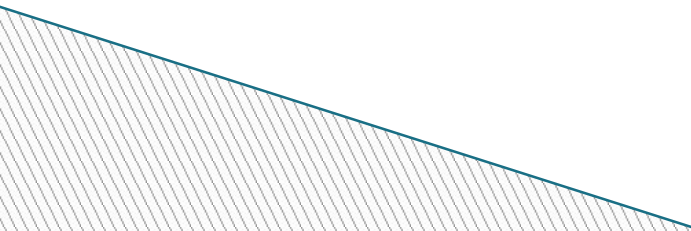


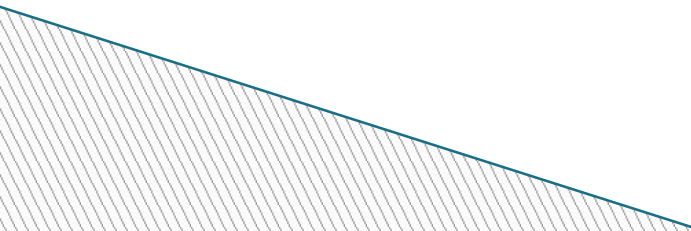
TAKE CARE OF YOUR BACK

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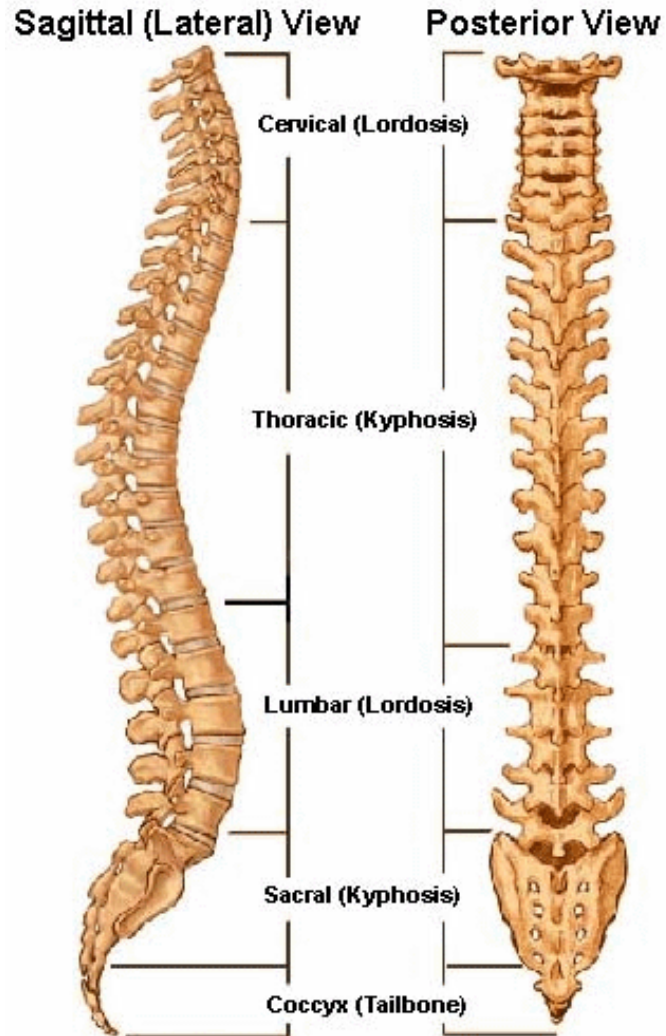
DR. BRAD A. COTTON

- ▶ 2001 graduate of Palmer College of Chiropractic
 - ▶ 14+ years private practice in Peoria area
 - ▶ Published author of “Chiropractic care of a 47-year-old woman with chronic Bell’s palsy: a case study” in the *JCM*
 - ▶ Presenter at 2011 IPSCA Fall Convention
 - ▶ Presenter at DIOSH Day 2012 and 2013
 - ▶ Presenter at Grain Operations Conference 2013
- 

LOW BACK PAIN IN THE U.S.

- ▶ 80% of adults will have low back pain in their lifetime
 - ▶ One-half of all work force has low back pain symptoms each year
 - ▶ #1 cause of work-related disability
 - ▶ #1 cause of lost time from work
 - ▶ #2 reason for visits to doctor
 - ▶ \$50 billion spent each year
- 

ANATOMY





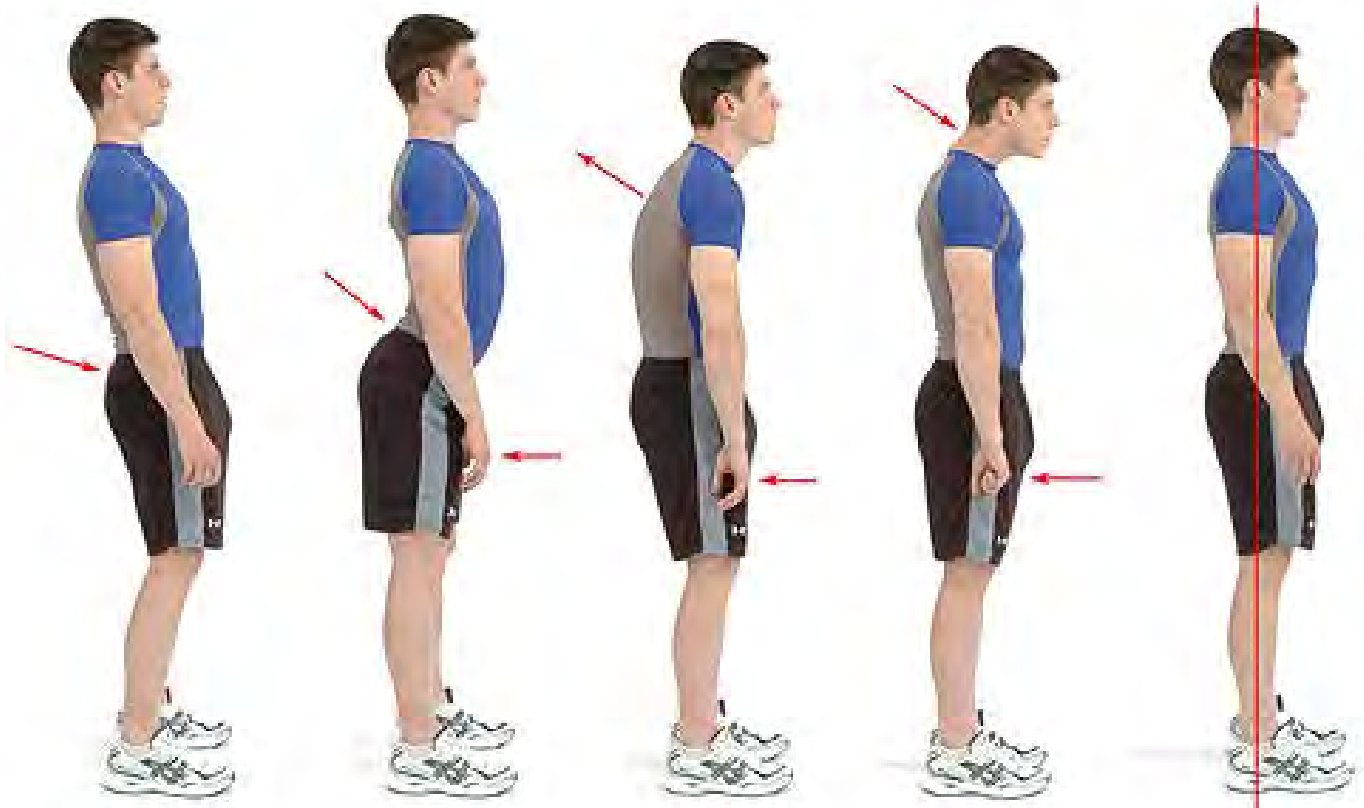
INJURIES

- ▶ Disc bulge/herniation
- ▶ Sprain/strain
- ▶ Facet syndrome
- ▶ Repetitive stress
- ▶ Degenerative conditions

Now... What can YOU do to take care of your back?

A decorative graphic in the bottom-left corner consisting of a series of parallel, diagonal lines in a light blue or teal color, forming a triangular shape that points towards the bottom-left corner.

POSTURE



Sway Back

Lumbar Lordosis

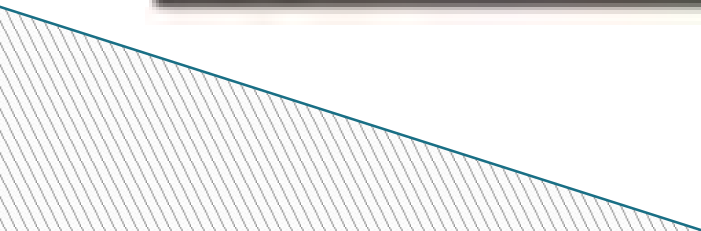
Thoracic Kyphosis

Forward Head

Good Posture

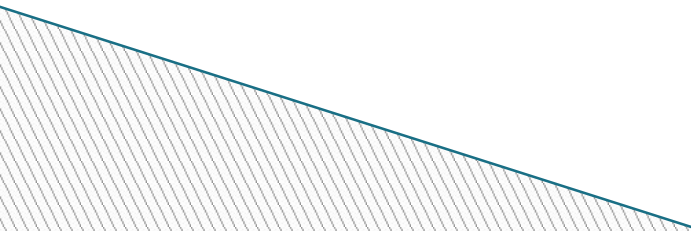


POSTURE





SITTING/DRIVING

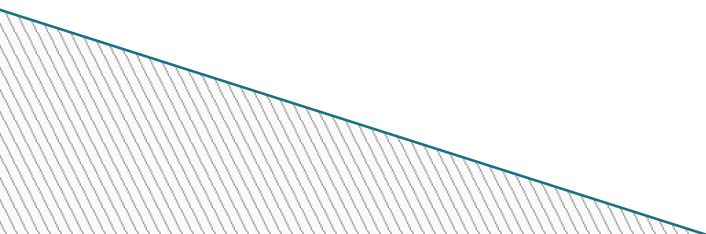
- ▶ “Rule of 90’s”
 - ▶ Move whole body – no twisting at waist!
 - ▶ Wallet out of back pocket
 - ▶ Seated stretches
 - Crossed–Leg isometric (TFL/QL)
 - Knee flexion and extension
 - Foot eversion and inversion
 - Dorsiflexion and plantar flexion
 - ▶ Frozen water bottles
- 



PROPER LIFTING TECHNIQUES

- ▶ Lift with your mind first
- ▶ Lift using position of strength
- ▶ Lift within your “safety zone”
- ▶ Lift with legs
- ▶ “Team Lift”

- ▶ DO NOT bend, twist, and lift!



WARM UP

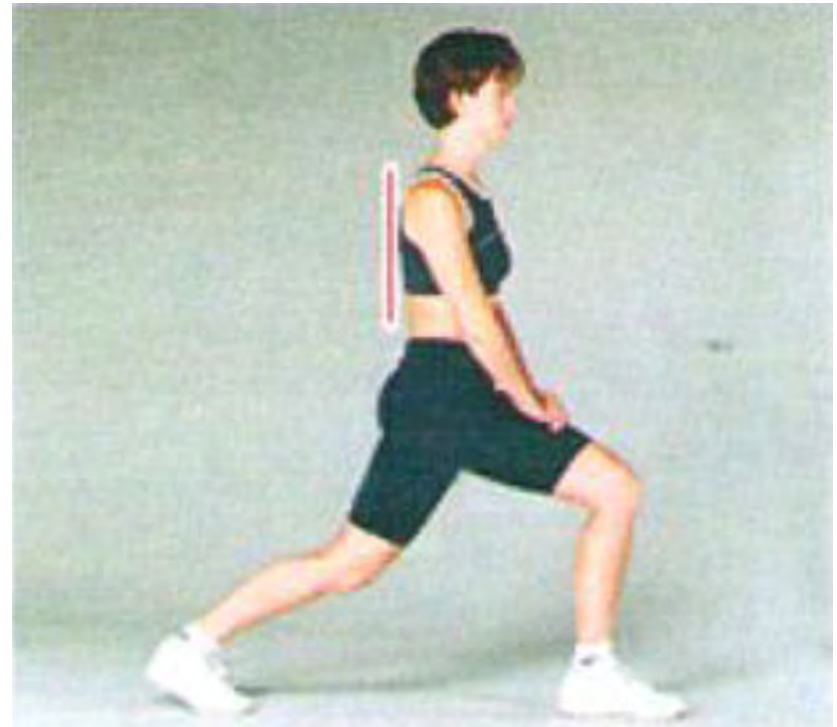
▶ QL side bend



▶ TFL standing

WARM UP

▶ ES rotation



▶ Hip Flexor lunge

WARM UP

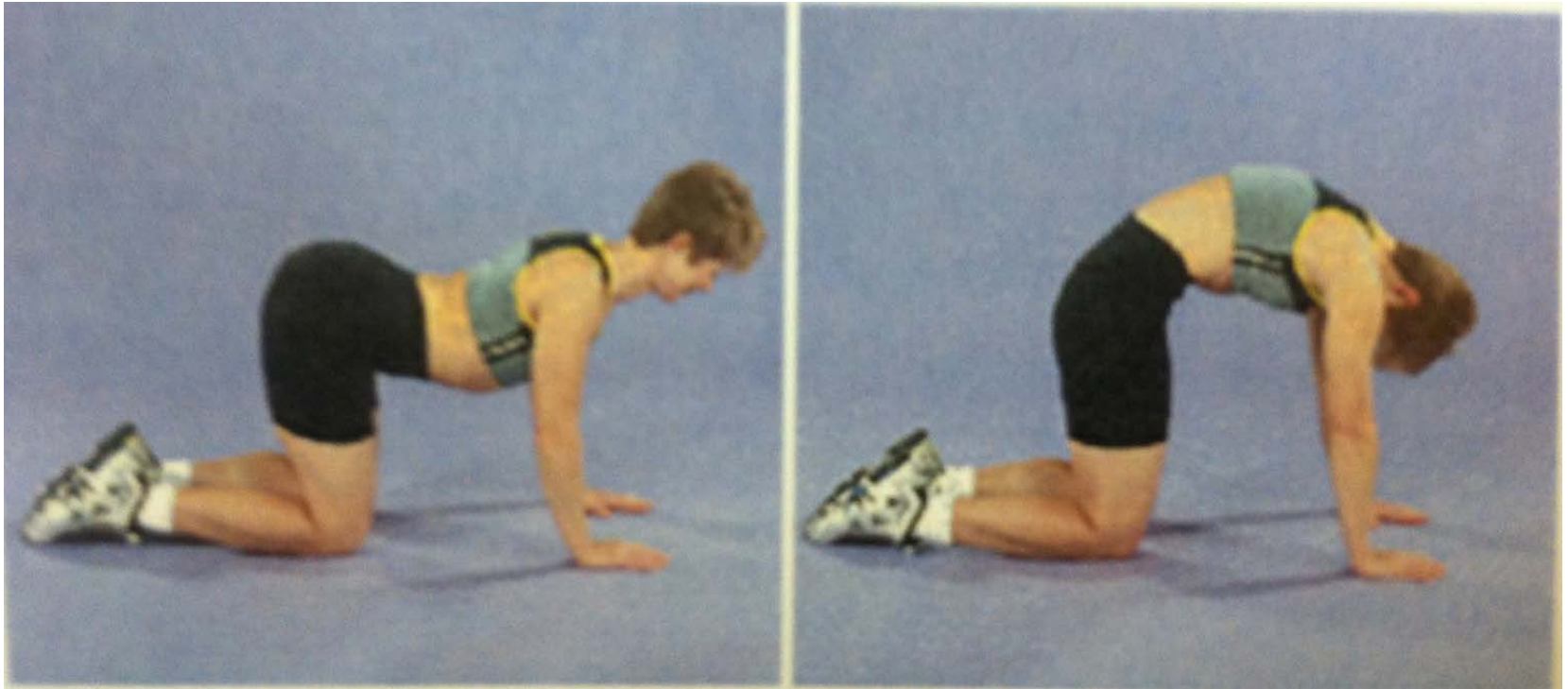
▶ Hamstrings standing



▶ Adductors standing

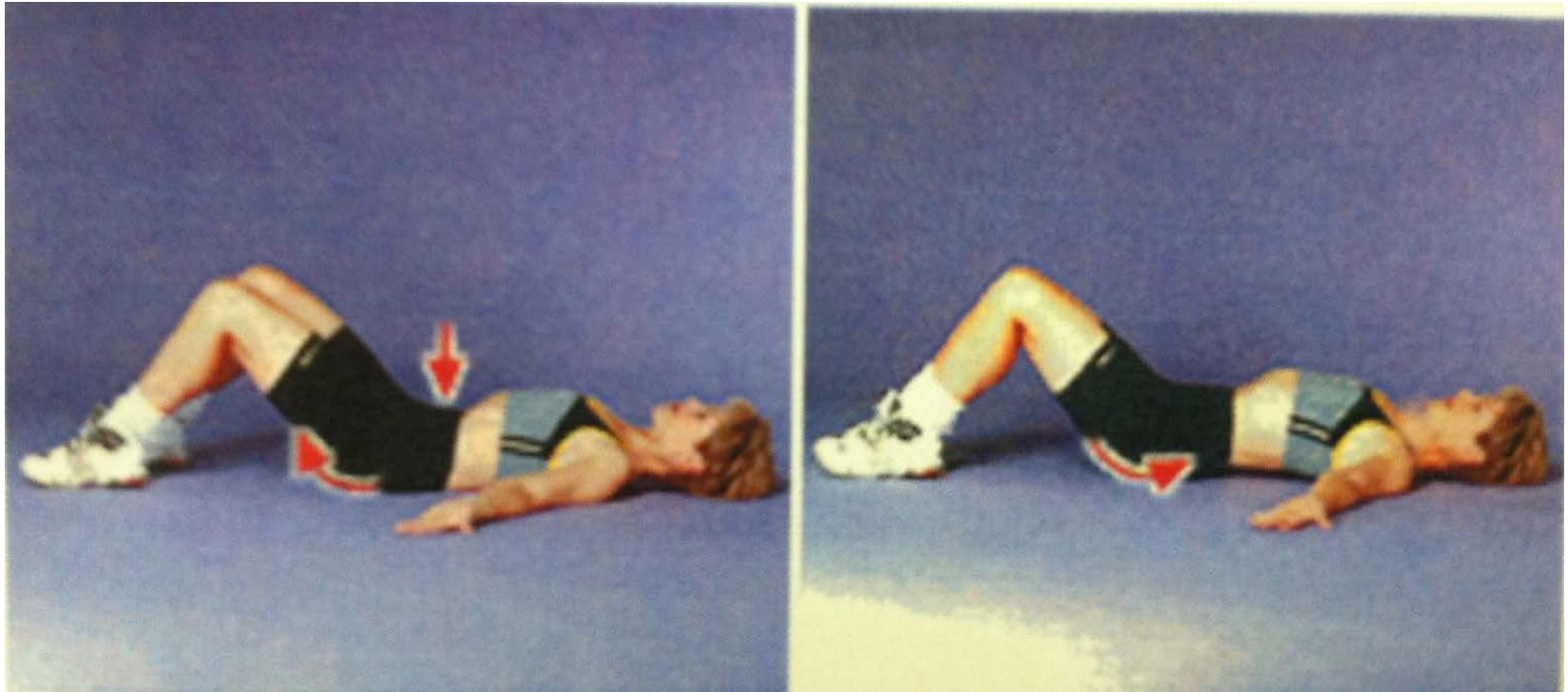
AT HOME

▶ Cat & Camel



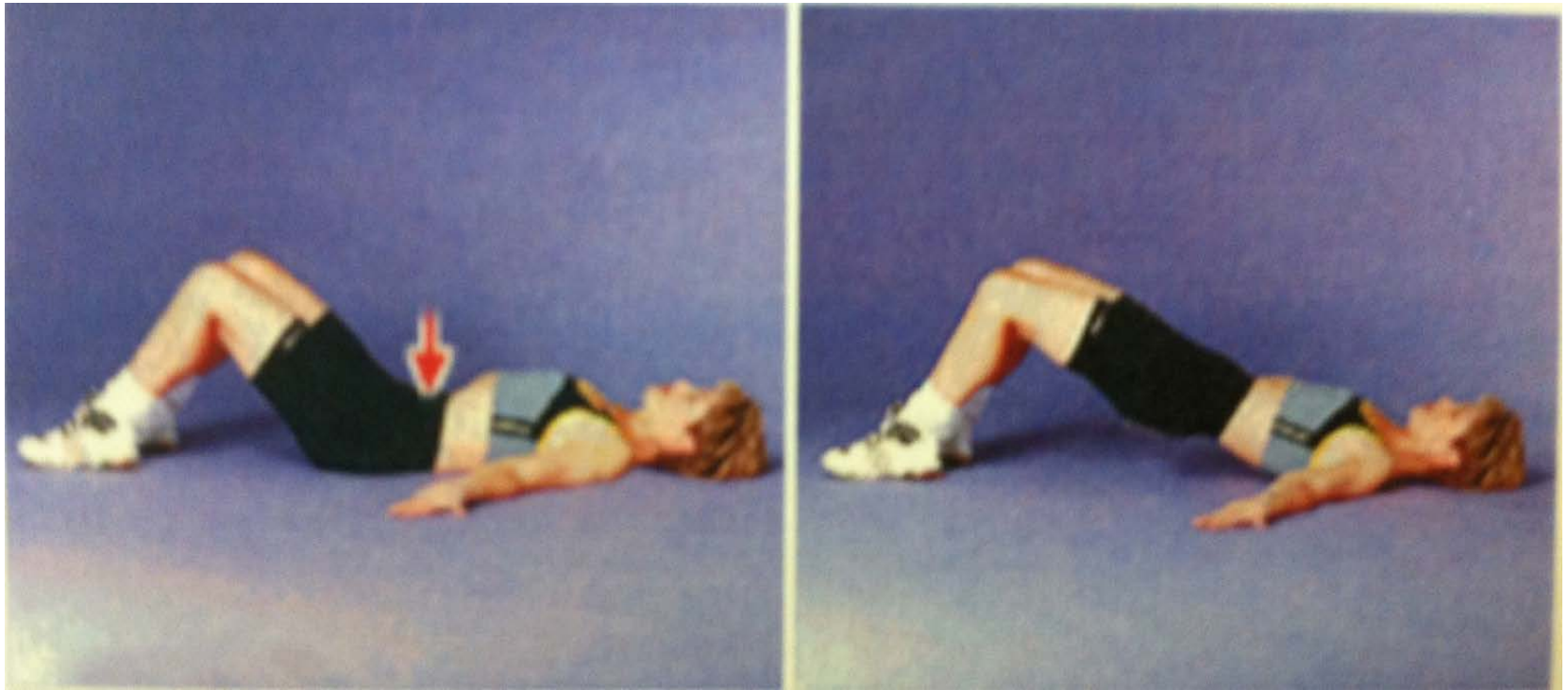
AT HOME

▶ Pelvic Tilt



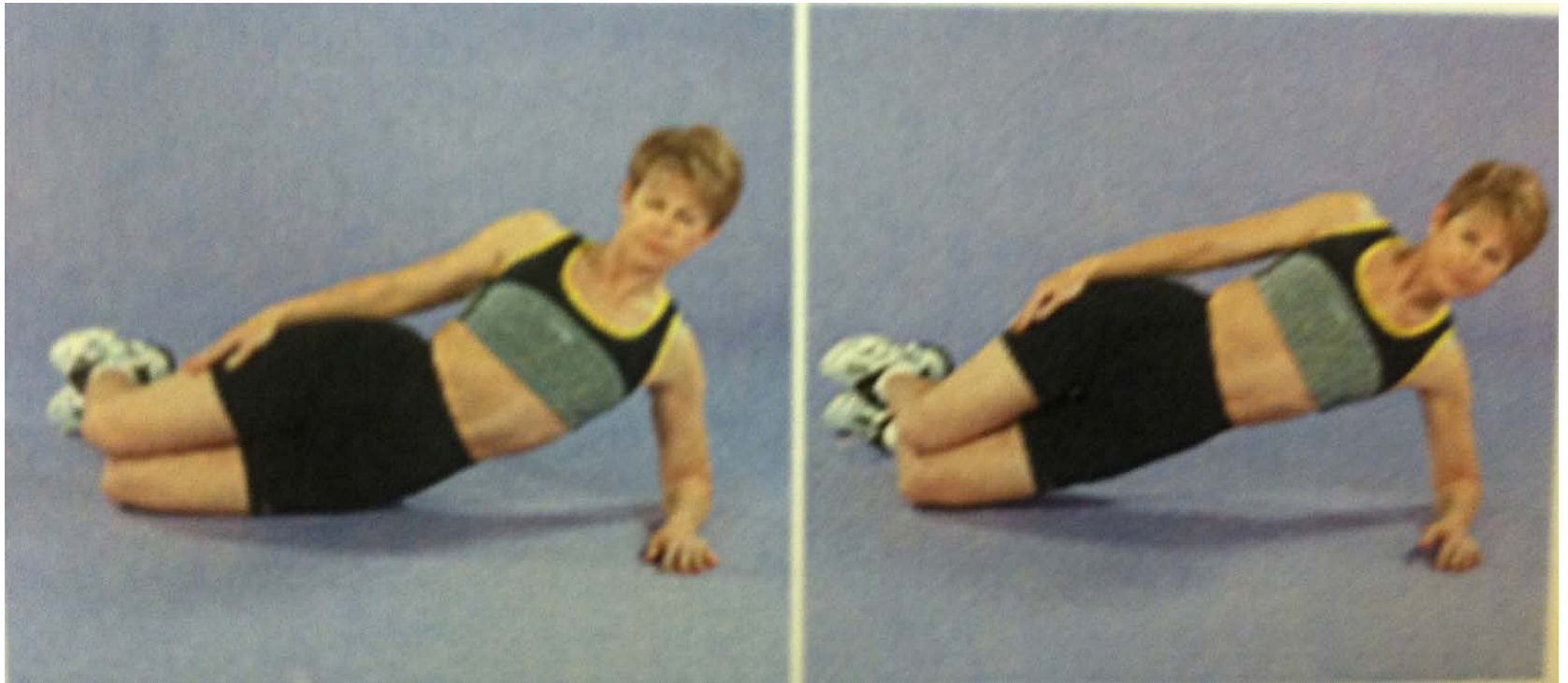
AT HOME

▶ Bridge



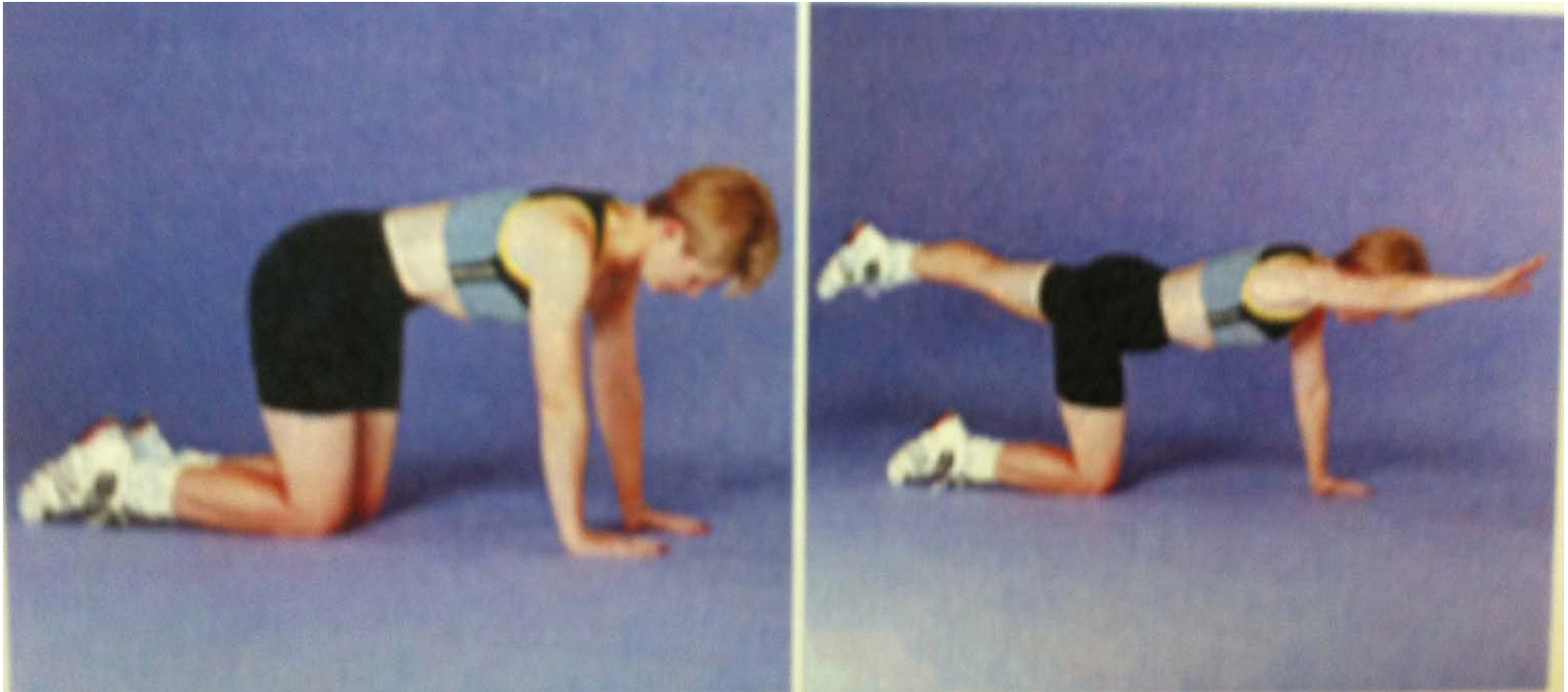
AT HOME

▶ Side Bridge



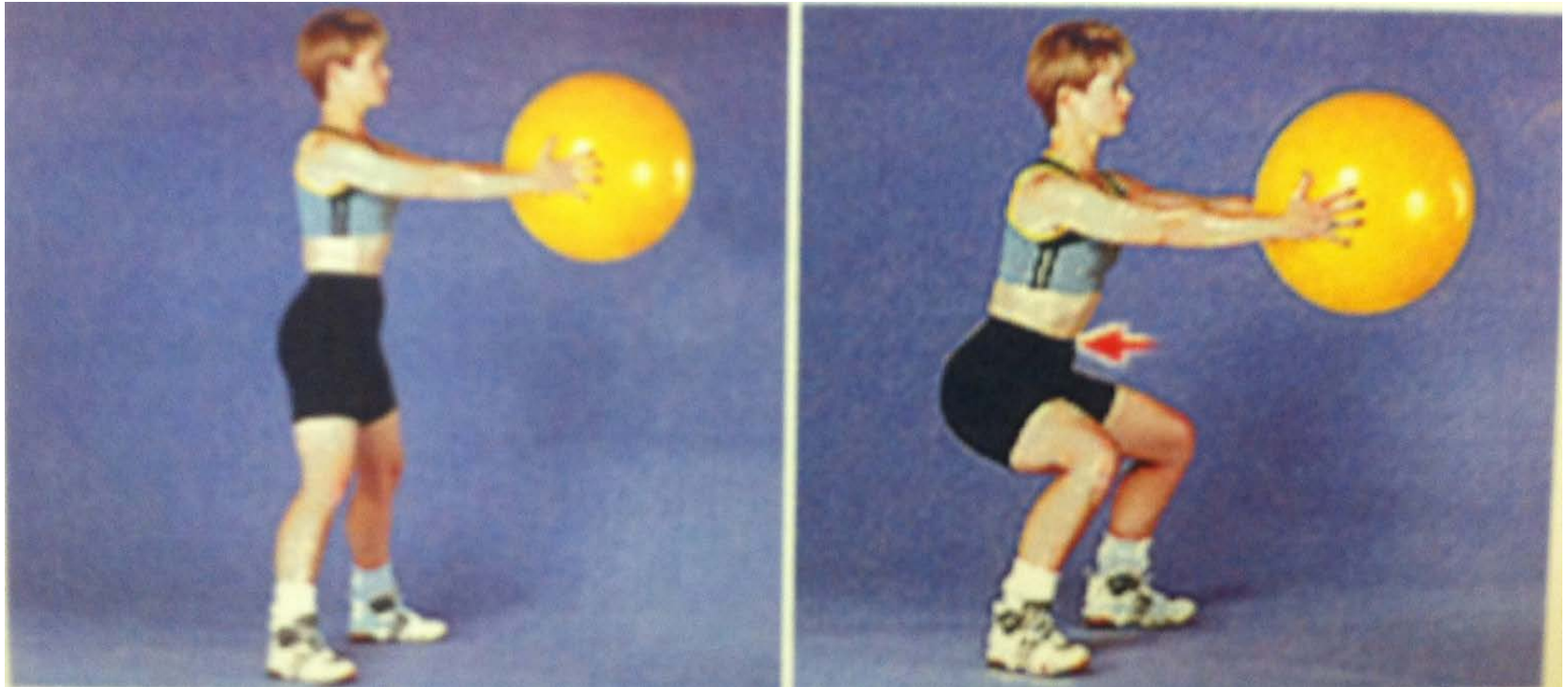
AT HOME

▶ Cross Crawl



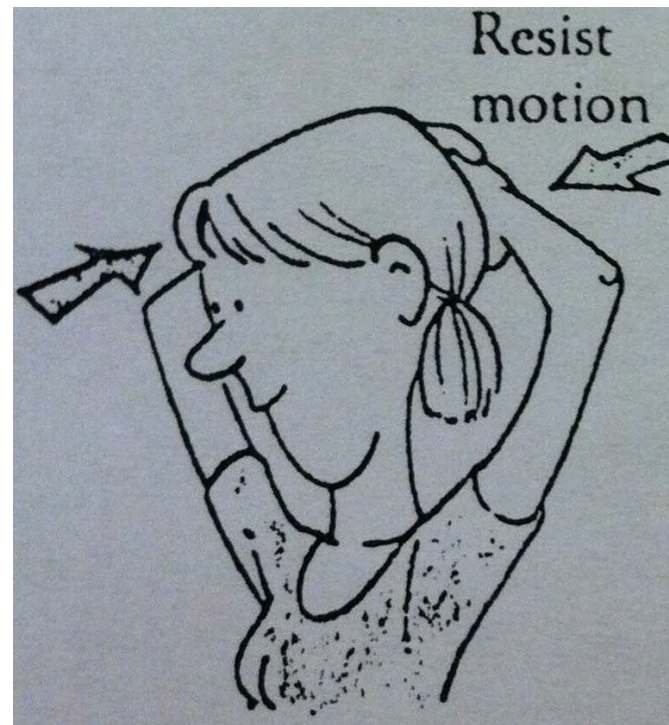
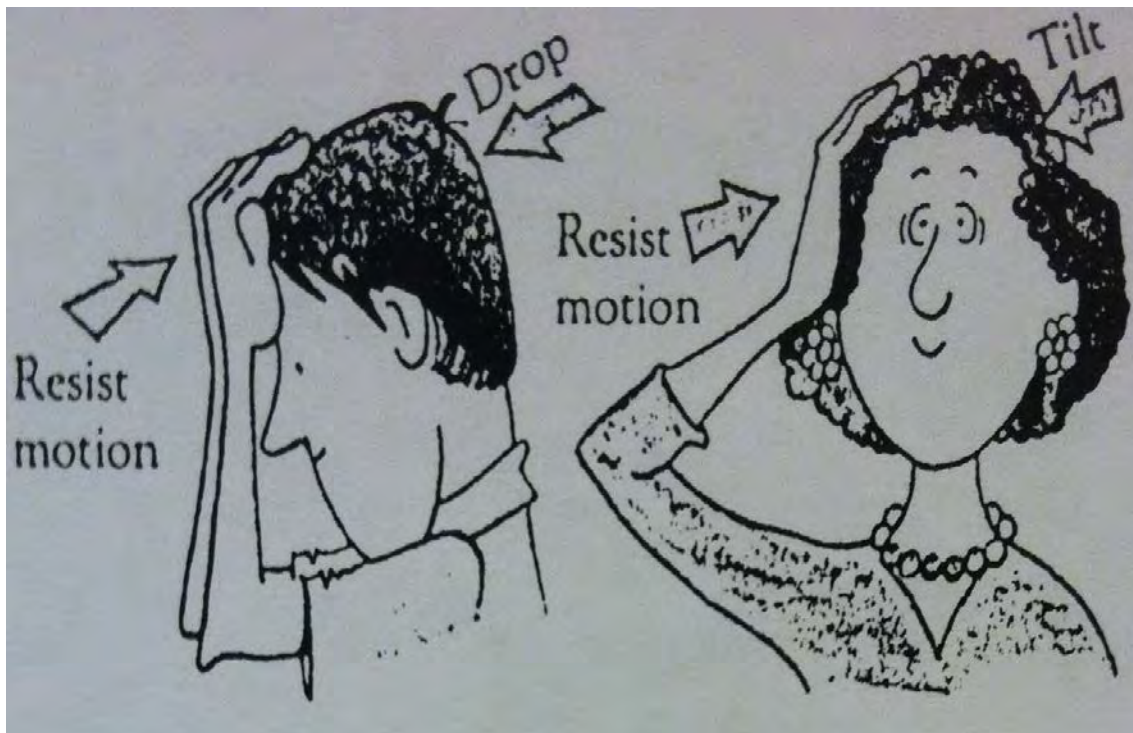
AT HOME

▶ Squats

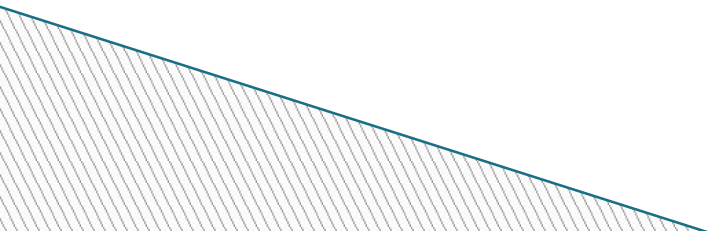


ANY TIME

▶ Neck Isometrics

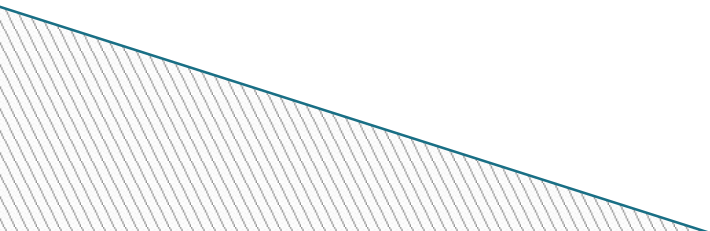


NUTRITION/HYDRATION

- ▶ Eat 9–13 servings of fruits and vegetables/day
 - ▶ Reduce processed foods
 - ▶ Drink $\frac{1}{2}$ ounce of water per pound of body weight
 - ▶ Decrease caffeinated and alcoholic drinks
- 

REST/RECOVERY

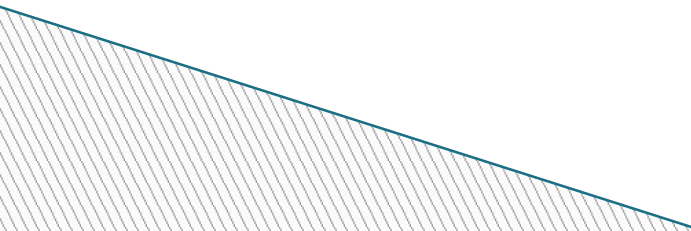
- ▶ Ice – use on an acute injury for the first 72 hours
 - ▶ Heat – use on chronic conditions or after the first 2–3 days

 - ▶ Laying on back – pillow under knees
 - ▶ Laying on side – pillow between knees
- 

TREATMENT OPTIONS

▶Chiropractor

◦Adjustments

- Return spine to proper alignment
 - Reduce/remove pressure from the nervous system
 - Decrease pain
 - Decrease muscle tension
 - Increase ranges of motion
 - Increase muscle strength
- 

TREATMENT OPTIONS

▶ Medical Doctor

- Pain killers, Muscle relaxants, anti-inflammatory

▶ Physical Therapist

- Stretch, strengthen, increase ROM's

▶ Massage Therapist

- Reduce muscle tension (acute)
- Reduce scar tissue (chronic)

ANY QUESTIONS?

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*Call today for your complimentary
consultation and examination!*

