



ReVive Orthopedics Spine & Sports Medicine

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Lithia Springs • Dunwoody • Loganville • Stockbridge • Peachtree City

SPINAL SAFETY TIPS FOR DAILY LIFE

Whether you're gardening, sitting at a desk, or lifting groceries — small habits make a big difference in preventing spinal pain.



Sitting and Working Smart

Keep feet flat, knees at hip level, and avoid slouching — use a lumbar support pillow if needed!

✓ Set your workspace up for success – use an ergonomic chair and keep your keyboard at a natural, relaxed level for your hands to rest on while working to prevent slouching.

✓ Avoid sitting too long – take breaks to stretch every 30 minutes.

Lifting Light, Lifting Right

Bend at the knees, not your waist. Keep the load close to your body and avoid twisting.

Tech Neck Alert

Hold devices at eye level to prevent forward head posture. Stretch every hour!

Sleep Support

Choose a firm mattress and sleep on your back or side. Position a pillow between your knees when sleeping on your side or under your knees if sleeping on your back.

Keep Moving

Inactivity is the spine's enemy. Gentle stretching and walking help keep your back happy.

✓ Strengthen your core – a strong core supports a healthy spine.

✓ Wear supportive shoes – especially if you're on your feet a lot.