



# DAILY ESSENTIALS FOR BETTER ALIGNMENT FROM HEAD TO TOE

## 1. The Right Pillow Makes All the Difference

- If you're a **back sleeper**—go for a thinner pillow that cradles your neck.
- If you're a **side sleeper**—choose a firm, thicker pillow to fill the space between your neck and the mattress.
- And most importantly, make sure your head stays aligned with your spine. No awkward angles!

## 2. Your Work Chair Could Be Holding You Back

- Adjust your work chair so that your feet are flat on the ground and your knees form a 90-degree angle.
- Use a lumbar support cushion or roll to keep your lower back happy.
- And don't forget to stand, stretch, or walk around every 30 minutes!

## 3. Lift Smart, Not Hard

- Distribute the weight of the bags evenly between both hands.
- Keep your elbows close to your body to reduce strain.
- Most importantly, bend at the knees, NOT at the waist, when lifting.
- And don't be a hero— take multiple trips if needed!

## 4. Choose the Right Work Bag

- Wear a cross body bag to distribute the weight
- Carry only the essentials—less weight = less strain.
- Alternate shoulders: carry the bag on your left side going in to work and carry it on your right side going home.

## 5. Your Shoes Could Be Causing More Than Foot Pain

- Choose shoes with proper arch support to keep everything aligned.
- Opt for a custom orthotic that supports the three arches of your foot. This will reduce shock and reduce pressure in the feet as well as protect the spine from unsupportive heel strike.
- Change your shoes, one for walking to and from work, and one for the office.

## 6. Chiropractic care helps to keep you aligned from head to toe

- Chiropractic care aims to promote overall health by ensuring that your spine and nervous system function optimally.

