

5 Quick and Easy Ways...  
To Help Reduce Back  
Pain (and Stiffness)  
Without having to take  
Painkillers or have to  
call to see your GP

**BY DR. STUART KELLY DC (VALUE €70)**

# BACK PAIN



PREMIER  
CHIROPRACTIC

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# ABOUT

## **About the Author, Dr. Stuart Kelly**

Having first visited a chiropractor when he was just 17 years old for a low back injury sustained during a football match, Dr. Kelly was amazed with how quickly he recovered from his low back pain whilst under chiropractic care having tried physiotherapy and other medical interventions.

Within six months he decided to travel to the UK to begin a 5-year university degree to become a doctor of chiropractic. He opened his first practice in Yorkshire before returning to Ireland in 2006 to practice in Dundalk, Co. Louth. He has since expanded his practice together with his colleague and sister Dr. Nicola Kelly to establish Premier Chiropractic Ltd with offices now in Swords and Dundalk.

Dr. Kelly has had the privilege of looking after Irish international footballers, Masters winning golf professionals and international rock stars over a 20-year career.

He feels the body has an amazing ability to heal itself and that chiropractic care play a vital role in optimizing the function of the nervous system which controls every function of the body.

# INTRODUCTION

In this Special Report on reducing Back Pain I'll share with you 5 introductory ways to help you improve the mobility of your spine, which in turn will help strengthen your spine and reduce pain.

The truth is, without examining you in person, I can't tell for sure what is causing your individual problem as the cause of back pain have many different factors. These can range from diet to emotional stress and from arthritis to postural stress.

But over the last 20 years, through having treated thousands of people, I've been able to observe many things that help reduce stress on the spine, increase mobility and nourish the body's ability to heal. There are many things we can do on a daily basis to help our spines and to reduce back pain, far too many to go through here, but these 5 steps will get you started on better spinal health.

Please remember there is no quick fix to back pain, especially long-term issues, but if you follow the steps below and work on them daily, your spine will become stronger and you will be more empowered to help yourself.

# 5 QUICK AND EASY WAYS...

## To Help Reduce Back Pain (and Stiffness) without having to take Painkillers or have to call to see your GP!

### 1. WALK FOR 45 MINUTES PER DAY

Remember we are hunter/gatherers by nature, we are designed to be on the move. It's just as important to our bodies as drinking water, the effects of not walking might not be as dramatic but movement is vital with 90% of brain stimulation coming from movement of the spine, walking is essential. It will also help improve the strength of your spinal stabilizers, burn off stress hormones and improve your co-ordination and balance.

### 2. TAKE UP AN EXERCISE CLASS YOU ENJOY

Some people find that Pilates or Yoga are very helpful with back pain and my experience has shown me that for the majority of people they are. However if you don't enjoy Yoga or Pilates you won't stick with them or enjoy going to the class and will most likely stop attending. So my advice is find some exercise you enjoy, don't dread going to and have fun whilst doing it. It may be going to the gym, joining a walking group, swimming...the list is endless, just make sure you enjoy it!

### **3. CORRECT YOUR POSTURE TO REDUCE STRESS ON THE SPINE**

The more forward our head is in relation to our shoulders, the more stress and workload is on our spine which over a long period of time can lead to injury. Make sure you're standing tall. If someone was to look at you from side-on they should see your ear, shoulder, hip, knee and ankle all in line. For every inch your head goes forward the workload on your spine increases by 10lbs.

### **4. TRY NOT TO SIT FOR MORE THAN 15-20MINS AT A TIME**

If you are an office-based worker this may be difficult for you, but the reality is we are not designed to sit for long periods. Sitting increases the pressure on your spine and the lack of movement will weaken the muscles that stabilize your back leaving you more prone to injury. So try your best to take regular breaks when sitting.

### **5. GET A SPECIALIST ASSESSMENT BY A CHIROPRACTOR TO DETERMINE WHAT THE UNDERLYING CAUSE OF YOUR PROBLEM IS**

A full examination will allow your chiropractor to check your posture, movement, balance, strength and check the function of your spine as well as your nervous system. Many chiropractors will combine a full orthopedic, neurological and chiropractic examination to shed some light on your problem and let you know if chiropractic care is suitable for you.

# BONUS SECTION:

## 6. EAT AS HEALTHILY AS POSSIBLE

Your body is like a car, the better the fuel you put into it the better it will run. Make sure your body is receiving the proper nutrients so your back muscles have the right amount of fuel to keep you moving optimally and repair injury if needed.

## 7. MAINTAIN A HEALTHY WEIGHT

The healthier your weight is the less strain on your joints. As we start to move more our muscles will strengthen which will help with shock absorbency through the body. Keeping your health within a healthy range will help your recovery.

## CONCLUSION

So there we have it, some of the most important and tips and exercises I have come across over many years in practice that you can start straight away to improve not just your spinal health but your overall well being too.

Over the next few weeks I'll be sending you some more information on how to improve your health and the roll chiropractic can paly in reaching your health goals.

We hope to serve and advise you on any future spinal health challenges you have and we are always here if we can be of any help in the future.

Yours in health,

Dr. Stuart Kelly

**Chiropractor**



## **HEALTH ADVICE DISCLAIMER**

**We make every effort to ensure that we accurately represent the injury advice and prognosis displayed throughout this guide.**

However, examples of injuries and their prognosis are based on typical representations of those injuries that we commonly see in our clinics. The information given is not intended as representations of every individual's potential injury. As with any injury, each person's symptoms can vary widely and each person's recovery from injury can also vary depending on background, genetics, previous medical history, application of exercises, posture, motivation to follow advice and various other physical factors.

It is impossible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination and likewise the advice given for management of an injury cannot be deemed accurate in the absence of examination from one of the Chiropractic Association of Ireland's chiropractors working at Premier Chiropractic Limited.

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