



the **BEHAN PROTOCOL**
FOR BETTER BACK AND SPINE HEALTH

DAILY BACK HYGIENE CHECKLIST

The following is a checklist of instances you may find using "bracing" strategies can help you to avoid back pain while moving through everyday life!

"BRACING" is a technique you can employ for spinal stability that involves creating tension through your CORE by engaging your abdominal muscles; draw your navel in towards your spine.

- **SITTING - PUSH YOUR BUTT ALL THE WAY BACK IN THE CHAIR OR CAR SEAT, SIT UP TALL AND BRACE**
- **BRUSHING TEETH - ADD A STEP OR BOOK UNDER ONE FOOT WHILE STANDING AT THE SINK (ESPECIALLY HELPFUL IF BENDING FORWARD CAUSES PAIN) & BRACE**
- **SNEEZING - TURN YOUR FACE TO THE CEILING SO THAT YOUR BACK STRAIGHTENS INSTEAD OF FLEXES FORWARD**
- **PUTTING SHOES ON - BRING THE SHOE UP TO A BENCH OR STEP SO YOU CAN MAINTAIN A LONG FLAT BACK INSTEAD OF BENDING FORWARD**
- **WALKING - MAKE SURE TO SWING ARMS! WALKING IS GREAT FOR LOW BACK PAIN. IF YOU ARE EXPERIENCING DISCOMFORT OR SUFFERING FROM SCIATICA, WALKING WITH ARMS SWINGING AND BUILDING UP WITH INTERVALS TO GREATER DISTANCES WILL SERVE YOU WELL**
- **CARRYING A BAG - INSTEAD OF CARRYING A HEAVY BAG ON ONE SHOULDER OR IN ONE HAND, USE A BACKPACK; IT SPREADS THE LOAD EVENLY, PROVIDES A BIT OF BACK EXTENSION & ALLOWS ARMS TO SWING FREELY**



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- **SLEEPING - IF BENDING FORWARD IS WHAT CAUSES YOU DISCOMFORT, SLEEP WITH SOMETHING BETWEEN YOUR KNEES OR AVOID FETAL POSITION ALL TOGETHER**
 - IF BENDING BACK CAUSES DISCOMFORT, SLEEP WITH SOMETHING UNDER HIPS OR AVOID LYING FACE DOWN
 - IF LYING ON BACK CAUSES DISCOMFORT PUT SOMETHING UNDER LOW BACK
- **GETTING OUT OF CAR - SWING LEGS AROUND, GET FEET UNDER HIPS, HIP HINGE TO GET UP AND OUT**
- **IN THE CAR - USE SOMETHING TO SUPPORT YOUR LOWER BACK**
- **STANDING FOR LONG PERIODS - SPREAD FEET WIDE, GRASP HANDS BEHIND LOWER BACK, ENGAGE GLUTE MUSCLES**

GOLDEN RULES FOR SITTING & BACK PAIN

1. **DON'T SIT FOR LONGER THEN 60 MINUTES AT ONE TIME WITHOUT MOVING;
SET A TIMER TO REMIND YOUR SELF TO MOVE AT REGULAR INTERVALS**
2. **ELEVATE YOUR MONITOR IF SEATED AT A DESK**
3. **DRINK MORE WATER; IT HYDRATES THE SPINAL DISCS AND WILL
ENCOURAGE YOU TO MOVE MORE OFTEN**
4. **KEEP SOMETHING BEHIND YOUR LUMBAR SPINE TO GIVE SUPPORT AND
HELP KEEP THE SPINES NATURAL CURVES**