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Sleeping position side



If you find sleeping uncomfortable, try lying on your side, and place a pillow between your knees. If you have leg pain or one-sided lower back pain, usually you will find it more comfortable to lie on the opposite side to your leg/back pain. Do not sleep on the floor.

Video link: <http://youtu.be/g0IKQxmT148>

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Sleeping position flat on back



You may prefer to sleep flat on your back. If you do, you may get some relief from back pain by placing a pillow under your knees. Use one or two pillows, whichever you feel is more comfortable. Do not sleep on the floor.

Video link: <http://youtu.be/v0pd2RnuHGI>

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Sleeping position



Lying on your comfortable side (i.e. the non-affected shoulder), place a folded pillow under your sore arm. You can also place a pillow behind your back to help alert you if you try to turn over on to your bad shoulder in the night.

Video link: <http://youtu.be/YjSZGtHTJs4>

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Please stop any exercise that increases your pain. Soreness after new exercises and treatment is normal. Please follow the ice, heat, and/or water intake instructions provided to you. If you have any questions with an exercise, just email us at info@thrive2020sanjose.com, or call us at 408-883-2088. Keep up the good work!