

Choosing the Right Pillow for Proper Back Support

Do you ever suffer from back or neck pains? Insomnia? Do you often have migraines or headaches? Your pillow might be the one to blame. A wrong spinal position during sleep can lead to various health problems and generally a bad health condition or even mood. Learn how to use pillows correctly to support your back and neck under most circumstances and get rid of those annoying pains once and for all.

Let's take a look at what your spine actually is. A Spine is a column of bones in our body that consists of a series of articulated vertebrae, separated by inter-vertebral disks. Muscles and tendons help to hold the spinal bones together. The spinal column extends from the cranium to the coccyx and it is our basic supportive structure, the one that keeps us on our feet. Good support and posture are important for our spines general condition. So, when we stand, sit or lie down, gravity exerts a force on our joints, ligaments and muscles. We have to make to make sure that this force is distributed evenly so that our structures are not overstressed.

How can we use a pillow to support our back while in a seated position? This position is the most troublesome one. As we are focused in our activity in front of us we tend to protrude the head forward. As a result, the thoracic and lumbar spine tends to round forward. That leads to weight imbalance and our muscles and spinal ligaments have to stretch in order to support our upper body's weight. The result is headaches and pains in the neck and the upper back. Placing a small pillow in the arch of the lower back can restore the ideal position for the spine, the S-shaped curvature.

A lumbar support pillow that fills the natural gap created between the lower spine and the chair is ideal. Use lumbar support pillows also while sitting in a car. Besides back support it will absorb the forces of gravity that may hurt your spine. While traveling, you can also use special travel pillows designed in a U-shape. These pillows are curved to fit around the neck. They support the head when in a seated position, relieving neck muscles. It is very beneficial, especially if you need to sleep in a seated position. Donut pillows, the ones with the hole in the middle, are suggested if you are suffering from coccyx pain because the hole takes pressure off the coccyx region or if you are woman in pregnancy, as it helps absorb gravitational forces.

You also need a pillow to support your back while in a lying position. Don't hesitate to try different types of pillows and keep the one that suits you best. restful sleep, choose cervical (orthopedic) pillows, which are contoured to fill the spaces under the head and neck, for maximum neck support. Also use a mattress top or knee pillow between the knees if you are sleeping on the side, or below the knees if you are sleeping on the back, which can help alleviate strain on the lower back. Body pillows are also designed to provide overall neck and knee support and cover the supportive needs of the whole body.

If you suffer from a health problem that involves the spine, consult your Orthopedic Doctor and decide together which type of pillow is best suited for your condition. A good pillow is also necessary for those who would like to avoid those types of problems in the future. So, do your research and buy a present for your back, after all, who can support you more efficiently?

About the Author

For more information on Pillows and How Pillows can alleviate many of our Daily Problems such as Headaches and Back Pain, Visit The Pillow Cart at www.pillowcart.com

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