

Helpful Websites

www.spine-health.com

www.aaos.org

(American Academy of Orthopaedic Surgeons)



Inova HealthSource offers My Strong Back, an online educational program with personal health coaching.

For more information go to

www.InovaHealthSource.com

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Articles in this newsletter are not a substitute for the care and advice of medical professionals. When you have a question or need medical advice, diagnosis or treatment, consult your physician.

This newsletter is produced by Inova Health System in conjunction with your faith community. If you prefer not to receive this newsletter, please notify the appropriate personnel in your faith community.

Inova Health System is a not-for-profit health care system based in Northern Virginia that consists of hospitals and other health services including emergency and urgent care centers, home care, nursing homes, mental health, blood donor services, and wellness classes. Governed by a voluntary board of community members, Inova's mission is to improve the health of the diverse community we serve through excellence in patient care, education and research.

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www.inova.org/chp
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For Your Health

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Keep Your Back Healthy

www.inova.org/chp

This summer pull weeds, not your back muscles! For many of us warm weather means a return to fun outdoor activities and chores like gardening and yard work. Too much strenuous weekend activity after a sedentary week commonly leads to a sore back.

Check out Inova HealthSource's classes.

Visit www.inova.org for more information and the latest schedule.



Congregational Health Partnership is a program of Inova HealthSource, Community Health Division

Back pain is one of the top reasons for doctor visits. The good news is that over 90% of back pain is **not** caused by a serious health problem that will require medical treatment. You hold the key to a healthy, strong back! How you treat and use your body every day makes the biggest difference.



FOR YOUR HEALTH

Get Moving!



Being active and physically fit is one of the best things you can do for your overall health and your back. Your body was made to move! Physical activity is also a great way to reduce stress.

Strengthening exercises that make your muscles stronger will mean you can perform every day activities with less chance of your back “going out.” Strong muscles on both the front and back of your trunk or core will have the greatest impact on your back health.

Types of exercise especially good for your back:

- Pilates
- Yoga
- Tai Chi



Stretching exercises to increase your flexibility will mean you can turn, twist and bend without wrenching pain.

General aerobic physical activity is important too because your back doesn't work in isolation. Walking is a great weight-bearing exercise that is good for building strong bones.

FOR YOUR HEALTH

Think TALL

Your posture is something you live with 24 hours a day. Remind yourself throughout the day to “think tall.” When standing or sitting, imagine a string gently pulling the top of your head straight up. This simple exercise helps align your body and can help prevent neck, shoulder and back pain.

Tips for Desk/Computer Work

- Sit all the way back in your chair with both feet flat on the floor.
- If your chair does not have good lumbar support for the curve in your lower back, use a small rolled towel or pillow.
- The computer monitor and keyboard should be directly in front of you when working. The top of the monitor should be about eye level.
- The keyboard should be on a surface that is approximately elbow height. Your elbows should be bent 95 –110 degrees when typing. Most regular desk tops are too high for the keyboard.
- The mouse should be at the same level as your keyboard and right next to it.

Find Ways to Relax

Stress can lead to muscle tension and pain, especially in the lower back, neck and shoulders. Find healthy ways to relax that work for you.

