly touches the ground. Slowly raise yourself up again returning to the starting position. Maintain the abdominal brace at all times and don't let your back arch. Repeat with the right leg.

**Perform 10 Repetitions on Each Leg for 3 Sets**



## Side Lying Track

Lie on your side propped up on your forearm. Maintain the abdominal brace. Have your knees bent so that your feet are behind you. Try to keep your body straight in line from your head to your knees. Push your pelvis up a few inches from the floor until your body is straight. Then slowly lower back down to the ground.

Perform 10 Repetitions on Each Side for 3 Sets



## Prone Track

Lie face down with a pillow under your abdomen. Maintain the abdominal brace. Slowly raise your right arm as high as you can while at the same time raising your left leg. Lower both to the ground and then raise the left arm and right leg as high as you can.

Perform 10 Repetitions on Each Side for 3 Sets





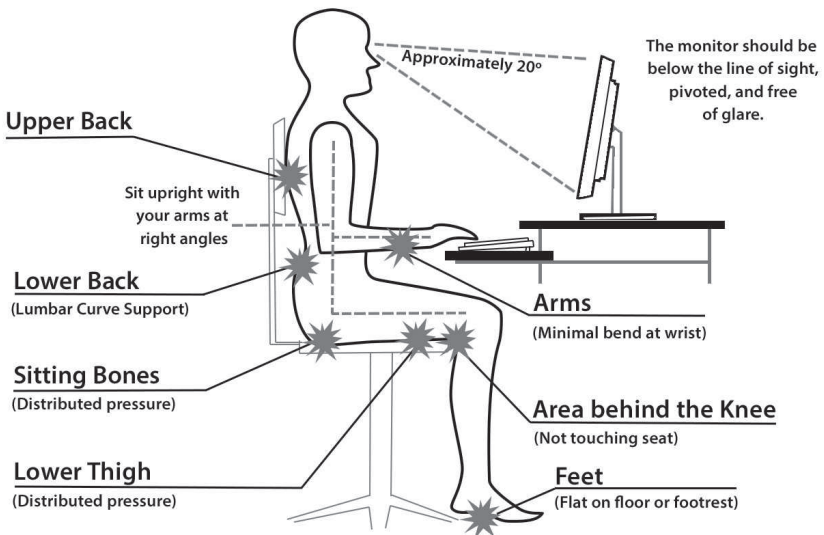
# Months 4 - 12

## Nutrition and Important Tips

	Breakfast	Lunch	Dinner
Glucosamine w/ MSM rest of your life	1	1	1
Fish Oils rest of your life	1		1
Multivitamin		1	

### Tips for an Ergonomic Work Station

- Don't slouch. Use a lumbar support.
- Never sit for more than 20 to 30 minutes without taking a 1-2 minute stretch break.
- Position Source documents directly in front of you between the monitor and the keyboard using a copy stand.



# The Rules of Lifting

- Obtain wide base of support, feet minimum of shoulder width apart.
- Keep the load close to the body to reduce stress on the spine and back muscles. If the load is too far away from the body, the muscles of the spine have to work harder to help with the lift.
- Maintain the neutral spine position!
- Remember to lift with the large muscles of the legs!
- Do not lift immediately after prolonged sitting, stooping, or sleeping.
- Avoid twisting. Move your whole body if you have to turn.
- Avoid twisting AND bending of the lower back at the same time!
- This is one the most damaging movements to the spine.



## References

- <sup>1</sup> Mark Young, Robert and Shelley. The pH Miracle. 2002 Warner Wellness. New York, NY
- <sup>2</sup> Mark Balch PA, Balch JF. Prescription for Nutritional Healing, 3rd edition. 2002 Avery New York
- <sup>3</sup> Mark Mu Shik Jhon. The water puzzle and the Hexigonal Key. 2004 Uplifting Press
- <sup>4</sup> Mark Broody TA. Alkalinize or Die. 1995 Portal Books California
- <sup>7</sup> Saulter F, Oglive-Harris D: Healing in inter-articular fractures and continuous passive motion 1994
- <sup>8</sup> DePalma AF, Rothman RH. The intervertebral disc. 2000 WB Saunders Philadelphia, PA; 347

Visit us at

**Dr. Alex Jimenez**  
**11860 Vista Del Sol, Suite 128**  
**El Paso, Texas 79936**

On the Web at

**DrAlexJimenez.com**

Call us at

**(915) 850-0900**



**Dr. Alex Jimenez**  

---

**El Paso Chiropractor**