

Myth or Truth? Let's Fact Check!



MYTH

Cracking your joints is bad for you



TRUTH

Joint cracking is just gas bubbles popping inside the joint fluid—it's not harmful and doesn't cause arthritis. Chiropractic adjustments are safe when done by professionals.



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MYTH

Pain will go away on its own, so you don't need treatment.



TRUTH

Ignoring pain can lead to chronic issues. Physiotherapy and chiropractic care help speed up recovery and prevent long-term damage.



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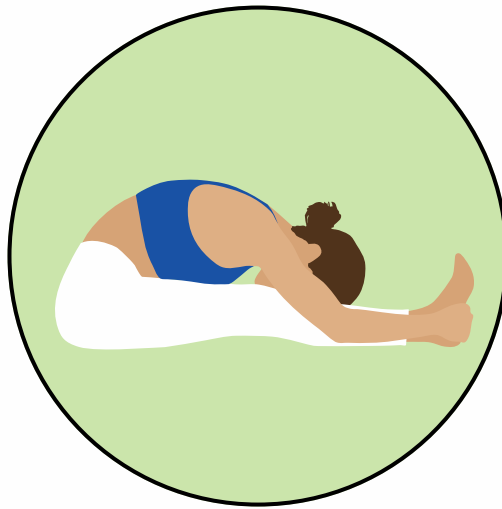
SIMPLE STRETCHES

TO IMPROVE BACK PAIN



Legs-Up-The-Wall

Relieves lower back tension by decompressing the spine.



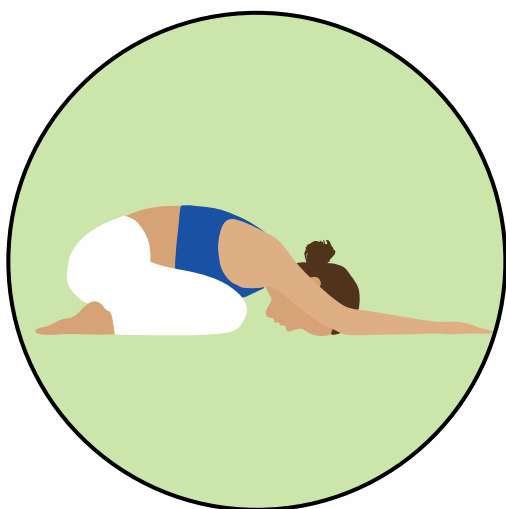
Seated Forward

Helps relieve tension from prolonged sitting.



Cow Stretch

Improves spinal flexibility and relieves stiffness.



Child's Pose

Gently stretches the lower back and hips.



Standing Forward

Stretches the lower back and hamstrings.



Bridge Pose

Improves spinal flexibility and posture.

5 SLEEPING POSITIONS FOR BACK & NECK PAIN

01 Back Sleepers

Lie on your back with a pillow under your knees. Supports the natural curve of the spine and reduces lower back strain.



02 Side Sleepers

Sleep on your side with a pillow between your knees. Keeps the hips aligned and minimizes lower back pressure.



03 Modified Fetal Position

Curl up slightly on your side, keeping your spine in a gentle, natural curve. Reduces stress on the spine while allowing for comfortable side sleeping.



04 Reclined Position

Use an adjustable bed or recliner to sleep in a slightly upright position. Helps alleviate pressure on the back by reducing strain on the lower spine.



05 Avoid Stomach Sleeping

Avoid sleeping on your stomach altogether. This position can strain your neck and back, leading to misalignment and discomfort.

