

What Can I Do At Home To Help Hold My Adjustments Longer?



Take your wallet and phone out of your back pocket while you sit. Having objects like your phone or wallet in your back pants pocket while you sit will make your hips sit at an angle. Overtime, this will cause low back and hip pain. Its an easy fix to help prevent low back pain and help hold your adjustments.



How does your neck and upper back feel after you wake up in the morning? Is your pillow too big and there's too much pressure on your head? Is your pillow too small and not supporting your head enough? Try to find a pillow that supports your head and neck in a neutral position. If you need to get a new one, this can help reduce how often your neck hurts.



Exercising is an excellent way for you to help hold your adjustments! If you don't do any exercise, something as simple as walking can make a big difference! Our bodies were made to move. By moving a little everyday we can help keep our bodies healthy. Can you get a 5-10 minute walk in today?



Stretching and mobility are essential to keeping our bodies as pain free as we can. There are simple stretches that we can do everyday to help keep our muscles loose. When our muscles are loose, we don't have struggle with being stiff and achy all the time. Haven't stretched in a while? Today is the perfect day to start.



Our diet and what we eat can greatly impact our health and well-being. Are you eating food that causes inflammation in the body? Are you getting all the protein, vitamins and minerals that your body needs? Eating highly processed foods may taste good but can slow us down from the things we would like to do in life.



How are your stress levels? How is your emotional state? Emotions can be great, but emotions can also lead to negative health issues if left unchecked. For example, stress is often stored in the neck and upper back. Working on stress and anxiety levels can help people with neck and upper back pain.



Are you getting enough sleep? How is your bed? Do you wake up sore and stiff? Sleeping helps our body heal and recover. If you don't get enough quality sleep, that will negatively impact our lives. Sometimes replacing an old mattress can help with that nagging back pain. Sometimes making sure we don't eat right before bed helps us fall asleep and stay asleep longer. Did you have coffee too close to bed?



Do you need to make changes to your work environment? Do you sit all day for your job? Getting a standing desk can make a big difference for your back and neck pain. Are you lifting too heavy things at work or home? Maybe get some help from a co-worker, friend or family member.