

Many spine injuries can be prevented at home

Question: Is it true most neck and low-back injuries occur as accidents around the home?

Answer: I don't know if most spinal injuries occur due to accidents around the home but many neck and back accidents can be prevented. Auto insurance companies claim that most car accidents occur within a mile of the home. Considering we spend a good majority of our lives at home the percentages rise towards having injuries there. We see many accidents involving falls down steps and slips on a bathroom floor or tub. Ladder climbing injuries are pretty common also. Children have a tendency to run into objects such as chairs, tables, or windowsills. Adults attempting children's play like roller blading, ice skating etc., when they never did before, usually does not end up very pretty either. Whether it is sports, work or normal activities around the home, I believe a good majority of them can be prevented with common sense.

Consider the danger to your body in all situations prior to reacting or participating. Review the environment in which the activity is going to occur. A steep roof without any protection to prevent falling would be a good example of unpreparedness. We have a tendency to rush into activities prior to preparing or making a plan of action. I support spontaneity in life with intellect. If your activity involves bending lifting or twisting of your neck or spine make sure you stretch those areas prior to the activity. Warm up the muscles you will be using. Get help or use tools if the weight of an object is too bulky or heavy. Visualize your goal in your mind or in writing to meet your final accomplishment. Measure

things rather than force them. If necessary, call a professional when work around the house is beyond your expertise. Skimping on cost can lead to health bills many times higher than if you were prudent in your decisions.

Smile and have fun no matter what your task or joy is and should you goof up and hurt yourself see your local chiropractor to help you get your health back on the right track.

Quote of the week: *"Always do your best. What you plant now, you will harvest later."* – Og Mandino