

# Tips to Maintain a Healthy Spine



Back pain has become a common problem as millions of people get affected daily. The reason for this issue in the spine may be traumatic or non-traumatic. Spinal injuries may be serious and sometimes, surgery becomes the only option left for the treatment where spinal [trauma implants](#) are used.

Traumatic injuries are unexpected but, we can minimize the risk of non-traumatic causes of spinal conditions. And there is no rocket science to this as only simple remedies and certain lifestyle changes can help maintain a healthy spine. This is what our focus will be in the post.

A healthy spine should be the priority of everyone, and for that, simple lifestyle changes can be of great help. Let us see which measures one should adopt to maintain a strong and flexible spine.

## How to Take Care of Spine?

### Lift Objects Carefully

Spinal problems can affect both the younger and elderly irrespective of gender. Besides traumatic injuries, certain daily life activities can cause spinal injury which is characterized by various symptoms. We keep lifting different objects in our daily lives where some are heavy, and some are light. Special care is required to lift heavy objects.

Sometimes, what happens is that our body posture becomes a bit awkward while lifting heavy goods, and that may cause an injury to the spine. So, it is important to maintain the right body posture while lifting heavy goods whereas, if the object is too heavy, take help from someone else rather than trying to lift it on your own.

## **Have a Tight Sleep**

After a hectic day, a few things that a person wants are good food and a good night's sleep. A tight sleep can relieve stress and freshen up the body. Not only this but those who get a good sleep also stay away from numerous health issues.

Now, to avoid spinal problems, it is advised to avoid sleeping on the stomach as this puts pressure on the spine. The better way is to sleep on the sides as this also reduces upper airway collapse. Besides this, changing the sides of the mattress regularly is also important.

## **Exercise Regularly**

Those who do exercise daily have the least chances of getting spinal issues due to non-traumatic causes. Regular exercising keeps bones and muscles strong and flexible. Thus, the risk of spinal problems becomes low.

So, stretch out daily and see how beneficial it is for the overall health of your bones including the spine.

## **A Healthy Weight is a Key**

Obese people are high at risk of getting orthopedic injuries like fractures. This is because being overweight puts pressure on bones and they are at risk of getting fractured. The spine of overweight people is also prone to injuries.

While on the other hand, underweight people already have weak bones and even a mild event can cause injury to the spine. To avoid all this, maintaining a healthy weight is important.

## **Avoid Being Sedentary**

An inactive lifestyle is the major cause of a weak spine and other bones. For the growth of new bone cells, proper physical activity is required, and if it is not done, the growth of new bones becomes slow. This leads to weaker bones. Therefore, people with a sedentary lifestyle are highly prone to getting fractured and other orthopedic problems. Thus, an active lifestyle is key to maintaining a healthy spine.

Contact Siora Surgicals Pvt. Ltd. is a trustworthy trauma implant manufacturer in India. The company serves around 130 national and international distributors, and to add more to the list, Siora is looking to become one of the most reliable [orthopedic implants suppliers in Thailand](#) for supplying a CE-certified range of trauma implants.

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