

# Healthy Spine Checklist

## *Start your year the healthy way!*

**YOUR HEALTH IS A CHOICE.** BY UNDERSTANDING MORE ABOUT YOUR OWN HEALTH YOU CAN MAKE BETTER LIFESTYLE CHOICES THAT CAN LEAD TO GREATER HEALTH AND WELLNESS.

**A** Take stock of your own health by going through our quick Healthy Spine checklist...

YES NO

- |                          |                          |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have difficulty turning your head so that your chin makes it to your shoulder?         |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you struggle to bend down so your hands drop below your knees when your legs are straight? |
| <input type="checkbox"/> | <input type="checkbox"/> | Have someone look at you from the side—are your head and shoulders slumping forward?          |
| <input type="checkbox"/> | <input type="checkbox"/> | Squeeze together your trapezius muscles (between your shoulder blades)—do they feel tight?    |

**Take your shoes off and stand up straight:**

- |                          |                          |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Do your feet or knees roll in?   |
| <input type="checkbox"/> | <input type="checkbox"/> | Is there more pressure on one foot or another?                             |
| <input type="checkbox"/> | <input type="checkbox"/> | Is one knee more bent than the other?                                      |
| <input type="checkbox"/> | <input type="checkbox"/> | Does your body or joints feel stiff when you wake up in the morning?       |
| <input type="checkbox"/> | <input type="checkbox"/> | When you walk, do you feel sore or stiff?                                  |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have difficulty putting your socks and/or shoes on whilst standing? |

**B** If you answered “YES” to any of these checklist questions, it may be time to have a professional assessment of your posture.

To find your local CAA member chiropractor, visit:

[www.LocateAChiropractor.com.au](http://www.LocateAChiropractor.com.au)

**C** Some simple things you can do each day for a healthier spine and life:

1. Do the Straighten Up Australia exercises every morning: visit [www.StraightenUpAustralia.com.au](http://www.StraightenUpAustralia.com.au) for more information
2. Walk at least half an hour each day: visit [www.JustStartWalking.com.au](http://www.JustStartWalking.com.au) for motivation
3. Keep up the recommended daily dose of water, fruit and vegetables: visit [www.gofor2and5.com.au](http://www.gofor2and5.com.au) for more information

YOUR LOCAL CAA MEMBER CHIROPRACTOR IS:

