

# The Eleven Best Home-Care Tools for a Happy, Healthy Back

**Jacobs Chiropractic Acupuncture**



# Have the tools and be prepared

It is very important for you to be able to access tools at home that will help you care for your back. Both “in crisis” and preventive tools. Over the past 15 years, working with thousands of patients, I have created a list of the most valuable resources to have at your disposal for home care.

For optimal safety, some of these tools should only be used after approval of your chiropractor. They are generally considered safe, unless you have an underlying condition that you are unaware of or ignoring.

This top 10 list is simple but the tools are readily available. They are generally affordable and depending on your problem, extremely effective in supplementing your chiropractic care in between visits. This list does not include the obvious “stretching” and exercise, because it is a practice, not a physical tool.

The value of home care in between visits is that the stress of our lives, past and present, will often overpower a treatment plan of 1-5 chiropractic adjustments a week. You simply must take care of yourself at home too. If you do, you’ll get better quicker, have longer lasting results and you’ll create habits that will be preventive in nature as well. You will also save money, pain, heartache and frustration.



# 1 Ice Pack

Ice packs are widely accepted as an effective way to help reduce injury and pain after an acute injury. You should have one of these to put on an injury like a sprain, strain, bump or bruise. 10-15 minutes at a time with breaks in between to let things warm up a bit is a good routine. Ice packs are considered most valuable in the 48 or so hours immediately after an injury. Thereafter, sometimes even sooner, heat is the chosen application to help heal an injury.



# 2 Heating Pad

Heating pads that plug into the wall, or moist heat like that of a hydrocollator, are helpful when trying to relax tension, improve healing blood flow and for feeling good in an area of injury. Gradually accumulated stress in the shoulders and back will also respond well to heat. If you suffer from tension headaches, applying heat to your neck after a long day may help reduce or eliminate your headache IF it's enough to relax the tension.



# 3

## Foam Roller

Having a foam roller available at home can really help when you find yourself in a tight spot. Whether it's tension in your ilio-tibial band, hip, mid back or "lats", the foam roller is going to help break up soft tissue tension, improve blood flow, improve healing, improve mobility and pain, improve function and reduce the risk of future flare ups if you use it preventively.

**Not sure how to use the foam roller? Visit [YOUTUBE](#) and search for instruction!**



# 4

## Interferential or T.E.N.S Unit

A portable "muscle stim" unit that reduces inflammation, pain and tension can be a life saver. These inexpensive machines have the power to change your situation pretty quickly. It is said that TENS units block pain by blocking nerve sensation, while some say the "E-Stim" results in the brain releasing pain killing chemicals like endorphins and enkephalins. At the end of the day though, if you are in pain, this thing will likely provide you with some relief. It may be the difference between being stuck on the floor and being able to get up and move around. Make sure to have 9 volt batteries and plenty of "stim pads" through which the electricity flows.

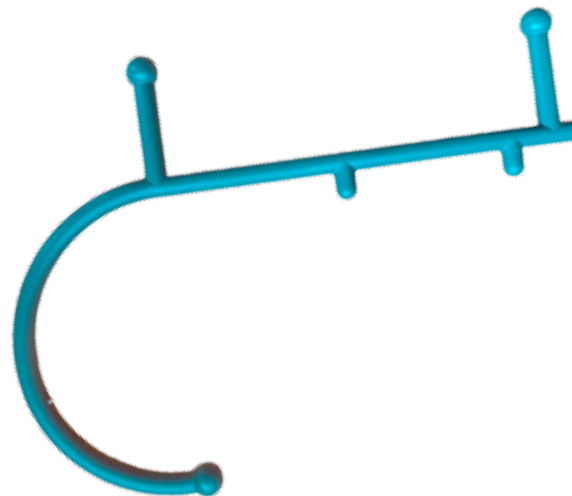


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## Theracane

The theracane is a trademarked device that is basically a cane with extensions on it that allow the user to apply pressure to “knots” in most muscles of the body. At \$30 the theracane is an investment that I don’t believe you can live without. It will last a lifetime and will come in handy whenever you feel a tight muscle, tension headache, shoulder pain, tight hamstrings, the works. Theracanes are available at Dr. Lou’s Amazon storefront at [this link](#)

**Not sure how to use the cane? Visit [YOUTUBE](#) for instruction on it’s usage.**



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## Hot Tub or Bath Tub

Tight, sore, achy muscles love heat. As mentioned when discussing the heating pad, the heat relaxes tension, improves blood flow, promotes healing and it feels good. If, like some, you don’t find hot water relaxing, get the heating pad instead. Many patients like to put epsom salt or other substances in the water of the tub. If you feel better doing this, great, but most important is the heat of the water.



# 7

## Inflatable Exercise Ball

Exercise balls are great for assisting you when strengthening your core while doing crunches. They are great for stretching and performing exercises that improve core strength, stability and exercise balls help to strengthen often under Trained muscles of the back. They can be deflated to save space, but are a great addition to a home exercise set up. A larger exercise ball may also be used to decompress the low back by lying on the ball while on your stomach. Let your legs hang and low back muscles relax. It's a DIY decompression machine!



# 8

## Formula 303

### Herbal Muscle Relaxant, stress reducer and sleep aid

While taking pills of any kind should be considered carefully, Formula 303 is an herbal formula, without side effects, that has pretty impressive results. As suggested, it helps relax muscle tension and inflammation, helps reduce mental stress and it aids in making sleep more sound and restful. By reducing mental stress, it reduces physical tension which makes sleep easier. By making sleep easier, you heal and rest better, leading to better overall function, recovery from your day and less stress. By reducing physical tension, it reduces mental stress and makes sleep more comfortable and restful. You get the point. It takes a vicious cycle and has the potential to help reverse it into a positive cycle.



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## Tempur-Pedic Mattress

Not all memory foam mattresses are created equal. Tempur-Pedic is the top of the line and worth the investment if you are able to make it. Some worry about the heat of the mattress and for what it's worth, I've never found it to be too warm. If the cost of Tempurpedic products is prohibitive for you, other brands have received acclaim recently and may be worth a try at a fraction of the cost. Purple, Casper, and Cool Gel are brands I've heard good things about. While the purpose of a mattress is to get a good night sleep, it's also important that it not set you up for problems in the future. In general, medium to firm is recommended, particularly if you are a side or stomach sleeper. Back sleepers can get away with a softer mattress if desired.



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## Contour Memory Foam Pillow

A contour memory foam pillow is a great investment as well. Supportive of your neck and head, it's a no brainer. You simply have to find one that fits you. Brookstone carries Tempur-Pedic, as do many mattress stores. You may also find a less expensive brand at stores like Home Goods and Target. Amazon currently sells a back and side sleeper Tempur-Pedic pillow that looks amazing at \$89.00 +/- . It offers contoured neck support for back sleepers and proper neck support for side sleepers too. It's important to remember that roughly 1/3 of your life is spent asleep. Investing in the best sleep tools you can is a wise decision.





## Important

These top ten home care options are designed to supplement your chiropractic care. Chiropractic focuses on your structure and how abnormal structure negatively effects the nervous system, healing, regulation and control of your body.



## Bonus Winter Item

Winter anti-slip tracks for shoes. Slip and fall injuries are very common in the winter. These injuries can ruin your year and in some cases lead to more serious setbacks or turn of events. It's icy, snowy, slippery and high risk. For a small amount of cash you can prevent slipping and falling on your....bum, knee, hip, tailbone, wrist, elbow, shoulder or head. An ounce of prevention is worth a pound of cure. Think of them as an insurance policy that you pay for once and benefit forever.





# Schedule an appointment today and take advantage of this special offer

Call our office to schedule your initial exam today and, once completed, we'll give you a **free bottle of Formula 303 herbal muscle relaxer, stress reducer and sleep aid**. Your bottle will be reserved after you call and delivered once you finish the exam. Remember, these tools are not replacements for your doctors and other healthcare professionals. They are supplemental to them. You should always consult with a doctor before beginning any type of therapy.

If you have questions regarding any of the content of this e-book, email Dr. Lou at [drj@drloujacobs.com](mailto:drj@drloujacobs.com).



Dr. Lou Jacobs is a chiropractor and acupuncturist in Portland, Maine. Dr. Jacobs is board certified in perinatal and pediatric chiropractic. He has been working as a chiropractor since graduation from Cleveland Chiropractic College in Kansas City, Missouri in 2002. His focus for all patients is the identification and correction of vertebral subluxation - the neuromusculoskeletal cause of dis-ease throughout the body.

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