



Spine Wellness Checklist

Name:

Date:

The following are five questions that relate to spine wellness. Any item in this checklist that sparks concern or uncertainty for you may be an excellent topic for your next wellness goal!

Print this document, add your comments, and bring it to your next appointment to discuss with your physical or occupational therapist.

1. Do you use safe lifting techniques?

Your comments:

2. Is it uncomfortable to raise both of your arms completely over your head?

Your comments:

3. Are you using the right breathing techniques?

Your comments:

4. How well can you turn your head to check a car's blind spots?

Your comments:

5. What is your weekly exercise routine?

Your comments: