Back cracking safety checklist

Use these steps to keep back cracking low risk and to know when a doctor should assess your symptoms.

- [ ] Let your back pop on its own during a gentle stretch instead of forcing a twist.
- [ ] Stop cracking your back when the movement causes pain, tingling or numbness.
- [ ] Avoid sudden, forceful neck twisting.
- [ ] Decline offers from another person to push on your back until a crack is heard.
- [ ] Stand up and move regularly during long periods of sitting.
- [ ] Stretch gently with lower back rotations, a knee-to-chest stretch and a bridge stretch.
- [ ] Raise your computer monitor and hold your phone at eye level.
- [ ] See a doctor when pain or swelling accompanies a noisy joint or cracking follows an injury.
- [ ] Seek urgent care for new weakness, groin numbness or bladder or bowel changes.
- [ ] Share your health history with a practitioner before a spinal adjustment.

Notes

For general education only. Not a substitute for professional medical advice.