Spine Care Habits Checklist

This checklist helps the reader build everyday habits that support spine health.

- [ ] Stretch with neck rolls, cat-cow or hamstring stretches to keep the spine flexible and reduce stiffness.
- [ ] Strengthen the core with planks or bridges to support the spine.
- [ ] Keep the back straight and the shoulders relaxed when sitting or standing.
- [ ] Get up and stretch every 30 minutes when sitting for long periods.
- [ ] Watch for back pain, neck stiffness, headaches or tingling in the arms or legs as possible signs of misalignment.
- [ ] Use a foam roller to help release tight muscles along the spine.
- [ ] Ask a chiropractor for professional care if chronic back pain is serious.
- [ ] Ask a chiropractor how often visits are needed, as frequency depends on the condition.
- [ ] Combine posture correctors and back stretchers with professional guidance, especially for serious misalignment.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/chiropractic/how-to-realign-your-spine/