

Spinal Hygiene Exercises

1 in 3 Spends 10+ Hours per day Sitting

- New research commissioned by the British Chiropractic Association (BCA) reveals that **32%** of us spend **over 10 hours** sitting down every day, adding up to an amazing 32 years and 4 months of our lives
- On average, we spend 16 hours awake per day and 9.4 million of us spend **over 75% of our waking day sitting.**
- **59%** of the working population **sit down all day at work**, nearly 50% of those who work refuse to leave their desks – even for lunch!
- What do people do after work? **62%** spend the majority of their evenings on their ‘behinds’.

Bent Over Posture = Early Death

- “With increasing kyphotic posture, there was a trend towards greater mortality”
- “For deaths due to atherosclerosis, even in the full model, participants with hyperkyphotic posture had a significant 2.4 times greater rate of death”
- “Hyperkyphotic posture was associated with an increased mortality rate due to atherosclerosis and possibly pulmonary causes in particular”

DID YOU KNOW?

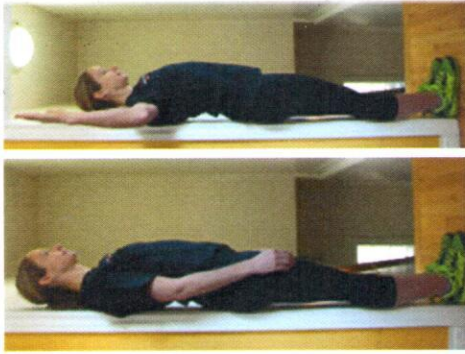
Posture Affects ALL Functions

Posture affects and moderates all human functions, both consciously and unconsciously, from breathing to hormone production, to thinking

In the modern world it is absolutely inevitable that spinal tissues will become deconditioned, degenerate, and decay without regular hygiene to counter the toxicities and deficiencies associated with sitting and sedentary living.

- Spinal Hygiene exercises are aimed at countering the toxicity and deficiency created by the movement and postural patterns of domesticated unnatural human lives
- They are aimed at providing the sufficiency and purity required to heal and prevent spinal degeneration.
- Spinal Hygiene exercises are designed to restore and maintain range of motion, muscular strength & stamina, joint lubrication & nutrition, and proper posture.
- When these variables are restored and maintained, healthy spinal neurology can also be restored and maintained.

AHC Wall Exercise



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

Bring arms up with right angles at shoulder and elbow. Externally rotate shoulder, 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 which pressing back of head and arms against wall. Progress slowly in terms of number of repetitions and force applied

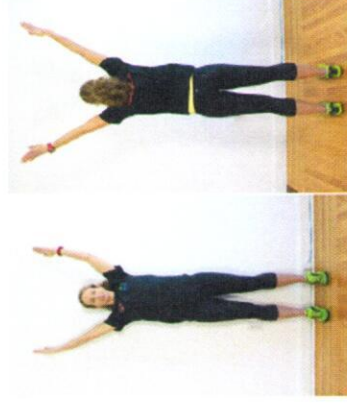
Scapular-Thoracic Exercises (YWTL's)

For all of these exercises the object is to pull the shoulder blades together as much as possible and hold.

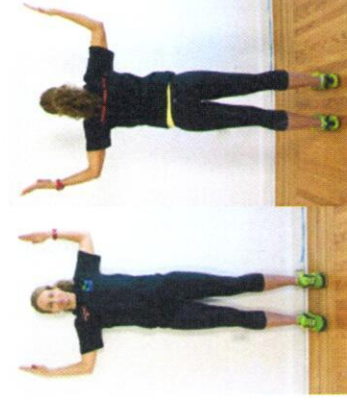
Inhale while relaxing, exhale while contracting & holding.

Better done standing

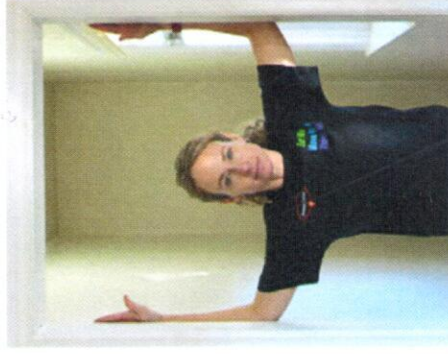
Y's



W's



Doorway Stretch



Stand in doorway with shoulders & elbows at right angles. Keep head pulled back and chin tucked tightly.

Walk of lean through doorway forcing arms posterior, stretching chest and shoulders.

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

T's



L's



Daily Full Spinal Range of Motion 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 30 seconds. Make sure you continue breathing with a relaxed face while stretching.

Neck Lateral Flexion



Neck Rotation



Neck Extension



Neck Flexion



Spinal Forward Flexion



Spinal Extension



Spinal Lateral Flexion



Spinal Rotation

