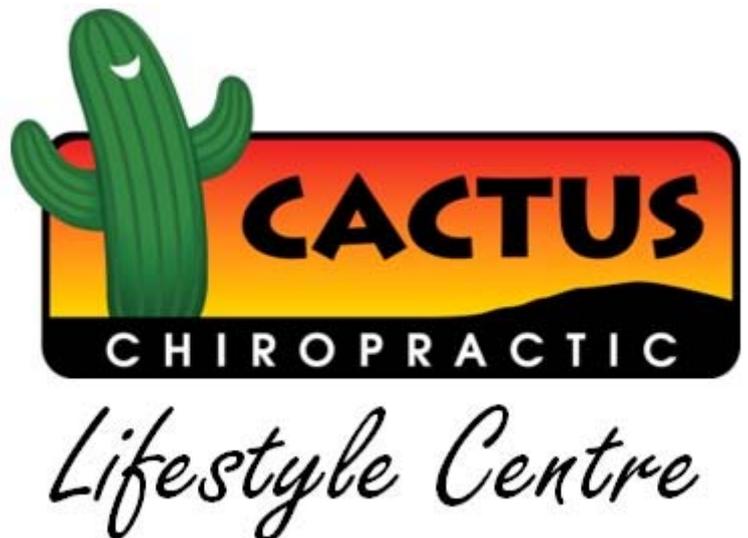


# SPINAL HYGIENE EXERCISES



## Spinal Hygiene Exercise

- **Incorporate your Spinal Hygiene exercises (AHC, Y/W/T/L, and R.O.M.) into your daily routine (during breaks at the office, whenever you get up to go to the washroom, in the morning and evening).**
- The Spinal Hygiene™ exercises are aimed at countering the effects of too much sitting, poor posture, and not enough movement. They assist in healing and preventing spinal degeneration.
- The Spinal Hygiene™ exercises are designed to restore and maintain range of motion, muscular strength and stamina, joint lubrication and nutrition, and proper posture. When these aspects of spinal health are restored, healthy spinal neurology (communication and coordination) can also be restored and maintained.
- “Posture affects and moderates all human functions, both consciously and unconsciously, from breathing to hormone production, to thinking.”<sup>1</sup>
- Research commissioned by the British Chiropractic Association (BCA) showed that a third (1/3) of people spend over 10 hours sitting down every day.
- Children’s developing musculoskeletal structures are especially vulnerable to damage caused by sitting and poor posture.<sup>2</sup>
- Having an exaggerated curve in your mid-back is associated with a higher risk of death.<sup>3</sup>
- Clearly our ancestors did NOT do spinal hygiene exercises or get regular postural care. However, they were moving every day and NEVER sat at a desk or in front of television or video games. This is no longer possible in Industrial Society. We now require regular postural care and daily spinal hygiene exercises.<sup>4</sup>

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<sup>1</sup> Lennon et al. Postural and respiratory modulation of autonomic function, pain, and health. *Am J Pain Manage* 1994 (4) 36-39.

<sup>2</sup> Oates, S. Lennon et al. Elementary school children at risk. *Computers in Schools*. 1998 14(3/4):55-63.

<sup>3</sup> Kado et al., Hyperkyphotic Posture Predicts Mortality in Older Community-Dwelling Men and Women: A Prospective Study *Journal of the American Geriatrics Society* 2004 52 (10) 1662.

<sup>4</sup> Chestnut JL. *Innate Physical Fitness and Spinal Hygiene*. The Wellness Practice – Global Self Health Corp., Victoria, BC. 2005.

## **SPINAL HYGIENE EXERCISES**

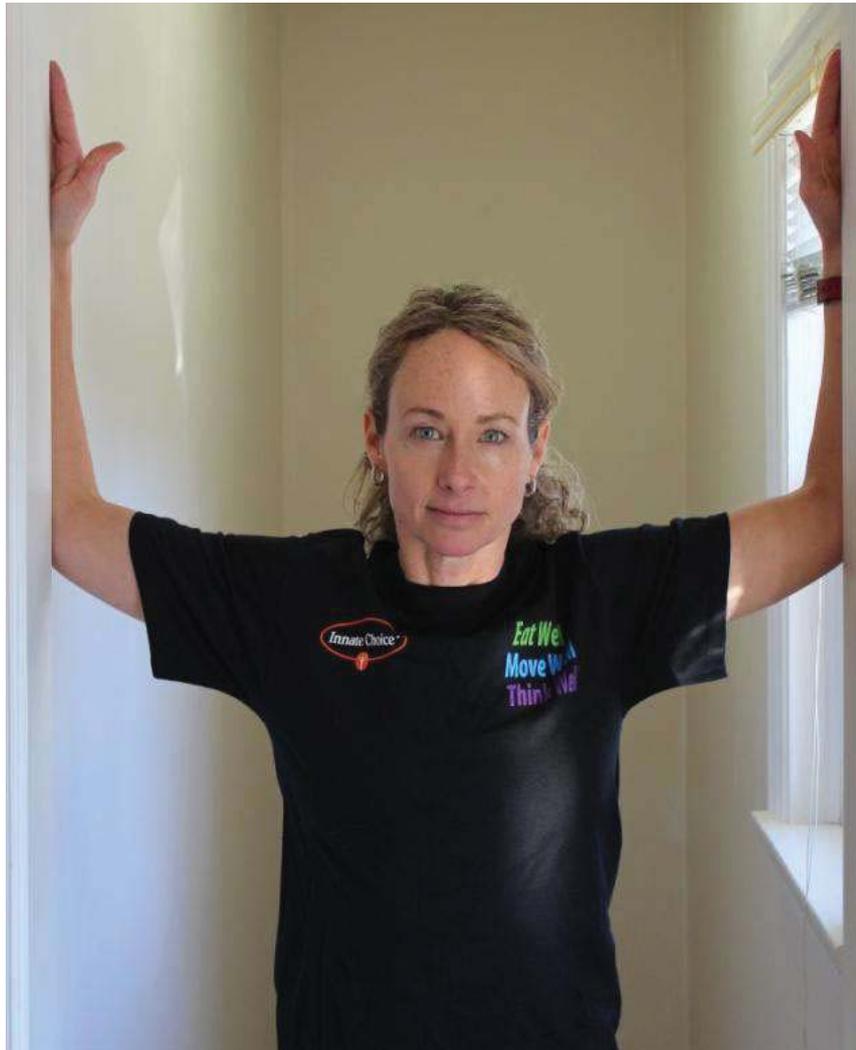
Incorporate your Spinal Hygiene exercises (AHC, Y/W/T/L, and R.O.M.) into your daily routine (during breaks at the office, whenever you get up to go to the washroom, in the morning and evening).

### **MOVE WELL DOORWAY STRETCH**

Stand in doorway with shoulders and elbows and right angles keep head pulled back and chin slightly tucked.

Walk or lean through doorway forcing arms posterior and stretching chest, shoulders, and internal rotators.

Relax and inhale, exhale slowly while actively stretching; Hold for 30 seconds.



## SPINAL HYGIENE EXERCISES (cont.)

### **MOVE WELL ANTERIOR HEAD CARRIAGE (FORWARD HEAD POSTURE) EXERCISE**

Place heels, buttock, upper back, and head against wall.

Bring arms up with right angles at shoulder and elbow and externally rotate attempting to bring forearms and back of hand against the wall. Tuck chin slightly to create flexion in upper cervical spine.

Relax and inhale, exhale slowly while pressing back of head and arms against wall. Progress slowly in terms of number of repetitions and force applied until you can perform 10 repetitions of 5 seconds.

#### **BASIC**



#### **ADVANCED**



## SPINAL HYGIENE EXERCISES (cont.)

### SCAPULAR-THORACIC EXERCISES (YWTLs)

For all of these exercises the object is to pull the shoulder blades together as much as possible and hold for 15 seconds. Inhale while relaxing, exhale while contracting and holding. KEEP THUMBS POINTED BACK TO PROTECT SHOULDERS.

Best done standing.



**Y**



## SPINAL HYGIENE EXERCISES (cont.)

### SCAPULAR-THORACIC EXERCISES (YWTLs)

For all of these exercises the object is to pull the shoulder blades together as much as possible and hold for 15 seconds. Inhale while relaxing, exhale while contracting and holding. KEEP THUMBS POINTED BACK TO PROTECT SHOULDERS.

Best done standing.

# W



## SPINAL HYGIENE EXERCISES (cont.)

### SCAPULAR-THORACIC EXERCISES (YWTLs)

For all of these exercises the object is to pull the shoulder blades together as much as possible and hold for 15 seconds. Inhale while relaxing, exhale while contracting and holding. KEEP THUMBS POINTED BACK TO PROTECT SHOULDERS.

Best done standing.

**T**



## SPINAL HYGIENE EXERCISES (cont.)

### SCAPULAR-THORACIC EXERCISES (YWTLs)

For all of these exercises the object is to pull the shoulder blades together as much as possible and hold for 15 seconds. Inhale while relaxing, exhale while contracting and holding. KEEP THUMBS POINTED BACK TO PROTECT SHOULDERS.

Best done standing.



## SPINAL HYGIENE EXERCISES (cont.)

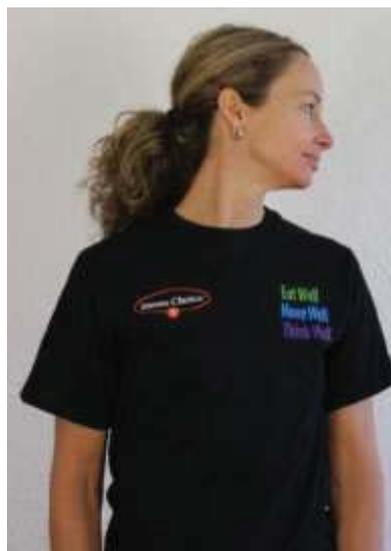
### **DAILY SPINAL RANGE OF MOTION EXERCISES (R.O.M. EXERCISES)**

Each of these exercises will be performed for both sides of the body. For each exercise move to maximum range of motion and hold for a minimum of 15 seconds. Make sure you continue breathing with a relaxed face while stretching.

**Neck Lateral Flexion** (Pull left arm down and across back while laterally flexing head to right. Hold for 15 seconds. Repeat on opposite side).



**Neck Rotation** (rotate head to one side as far as possible and hold for 15 seconds. Repeat on other side).



**Neck Extension** (Extend head back as far as possible and hold for 15 seconds. Discontinue and tell doctor if dizziness occurs).



**Neck Flexion** (flex head as far forward as possible and hold for 15 seconds)



**Spinal Flexion** (With knees straight, slowly bend forward and flex spine as much as possible and hold for 15 seconds).



**Spinal Backward Extension** (With knees straight slowly extend backward as much as possible and hold for 15 seconds. Discontinue and inform doctor if dizziness occurs).



**Spinal Lateral Flexion** (With knees straight, slowly bend sideways and flex spine as much as possible and hold for 15 seconds. Repeat on opposite side).



**Spinal Rotation** (With hands together and out front slowly rotate backward as much as possible and hold for 15 seconds. Repeat on other side).



## Omega 3 Fatty Acid Intake

- There are thousands of scientific references showing the necessity and benefit of consumption of sufficient amounts of **Omega-3 essential fatty acids** (EFAs) found in fish and in pharmaceutical-grade fish oil supplements.
- Research indicates that sufficient intake of Omega-3 fatty acids is important for heart health, blood sugar regulation, brain health, emotional health, digestive health, bone health, digestive health, immune health, and cancer prevention.<sup>1</sup>
- This is because omega-3 fatty acids are **essential nutrients** that **all humans require** in sufficient amounts for health and the prevention of illness.
- The typical North American diet is severely deficient in Omega-3 fatty acids and severely toxic with over consumption of inflammatory omega-6 fatty acids. In fact, researchers believe that the majority of Americans have so little omega-3 in their bodies that test methods cannot even detect it.<sup>2</sup>
- Research indicates that deficient intake of omega-3 fatty acids is a causal factor in many illnesses including cancer, heart disease, depression, ADHD, diabetes, obesity, digestive problems, osteoporosis, skin problems, vision problems, and even developmental delays in newborns.
- For most people omega-6 polyunsaturated fatty acid intake is now roughly 11 times that of omega-3. For health and the prevention of illness this ratio should be closer to 1:1.<sup>3</sup>
- Omega-6 polyunsaturated fatty acids may act as promoters in the development of inflammation and cancer, whereas omega-3 fatty acids are anti-inflammatory and preventative for not only cancer but many other illnesses such as heart disease, diabetes, and obesity.<sup>4</sup>
- Innate Choice Omega Sufficiency is the World's Premier Omega-3 Fatty Acid fish oil supplement. Sufficient intake = Adults: 1-2 teaspoons (4-8 capsules); Children: ½ teaspoon (2 capsules) for every 40 pounds of body weight.
- For a few dimes and a few seconds a day you can become sufficient in these essential, health producing, illness preventing nutrients.

Please visit <http://www.innatechoice.com/viewvideo.cfm?id=77F127DA-D29B-45AD-6A4569B61555AE52> for more detailed information and scientific references.

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<sup>1</sup> Maroon JC, Bost JW. 2006 Omega-3 fatty acids (fish oil) as an anti-inflammatory: an alternative to nonsteroidal anti-inflammatory drugs for discogenic pain. *Surgical Neurology*. 65(3):326-331

<sup>2</sup> Harris, W. & Isley, W. Clinical evidence for the cardioprotective effects of omega-3 fatty acids. *Current Atherosclerosis Reports*. 2001 Mar;3(2):174-9.

<sup>3</sup> Eaton, Eaton & Konner. Paleolithic nutrition revisited: A twelve year retrospective on its nature and implications. *Eur J. of Clin Nutr*. 1997; 51;207-216.

<sup>4</sup> Ibid.

## Vitamin D Intake

- There is absolutely no debating the **fact** that most people living in industrial society have deficient levels of vitamin D. Very few people get the 20 minutes per day of bare skin sun exposure (no clothing or sunscreen lotion) required for sufficiency.
- Being deficient in vitamin D is a significant causal factor in the following: cancer, heart disease, multiple sclerosis, inflammation, depression, colds and flu, decreased immune function, asthma, autism, asthma, autoimmune diabetes, allergies, bone loss, chronic pain, loss of athletic performance, and premature aging due to decreased ability to repair DNA telomeres.
- Vitamin D deficiency is a causal factor in so many diverse health problems because vitamin D is an essential nutrient that all humans require in sufficient amounts for health and the prevention of illness.
- Vitamin D-sensitive cancers were responsible for **257,000 deaths (46% of all cancer deaths in U.S. in 2007)**.<sup>1</sup>
- Patients with clinical depression given vitamin D supplements had significantly enhanced moods and a reduction of negative symptoms.<sup>2</sup>
- Research indicates that vitamin D deficiency should be considered in all patients with chronic pain, muscle weakness or fatigue, fibromyalgia, or chronic fatigue syndrome.<sup>3</sup>
- Vitamin D supplementation reduced the incidence of cold and flu by almost 100% (only one in 104 subjects developed cold or flu over winter months).<sup>4</sup>
- In a study of chronic back pain patients symptoms significantly improved in 100% of the patients who were low in vitamin D and received supplementation.<sup>5</sup>
- Innate Choice D-Sufficiency is the World's Premier Vitamin D supplement and is delivered in a medium of 100% certified organic olive oil. Sufficient Intake = Adults: 5000 IUs per day (10 drops); Children: 1000 IUs per day (2 drops) for every 40 pounds of body weight.
- For a few pennies and a few seconds a day you can become sufficient in this essential, health producing, illness preventing nutrient.

Please visit <http://innatechoice.com/viewvideo.cfm?id=1F306184-A5E5-6F58-2B079288EEF7DB0D> for more detailed information and scientific references.

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<sup>1</sup> Jemal A, et al. Cancer statistics, 2007. CA Cancer J Clin. 2007 Jan-Feb;57(1):43-66

<sup>2</sup> Stewart Leavitt, Ph.D. 2008 Vitamin D – A Neglected ‘Analgesic’ for Chronic Musculoskeletal Pain. Pain Treatment Topics.

<sup>3</sup> Ibid.

<sup>4</sup> Aloia, J et al. Epidemic Influenza and Vitamin D. Epidemiology and Infection 2007, Vol 135 (7) pp. 1095-1098

<sup>5</sup> Al Faraj S, Al Mutairi K. Vitamin D deficiency and chronic low back pain in Saudi Arabia. Spine 2003;28:177-179

You can also check out some basic Spinal Homecare Exercises as demonstrated by Dr Brian and his daughter Chiara-Lee on our Cactus Chiropractic Youtube channel.

<https://youtu.be/1otRM2dbpTc>

