

# ORTHOPEDIC Pillows

Western cultures have traditionally used very soft beds and down filled pillows over the years whereas Eastern cultures have generally employed very hard sleeping surfaces. This difference may partially explain why Americans tend to exhibit more arthritis in the neck as they age.

Americans spend six to eight hours each night in bed. As a result, it is extremely important to have good support during the sleeping hours. Research has shown that improper support to the neck could greatly increase the rate of degeneration and arthritis in the cervical and upper thoracic spine.



It is extremely important that not only you, but all of your family members receive good support during the night. One way to insure this is to use posturally correct orthopedic pillows. The use of custom made and fitted cervical pillows is essential to good spinal health.

Your Chiropractor is an expert in spinal biomechanics, treatment and prevention of spinal diseases and can help properly fit you and your family for correct neck pillows. LSM has a wide variety of orthopedic appliances specially designed to optimize your comfort and correct sleeping posture.