

Dr. Colin Gage

Nicola Valley Chiropractic
2076A Granite Ave.
P.O. Box 909
Merritt, BC
V1K 1B8

Ph: (250) 378-5456
Fax: (250) 378-8259
Email: info@merrittchiro.com
Website: www.merrittchiro.com

"treating the cause of your problem, not just the symptoms"

Pain From Household Chores

Household chores can be a pain in the sacroiliac. Unless you're careful, routine activities around the home - washing dishes, vacuuming, even talking on the phone - can strain your back, including the sacroiliac joint, near the tailbone, and result in debilitating discomfort. But you can protect your back by knowing the right way to go about such activities.

Consider lifting. It doesn't matter whether you're picking up your child or a heavy bucket of water; you need to do it the proper way to avoid injury.

How? Bend from the knees, not the waist. As you lift, hold the item as close to your body as possible. If you have to turn to place it, step in the direction of the turn. That way, you're not twisting your body and straining your spine.

Even when doing household chores that do not require heavy lifting, there are many ways you can injure your back. Below are a few general do's and don'ts for chores and relaxation:

- When you wash dishes, open the cabinet beneath the sink, bend one knee, and put your foot on the shelf under the sink. Lean against the counter so some of your weight is supported in front.
- When ironing, raise one foot a bit. Place it on a small stool or a book to take some strain off your back.
- To vacuum, use a "fencer's stance." Put all your weight on one foot, then step forward and back with the other foot as you push the vacuum forward and back. Use the back foot as a pivot when you turn.
- While talking on the phone, don't cradle the phone between your ear and shoulder. That can lock up the spinal joints in the neck and upper back, and cause pain. Instead, hold the phone with your hand or use the speakerphone.
- While watching television or relaxing, don't use the sofa arm as a pillow. The angle is much too sharp for your neck. Also, make sure the television is located straight in front of you and not off to one side. You do not want to have to turn your head for long periods of time to watch television.
- If your back or neck begins to hurt, use a cold pack for twenty minutes at a time, a few times per day.

- If pain persists for more than a day or if you experience numbness, tingling or weakness in your arms or legs, see a doctor of chiropractic right away.

To prevent neck and low back injuries from happening in the first place, you should see your chiropractor regularly. Regular chiropractic treatment will help maintain the full mobility of the joints and flexibility of the muscles throughout the spine. Then, you will be able to tackle your household chores without being prone to injuring yourself.