

Your Healthy Spine & Wellness Guide

Small, sustainable everyday habits for a comfortable, well-moving spine — and when to get checked.

A comfortable spine isn't built in a single visit or one big fix — it's the payoff of a handful of small, sustainable habits woven through an ordinary day. None of these is dramatic on its own; the power is in keeping a few of them up steadily. Here's where to start, plus the signs that mean it's time to get checked rather than manage things on your own.

Everyday habits for a healthy spine

- 1 Move daily, and often.** Your spine is built to move, and the best posture is a changing one. A daily walk plus regular breaks to get up and reset does more for comfort than any single position held still.
- 2 Stack your posture, don't force it.** Aim for a relaxed, balanced alignment — ears over shoulders over hips — rather than a stiff, chest-out pose. Bring your phone up to eye level instead of dropping your head to it.
- 3 Set up where you sit.** Support your lower back so it keeps its gentle curve, keep screens at eye level, feet flat with knees roughly level with your hips — then change position regularly through the day.
- 4 Sleep in a supported position.** Rest on your side with a pillow between your knees, or on your back with one under your knees, on a mattress and pillow that keep your spine comfortably neutral.
- 5 Fuel and hydrate for good tissue.** Drink enough water and eat sensibly across the day — steady hydration and balanced nutrition support the muscles and soft tissues that carry your spine.

Small habits that add up

- **Lift with a hinge** — push your hips back, bend your knees, keep the load close, and turn with your feet, not your spine.
- **Take scrolling breaks** — long, unbroken stretches of looking down are what add up; look up and roll your shoulders now and then.

- **Anchor a cue** — reset your posture each time you sit at your desk or unlock your phone, so the habit runs on its own.
- **Aim for often, not perfect** — you'll slump and forget; success is simply returning to a comfortable, balanced position and moving regularly.

 Get checked rather than self-manage if...

- Back pain is **severe**, keeps returning, or **isn't easing after a couple of weeks** — or is clearly **getting worse**
- Pain **wakes you at night** or won't settle with rest and gentle movement
- You have **unexplained weight loss or a fever** along with back pain
- You notice **new numbness, tingling, or weakness** anywhere

Everyday habits support a comfortable spine, but signs like these call for a professional evaluation — not a home remedy.

How we help at Thrive

At Thrive Chiropractic in Troy, everyday habits do most of the work — hands-on care is a supporting partner when long-standing patterns have left you stiff or the daily habits alone aren't giving you the comfort you're after. That can look like a hands-on look at how you stand, sit, and move, gentle **chiropractic adjustments** to keep a stiff **spinal subluxation** moving freely, and **massage therapy** to release the tension a forward-leaning day builds up — always paired with coaching on the everyday habits in this guide.

We're honest about what's realistic: this supports better movement and comfort over a series of visits — it isn't a cure, a disease-prevention program, or a substitute for staying active and looking after yourself. Those daily habits do the real work; any care we add is layered on top.

Call us

(248) 574-9355

Online

thrivechiropractictroy.com

Visit us

2133 Crooks Road, Troy, MI 48084

Book a visit

thrivechiropractictroy.com/schedule

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