

BACK CARE



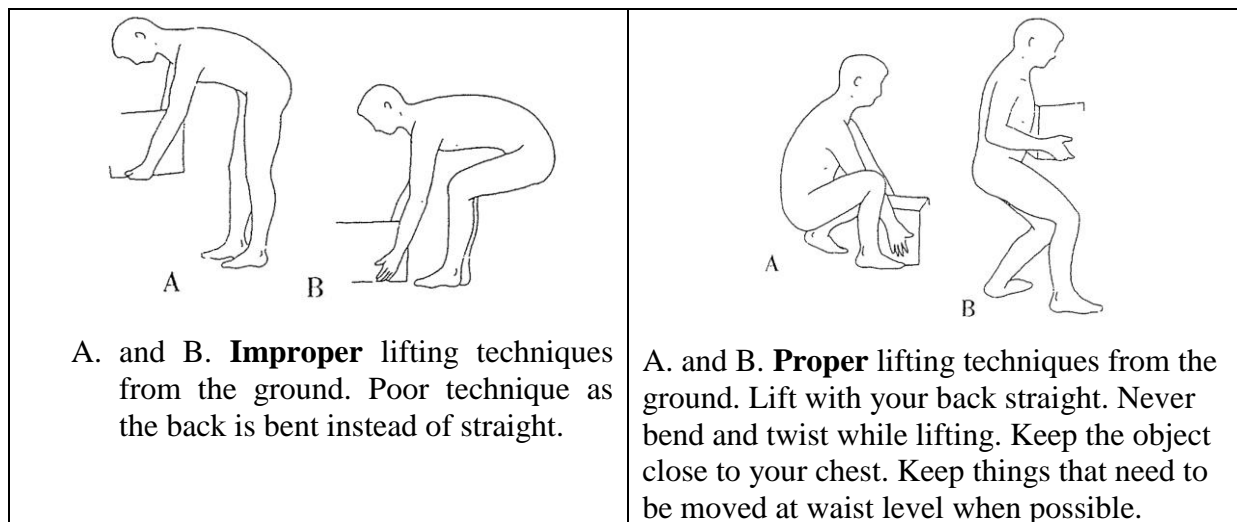
Back and neck pain are interwoven into our lives. They are common and may be disabling if not effectively managed. Chiropractic adjustments are one of the most effective treatments for the relief of back pain. Manipulation, exercises and education have far greater results than the old fashioned remedies of rest and medication.

Always avoid extra strain on your back. For those of you carrying out activities that require repetitive lifting or excessive sitting, modify your movements to reduce the pressure on your back. Even everyday actions that are performed in the home could be putting you at risk of a back injury.

Your overall fitness and strength is another factor, particularly your back, abdominal, buttocks and leg muscles. Try to stay in good shape at all times!

A sedentary lifestyle is a recipe for back and neck pain. Exercise nourishes all the tissues of the spine and increases flexibility and strength. When recovering from an acute episode of pain, exercises actually help the tissues to heal faster. Unfortunately, not all exercises are appropriate for the back and neck. Ask your Chiropractor about an exercise programme to complement your treatment and help you to avoid fatigue and injury.

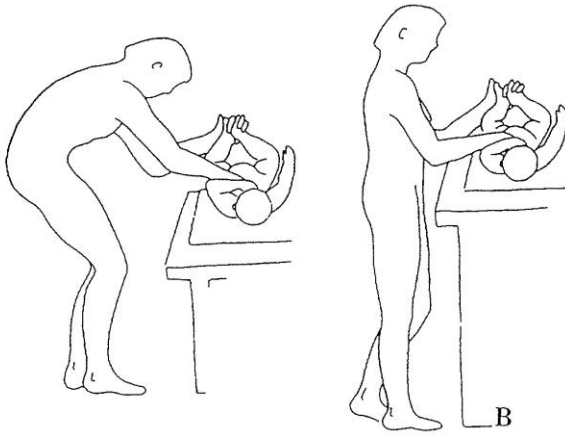
The following techniques describe how to modify some of your daily routines safely and correctly.



Please give this to a friend or colleague if you think Chiropractic may help them.

Have them call us on **01276 21637**

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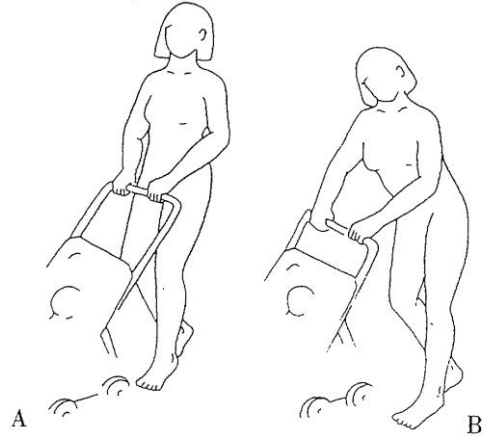


- C. Changing height is too low.
- D. Correct changing station height.

Changing your baby's nappy could cause back strain. Ensure that the changing station is at such a height that you do not have to bend too far forward. You may also use a footstool

- A. Pushchair arms are at the proper height.
- B. Pushchair arms are too low causing slumping.

As pushing and pulling may cause lumbar strain, try to buy a pushchair that is fitted to your height. A taller person will require a pushchair with longer arms. Keep your back straight and avoid slumping when pushing the baby.

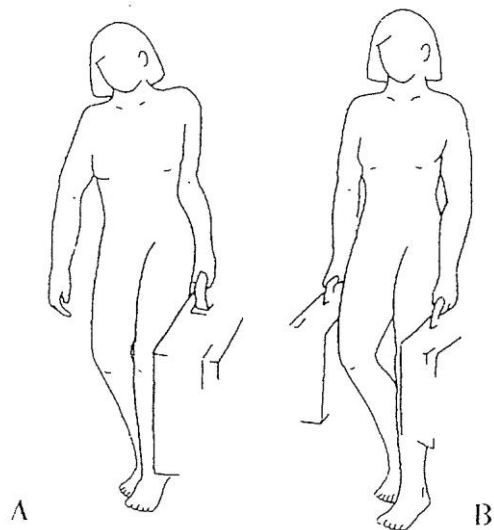


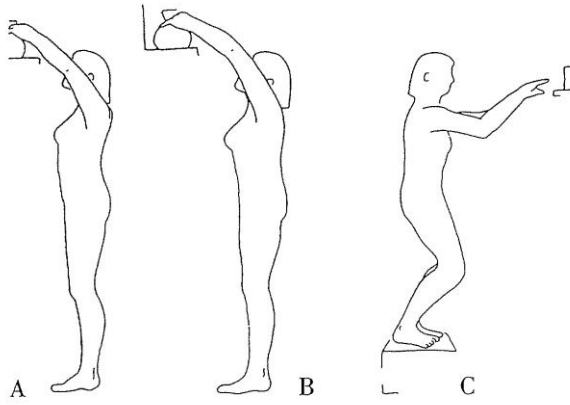
Placing a baby in a car.

It is particularly important to hold the baby as close to your chest as possible. By doing this, you are less likely to injure your back.

- A. Suitcase is too heavy.
- B. Balanced weight

When packing a suitcase, pack two smaller suitcases rather than an oversized one. This will balance the load and avoid straining the back.



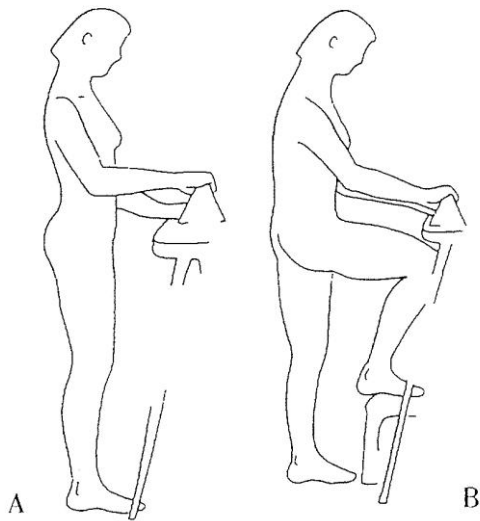
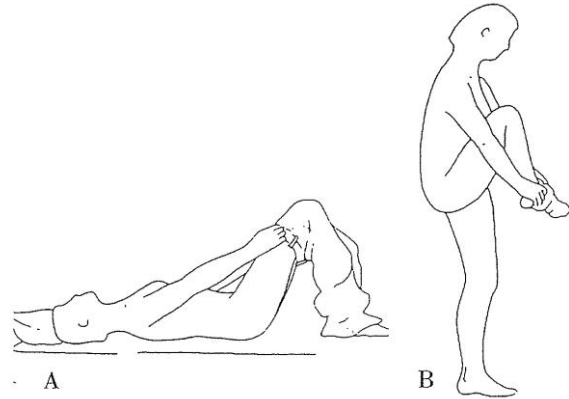


- A. Incorrect overhead reaching: with back hyperextended.
- B. Correct overhead reaching: back flat.
- C. Using a stool for overhead activities.

Using a footstool will reduce the back strain when reaching above the shoulder level. If you do not have a stool, tighten your abdominal and buttock muscles so you flatten your back. This prevents your buttocks from sticking out and your back from over arching.

- A. Safe methods for putting on trousers etc.
- B. Safe back options for putting on socks.

Putting on socks or trousers places great strain on your back as there is much bending. Dressing on your back or standing up against a wall will significantly reduce this stress.

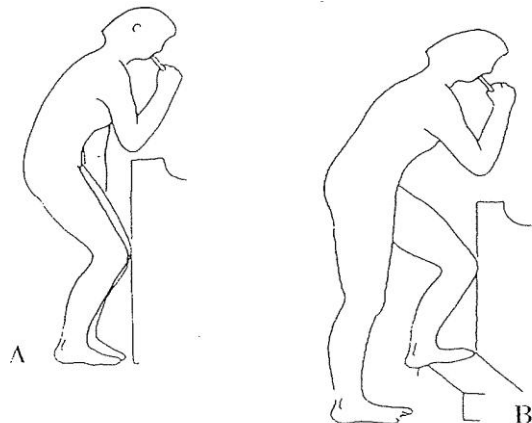


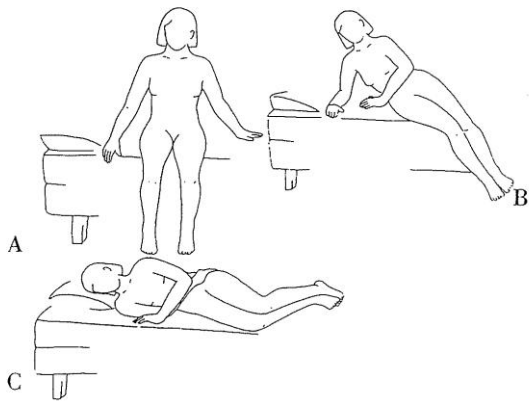
- A. Usual ironing position.
- B. Using a footstool to reduce low back strain.

Extended periods of standing upright in one position are going to place additional stress on the lumbar spine. Again use a footstool, or a large thick book, to break these forces and strains.

- A. Brushing teeth with both knees bent.
- B. Using a footstool to reduce low back strain.

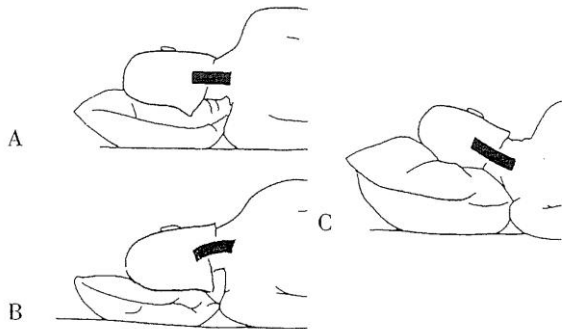
A low bathroom sink can cause overstrain. Use a stool, or alternatively, bend your knees and lean them up against the sink cupboard.





- A. Sleeping with a pillow between the knees.
- B. Sleeping with a pillow under the knees.

It is very important to maintain all the normal spinal curves with minimal strain whilst sleeping. The fetal position achieves this and to prevent the lumbar spine and pelvis from twisting, use a pillow. The pillow under the knees keeps the lower back relaxed and not over arching.



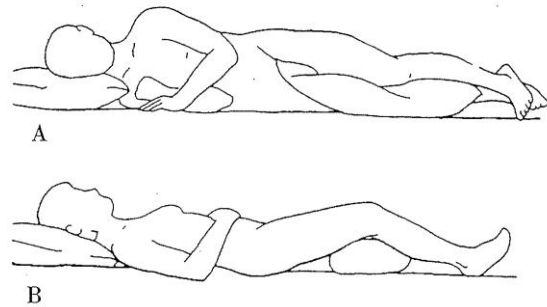
- A. Knees bent and elevated on a chair.
- B. Knees bent and slightly elevated by pillows.

By trying to reduce any external forces, a proper resting position is essential. Lying on your back with your knees bent is one of the best 'relief' positions for the spine. It reduces pressure on the discs and relaxes the muscles.

Technique for lying down when you have a bad back.

- A. Firstly, sit on the side of the bed.
- B. Begin to lie down with one arm supporting your body weight.
- C. Stretch out, on your side, pulling your legs onto the bed.

First thing in the morning, joints are stiff and discs are swollen from not being compressed by gravity. So it is crucial to avoid doing a sit-up or twisting at the waist when rising from your bed.



- A. Healthy neck/pillow relationship.
- B. The pillow is too small.
- C. The pillow is too large.

The perfect pillow will cradle and support your neck without distorting its normal alignment or 'stiff necks' and headaches may occur. Pillows must not be too small or the neck is unsupported and strained. Too many or too firm a pillow, which pushes up the neck, will cause the joints to pinch together.

