

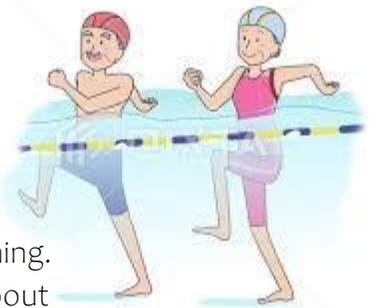
# Spine Clinic

Here are a few tips to stay healthy and strong while at home

*From Spine Clinic and your Osteopath.*

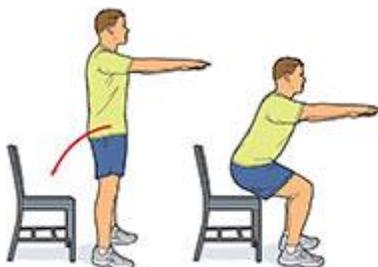
## 1 Walking in pool for 20 minutes, twice a day is good for your posture and breathing.

“Aquatic exercise is a low-impact activity that takes the pressure off your bones, joints and muscles. Water also offers natural resistance, which can help strengthen your muscles. Water aerobics can improve your cardiovascular and respiratory system in the same ways as cycling or running. Water is about 800 times denser than air, so it provides about 12 times more resistance. That means the moves you do in the pool can work your entire body, particularly your arms, legs, shoulders, and core”



## Sit to stand exercise

- Sit toward the middle or front of a chair and lean back so that you are in a half-reclining position, with back and shoulders straight, knees bent, and feet flat on the floor.
- Using your hands as little as possible (or not at all, if you can), bring your back forward so that you are sitting upright. Your back should no longer be leaning against the pillows.
- Keep your back straight as you come up, so that you feel your abdominal muscles do the work; don't lean forward with your shoulders as you rise.
- Next, with feet flat on the floor, take at least 3 seconds to stand up, using your hands as little as possible. As you bend slightly forward to stand up, keep your back and shoulders straight.
- Take at least 3 seconds to sit back down.
- Your goal is to do this exercise without using your hands as you become stronger. Repeat 8 to 15 times. Rest; then repeat 8 to 15 times more.



What are sit to stand exercises good for?

It helps with essential activities like getting up from the toilet, out of bed, and out of a chair. That's why the sit to stand exercise is probably the best of the mobility exercises for seniors. It's a functional exercise for that exact movement and strengthens leg, core, and back muscles.



# 3

## Strengthening core stability

This is good for you posture and your lower back. Twist and repeat exercise with a break between. Don't do this if you have a bad lower back.

- Sit up with your legs out in front of you, knees bent and your heels on the floor, your back at a 45-degree angle to the floor. Hold a medicine ball or water bottle with both hands by your stomach.
- Keep your back straight and medicine ball in close to your torso as you twist to the right and left.



## Having a good posture and how to lift properly

Keep in mind: Do not attempt to lift by bending forward. Bend your hips and knees to squat down to your load, keep it close to your body, and straighten your legs to lift. Never lift a heavy object above shoulder level. Avoid turning or twisting your body while lifting or holding a heavy object.



## Maintaining Good Posture

We often hear that good posture is essential for good health. We recognize poor posture when we see it formed as a result of bad habits carried out over years and evident in many adults.

When you sitting in from of your computer or out walking, think about how you are doing it.

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# Stay Healthy!