

Back Building Blocks

Posted in: Back Care

- ✓ Do you ever stop and think that nearly every move you make relies on a healthy back? Ask someone who has had a back problem and they probably remember having difficulty doing simple tasks like brushing their teeth or tying their shoes.
- ✓ Since close to 80% of us will suffer back pain in our lives, learning how to work safely and prevent back injury is essential.
- ✓ Our spines are made up of a few important building blocks.
- ✓ Bones in our spine support our body weight and protect the nerves.
- ✓ Discs (in between the bones) act as flexible shock absorbers and spacers for the nerves to exit the spinal cord
- ✓ Ligaments hold the bones together and protect us when we try to move too far
- ✓ Muscles protect the structures in our back. Some produce movement while others provide stability.
- ✓ On a scale of 1-10, is your spine built on a rock solid foundation or is it soon to be a leaning tower?



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