

Wholesome Yoga Therapy Spine Care Guide

Simple daily habits to keep your spine healthy, supported, and happy.

Your spine is designed for movement, adaptability, and balance. Spine hygiene means caring for your spine through small, consistent choices throughout the day.

1. Everyday Movement: “Motion is lotion.”

The spine thrives on regular, varied movement, not long periods of stillness.

Helpful habits:

- Change positions every 20–40 minutes
- Include gentle spinal movements daily:
 - Cat–Cow
 - Gentle twists
 - Side bends
 - Restorative backbends
 - Gentle forward folds only if tolerable. Certain conditions should avoid forward folds.
- Walk often—walking is one of the best spinal health practices

Habits to avoid:

- Sitting or standing in one position for hours
- “Holding yourself rigid” to maintain posture
- Avoiding movement out of fear of pain

**Yoga therapy reminder: Comfort comes from adaptability, not perfection.*



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2. Posture & Work Environment: Support without stiffness

Good posture is dynamic, not frozen.

Supportive setup:

- Feet grounded on the floor
- Hips are slightly higher than knees when seated
- Screen at eye level
- Chair or cushion supporting the natural curve of the lower back
- The keyboard and mouse are close to avoid reaching

Simple posture cues:

- Stack ears over shoulders
- Let shoulders soften down the back
- Allow natural spinal curves (don't flatten or over-arch)

Habits to avoid:

- Slouching forward into screens
- Locking knees when standing
- Sitting on the edge of the chair without back support all day

3. Lifting & Daily Tasks: Move from the centre

How you move matters more than how much you move.

Spine-friendly tips:

- Bend at the hips and knees, not the lower back
- Keep objects close to your body
- Exhale gently during effort
- Engage your core softly (not bracing hard)

Habits to avoid:

- Twisting while lifting
- Holding your breath
- Rushing movements when tired



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4. Sleep & Rest: Recovery time for the spine

Sleep is when tissues restore and reset.

Supportive sleep habits:

- Use pillows to support natural alignment:
 - Side sleepers: pillow between knees
 - Back sleepers: pillow under knees
- Choose a mattress that feels supportive, not rigid
- Get in and out of bed by rolling onto your side first

Habits to avoid:

- Sleeping twisted or curled tightly for long periods
- Using too many pillows under the head
- Ignoring pain or stiffness upon waking
- Sleeping on the belly might exacerbate pain

5. Breathing, Stress & the Nervous System

Spinal health is deeply connected to stress levels and breathing patterns.

Helpful practices:

- Slow, nasal breathing
- Gentle belly and rib movement when breathing
- Regular pauses to check in with your body

Habits to avoid:

- Chronic breath-holding
- Shallow chest breathing
- Pushing through pain without awareness

** Yoga therapy insight: A calm nervous system allows muscles to release unnecessary tension.*



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6. Simple Daily Spine Care Tips

Small practices add up.

- Gentle spinal movements in the morning and evening
- Warm showers or heat for stiffness
- Hydration supports spinal discs
- Practice curiosity instead of judgment about pain

Key Takeaway

A healthy spine is not about having a “perfect posture” or being pain-free all the time. It’s about:

- Movement
- Support
- Awareness
- Consistency

Treat your spine kindly—it supports you every day.

**This guide is intended for educational and wellness purposes only and is not a substitute for medical advice, diagnosis, or treatment. Yoga therapy and movement practices are meant to support overall well-being, not to replace care from a healthcare professional.*

Please listen to your body and move within your own comfort level. You are encouraged to rest, modify, or stop any practice that causes pain, discomfort, dizziness, or distress. Sensations may vary from day to day, and there is no expectation to push through discomfort.

Your well-being matters, and all practices should feel supportive, respectful, and empowering.

