

Spinal Tap

Your Source for Spine Health

Summer Newsletter | July 2014

Spine Health During Summer Activities

Tips for a Healthy Spine This Summer

By Dr. Michael A. Gleiber

During the summer, more people are traveling and participating in outdoor activities. Some of these activities can put stress on the spine and put you at risk for injury. Here are some do's and don't's to keep in mind while enjoying your summer activities.

Road Trips

Do make sure you are comfortable. Use a rolled-up towel or pillow for extra support if you suffer from lower back pain.

Don't keep objects like a cell phone or wallet in your pocket. These items can make it difficult to sit with your spine in proper alignment.

Do stop at rest stops to stretch. Sitting for prolonged periods of time can agitate back pain. Stretch out your hamstrings and walk around for a bit to get your blood circulating.

Flying

Do get up and walk as often as possible. Do some gentle stretches if you are able.

Do use pillows to support your lower back and neck.

Don't fly during busy times if you can avoid it. Try to fly during times when the plane is less likely to be full, so that you have more room to stretch out. Look for seats with extra leg room or exit rows, if available.

Water Sports

Do be cautious when diving or waterskiing--both can put you at risk for serious spinal injuries if you aren't careful.

Don't dive into shallow waters. You risk head injuries and damage to the cervical spine, which can lead to paralysis and possible drowning. If you don't know how deep the water is, don't chance it!

Do try to pay attention to how you fall when water skiing. Because waterskiing is done at a high speed, falling at an awkward angle can injure the spine. If at all possible, try to roll when falling to decrease the risk of injury.

Outdoor Activities

Do bring your own seating to sporting events when possible. Stadium seats do not lend support to your back. Try a portable stadium seat to get the support you need.

Don't hunch over for long periods of time when gardening. Try to stand up and stretch out frequently. Also, do be sure to use the proper techniques if you are doing any heavy lifting. Keep your feet shoulder-width apart, your back straight, and bend your knees, lifting with the legs.

Do try to move and stretch as much as possible when standing in line at amusement parks. If the line is really moving slowly, try to sit down for a bit.



Dr. Gleiber's Philosophy & Practice

Dr. Gleiber is an Ivy League-educated, Board Certified, fellowship trained Orthopedic Spine Surgeon. He is regarded as one of the Top Doctors in America and Top Spine Surgeons in the world.

As a *Concierge Spine Surgical Practice of Excellence*, Dr. Gleiber believes that one-on-one time with his patients is critically important, and patients are given as much time as they need to ask questions and meet with Dr. Gleiber. Dr. Gleiber's patients are active participants in their personalized care; making decisions along with Dr. Gleiber, tailored to their specific treatment protocol. Dr. Gleiber offers the most up-to-date care for all spinal conditions, while taking a conservative approach when recommending surgery. Dr. Gleiber believes in **always** putting the patients first. He spends at least 2 hours with each patient to determine whether he or she is a good candidate for surgery.

He and his staff strive to make sure that all of your concerns are addressed. His team of professional spine team members will handle your every need, from making reservations and accommodations for our international patients, to arranging all of testing and appointments, even with those centers outside of our practice.

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