

# **BURBANK-GLENDALE CHIROPRACTIC**

1902 W. GLENOAKS BLVD.

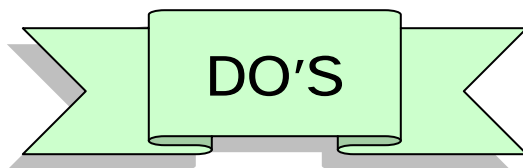
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## **WHAT YOU SHOULD AND SHOULD NOT DO**



### **BEFORE TREATMENT**

Try to relax as much as possible.  
Take a warm bath or shower if possible.  
Bring someone with you so they can drive you home.  
Take a short walk.

### **AFTER TREATMENT**

Take a short walk.  
Avoid prolonged sitting.  
Avoid lifting.  
Avoid any twisting.

### **STANDING**

Try not to stand in one place for prolonged periods of time.  
Don't bend over with straight legs.  
If you do have to stand for more than a few minutes:  
Put one foot up about 6"-10", on a box or other object or,  
Bend your knees.

## SITTING

Avoid overstuffed chairs, recliners, sofas, the floor, etc.

Don't sit in a chair that is too high or too far from your work.

Avoid leaning forward.

Avoid slouching.

Sit in firm, straight backed chairs that give your low back support and allow your feet to sit flat on the floor.

Try to avoid riding in a car for more than 30 min. at a time, especially if you are driving a manual transmission car.

Take frequent breaks from prolonged sitting. Take a 5 minute walk.

Use ergonomic furniture.

NEVER sit on your wallet.

When driving, move your car seat forward to keep your knees bent and higher than your hips.

Be sure the hollow of your back is fully supported. If not use a pillow or rolled up towel.

Drive with both hands on the wheel at all times.

## LYING/SLEEPING

Never lay on a couch with your head propped up on the arm.

In rising up from the lying down position, always turn on your side and come up sideways by dropping your feet over the edge of the bed, then lifting your body with your arms.

### **Bed**

If you are going to buy a new bed, **be sure to talk to Dr. Borah first!**

The best beds are 100% latex with NO urethane at all, not even in the quilted cover.

If you don't smoke or use direct heat near your bed DO NOT get chemical based flame retardant bedding.

Depending on your spine and how you sleep you may need a firm, medium or soft mattress.

DO NOT use futons. Even the best futon mattress does not give proper support.

Foam mattresses are the worst. Memory foam are not good (like *Tempur-pedic*®).

If appropriate be sure you flip your mattress over every month. You should flip it end over end one month and then side over side the next month.

Be sure the type of pillow you use also matches your body type and the way you sleep.

### **Positions**

The best position is lying on your back with a small cervical pillow under your neck and a normal (firm) pillow under your knees. You can use a rolled towel under your neck.

The next best position is side lying with a pillow under your head, keeping your neck straight and a medium to firm pillow between your bent knees (in the fetal position).

The worst position is lying on your stomach.

If you can't stay off your stomach:

Try putting blankets or something under the foot of your mattress to raise it up 8"-10"  
or

Sew thread spools or large buttons on the front of a T-shirt and wear it to bed.

## WALKING

Walk at a normal pace with your arms swinging normally.

Walking when you are stressed, at work, carrying anything or walking fast does not count.

If you are not swinging your arms in the normal “cross-crawl” fashion it does not count.

It’s always better to take a lot of short walks rather than one long walk.

AVOID walking in high heeled shoes. Use good quality walking shoes whenever possible.

## LIFTING

NEVER twist while you are lifting!

Keep your feet shoulder width apart. Place the ball of one foot even with the arch of the other.

Lift with your legs, NOT your back.

Keep your back straight.

Keep the load close to your body.

Don’t bend over with your legs straight.

Avoid lifting above the height of your shoulders.

## GENERAL

Do not “crack” your own joints or have a non-professional “crack” your joints.

Only use ice unless your chiropractor tells you otherwise.

When lifting weights during a workout, be sure to always support the low back even during an upper body workout.

Never get out of a spa or Jacuzzi into the cold.

Always let your chiropractor know about any new injuries, accidents or aches or pains.

Always have your chiropractor examine you within 48 hours of any auto accident, lifting or twisting injury or slip and fall accident, etc.

Do not miss any chiropractic appointments. Your doctor has scheduled you for the appropriate number and frequency of appointments and CONSISTENCY is of paramount importance in your treatment. **REMEMBER: WE CAN’T GET YOU WELL IF YOU DON’T MAKE YOUR APPOINTMENTS!**

Avoid driving a manual transmission car.

Get out of a car like a woman wearing a mini-skirt. Swing both of your legs out first and then stand up.

When you cough or sneeze, place your hands in the small of your back with the fingers pointing downward – thumbs toward the front and tuck the chin forward.

NEVER use a dry heating pad.

Exercise regularly. Do slow, gentle stretching and cardiovascular activities like swimming, cycling or walking. If you are just starting your exercise program, check with your chiropractor first.

Keep your weight down. Even 10 extra pounds can aggravate a bad back.

Eat right, get adequate rest and keep your stress under control.

If the activity you are doing causes pain (other than a normal stretching discomfort), stop the activity immediately and report it to your chiropractor on your next visit.