

Looking After your Spine

Here at Alderley and Didsbury Chiropractic we are keen to give you all the help and support you need to stay healthy. This is about **YOU** maintaining **YOUR** health. Unfortunately, it does mean a bit more thought and effort but the rewards are more than worth it.

Pain relief is most peoples' first goal but preventing future episodes should be considered equally important. This will require greater awareness of what, and how you do certain tasks. Then, with a little more thought, small changes can make a big difference.

So...

Do

Maintain good posture – straight spine, shoulders back, head up.

Take regular micro-breaks – every 15 mins you should stand up from wherever you are sitting (it only needs to be for 30 secs. or so - not 5mins!). We suggest simply going to get a glass of water or something. That way you kill two birds with one stone; you drink more and move more.

Exercise – the importance of regular exercise cannot be over-emphasised. This is one of the single biggest factors in maintaining optimum health. Ask for advice on what might be best for you.

Lift correctly – back straight and use those legs. This applies to light objects as well. For a lot of people the initial pain starts after casually picking a letter off the floor for example – it is the type of movement, not the weight, that is the issue.

Vary your tasks – weeding in the garden, sitting at the computer or shopping etc. are all ok in small bursts but again the **micro-break** rule applies. Waiting for the pain before you stop is too late – the damage is done by then!

Sleep on your side or back – not on your front. You might not find it easy to change but it will significantly reduce stress on the spine.

Do Not

Ignore pain – pain is a warning sign so do not ignore it. It will not go away without the appropriate treatment. Pain killers and anti-inflammatories are not the answer. They only mask the symptom rather than treat the cause.

Ignore any of the above – they are for **YOUR** benefit and **WILL** make a significant difference to your long term health.