

# BACK TO BASICS CHIROPRACTIC

## Back Talk

### October 2013 Newsletter

Straighten Up Ireland week 2013 begins today, Monday 14<sup>th</sup> October.

Straighten Up Ireland is all about raising awareness of the importance of good posture, movement and daily care of the spine.

Back problems are the second most common cause for GP visits second to the common cold. Back and neck pain is one of the most common causes for absences from work. Up to 80% of people will suffer from back pain at some point in their lives.

While Chiropractic care is very effective at helping people with back and neck problems, Chiropractors prefer to educate people to look after their spines to prevent the onset of these problems in the first place.

During Straighten Up Ireland week Chiropractors around the country will be teaching a simple 3-minute daily exercise program designed to strengthen, stabilize and mobilize the spine.

Regular exercise, awareness of posture along with regular Chiropractic check ups can help to maintain good function, alignment and mobility of the spine and prevent degenerative changes keeping the spine healthy for longer.

When considering your posture look at the following:

- The ears should be in line with the shoulders rather than in front of them.
- The shoulders should be pulled back and down, rather than pulled up towards the ears.
- The tailbone should be tucked slightly down and under and the abdominal muscles pulled in slightly.

For further information or advice on posture or any aspects of looking after your spinal health contact the office.