

Ask the PT!

by Joseph G. Pelizza, P.T.

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Driving tips for a Better Back

Most of us drive for a large part of our transportation. Many of us also suffer from back pain and may still need to drive to doctors and other health care providers such as a physical therapist, chiropractor, etc. There are a few things to keep in mind if you are in severe pain or you are pain preventing.

- ➔ **Avoid long periods with taking a break.** A car ride over 30-40 minutes without a break can be very harmful to your back. The back never likes to be in one position too long especially if it is painful.
- ➔ **Avoid car rides all together if possible.** If there is no need to drive or ride in a car when your back is painful then just don't.
- ➔ **A great way to improve your posture when riding in a car is to roll up a towel.** Roll the towel firmly in a diameter of about 3-5 inches. You may need to vary the diameter. Next, take the towel and place it horizontally behind the small of your back when sitting in the car seat (about an inch or so above the belt line). The only other thing you need to make sure of is that your butt is all the way to the back of the seat before you put the towel roll in place. You will feel more upright and your lower back will be more supported. I know lots of seats have "lumbar support" however it has been my experience that they offer support not in the correct position. Think about it — how can one lumbar support work for tall and short people?

Hope this helps—happy driving!

How Smart Is Your Right Foot?

This is neat . . . You have to try it . . .

This is so funny that it will boggle your mind. And you will keep trying it at least 50 more times to see if you can outsmart your foot but you can't!!!

While sitting at your desk, lift your right foot off the floor and make clockwise circles with it.

Now, while doing this, draw the number "6" in the air with your right hand. Your foot will change direction!!!

There is nothing you can do about it!

Sometimes a hug trumps a fight

The next time your small child throws a temper tantrum, try giving him or her a hug instead of a lecture. You might be surprised at how effective a hug can be in quieting a child in the midst of a meltdown.

Hugs can defuse a child's hurt or anger, making it easier for him or her to listen to what you have to say. Once calm, your child can take part in a larger discussion about the problem and his or her behavior.

Children do better when they feel secure and loved, no matter what.



Joseph G. Pelizza, P.T. Speaker & Author

Joseph G. Pelizza, P.T. is a graduate of Daemen College, Amherst, NY. Joe is a licensed physical therapist practicing orthopedic homecare. Joe's work with patients in physical therapy has taught him that how you think can impact positively or negatively on your wellness and energy levels.

Joe is the co-author, along with his father Dr. Pelizza, of [A Journal to Live By](#) and a CD, "Keys to Permanent Weight Loss". As an associate of Pelizza & Associates, Joe is available for presentations in the following areas:

- ◆ Keys to Physical & Mental Wellness
- ◆ 8 Mental Thoughts to Live & Work By
- ◆ Balancing Work & Life
- ◆ Keys to Improving the Self-Image of Children

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Grab the cucumber to solve some common problems

The humble cucumber can be useful for more than salads. Here are a few creative uses for this common vegetable:

- ➔ **Battle the mid-afternoon slump.** Instead of guzzling a Red Bull, try nibbling a cucumber. It contains B vitamins, Vitamin C, calcium, and other nutrients that can perk up your energy level.
- ➔ **Prevent a hangover.** With their sugar and electrolytes, cucumbers can replenish nutrients lost after a night of drinking, helping you wake up refreshed and headache-free.
- ➔ **Soothe your tired eyes.** Place a slice of cold cucumber over each of your eyes for about 15 minutes. The moisture will cool your skin and allow the blood vessels in your eyes to contract, easing the swelling.