

7 SECRETS  
STRATEGIES...

# Manual Workers

Are using to stop  
back and joint pain  
from affecting their  
livelihood !



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Hungerford Chiropractic and Physiotherapy Healthcare, Unit 2 Kennet House, 19 High Street, Hungerford, RG17 ONL

<https://www.hungerford-chiropractichealth.co.uk>

# Introduction

In this special report on injuries seen by people who do manual work, I have picked the injuries that people most commonly seek a solution to with our care and the advice we give them, in order to help themselves.

They're in no particular order, and they all have one thing in common: they can come on very suddenly, often with no prior warning. There's a great saying that goes: small hinges swing big doors. And it's often the simplest advice that wins in the end.

The truth is, without knowing your pain or your history intimately, I cannot tell you which of these will work best for you. And even if I did know the root cause of your back pain, there are no guarantees that any one single strategy will work. But over the last decade, I've been able to narrow down what really does and doesn't work when it comes to easing pain for people who are physically active.

These 7 principles you're about to read about are included in that.

But imagine this...

How great it would be if you try just one of these "tips" every day and within a few weeks you could have all 7 of these incredibly powerful strategies for easing pain "in play" and working for you – giving you back the active and healthy lifestyle that you've lost, or are in danger of losing.

So, here's my challenge to you...

Now that you have this knowledge in your hands, take time every day to try out at least one of these 7 strategies. It really won't take long and most of them won't cost you anything but a few minutes of your time. I think you'll be pleasantly surprised by how much better and healthier you will feel for doing so.

# The Most Common Injuries with Manual Labourer's

## Back Sprain/Strain:

By far the most common injury we see in practice is lower back pain that affects the joints and muscles of the spine. This is often considered "wear and tear" injuries and the common misconception is that there is nothing you can do about it, when that couldn't be further from the truth. Lower back pain is often from the pelvis being misaligned, which can happen from lifting awkwardly or favouring one side when working.

## CHECK YOURSELF!

If you feel any tenderness in the lower back area and in or around the "dimples" of the pelvis/hip area, then there is a strong possibility that your pelvis is misaligned.

## Slipped Disc and Sciatica:

Another common injury that can occur in the lower back is a slipped disc. This is where a disc bulges out like a balloon and causes pressure on the nerve going down into the leg. The pain and/or numbness can stretch into the buttocks or right into the toes depending on where the disc bulge has occurred.

## CHECK YOURSELF!

In a seated position slump forward with your chin on your chest, then slowly raise the foot of the bad leg until it is straight. If your pain increases at any point during this then you may have a slipped disc.

## Mid-Back Pain:

Mid back pain generally occurs because of constantly carrying objects on one shoulder more than the other. This can create a curve in the spine called a scoliosis. If you have pain when you breathe deeply then the ribs will also be involved.

## **CHECK YOURSELF!**

Take your shirt off and look at the height of your shoulders in a mirror. If you notice that one shoulder is higher than the other, then there is a good chance that you have a curvature/imbalance in your spine.

### **Neck Injuries:**

Neck injuries can occur for a number of reasons and are normally associated with extended periods of overhead work, such as painting or plastering.

## **CHECK YOURSELF!**

Look towards the ceiling then down to the floor, then look over each shoulder by rotating the head. The neck is designed to be very mobile so if you notice a restriction in any movement or any pain then you might suspect that there may be some arthritis occurring in the spine or a spasm/tightness occurring in the muscles.

### **Shoulder Injuries:**

The shoulder is also a very mobile joint that are prone to many different injuries with over use such as rotator cuff, repetitive strains and frozen shoulder.

## **CHECK YOURSELF!**

Standing upright slowly raise your shoulders sideways until they are above your head, then repeat that process lifting your arms up in front of you until they are above your head. Any pain or clicking while doing the movement is a sign that the shoulder is not moving normally.

## **Knee Injuries:**

Knees take a lot of strain from carry objects to doing work in a kneeled position. Most injuries with the knee are also affected by either the arches in your feet or the position of your pelvis.

## **CHECK YOURSELF!**

If you have access to 2 sets of scales you can set them side by side and standing with one foot on each check to see how balanced you are through both legs, anything more than 1kg difference is considered significant. Alternatively check your balance standing on one leg with your eyes open and your eyes closed, a difference could suggest a knee problem.

# **Self Help Tips to Naturally Get Rid of Your Pain**

## **Use Ice (...Not Heat) To Stop Pain**

Ice is by far the best way to ease pain that is caused by inflammation. It reduces the blood flow into an area and decreases swelling. My tip, use ice whenever you're feeling achy or painful, such as at the end of a very busy day. Apply and ice pack for 10 minutes or so, little but very often (every hour).

## **Use Heat (...Not Ice) To Loosen Up Stiffness**

Heat does the opposite to ice and brings blood into the area, this helps loosen muscles that are tight. However, it should be avoided if the area is inflamed (generally for 72 hours after the injury). My tip would be to apply a hot water bottle on a morning when your muscle is likely to be feeling more stiff and painful. This sends a rush of blood to the injured area making it feel a little more loose and supple. Again, 10 minutes should do it.

## **Choose Sensible Footwear**

Bizarre choices of footwear include flip-flops and plimsol style shoes. Why are these bizarre? Because they're all proven to add pressure and stress on your spine. It's because there's a lack of cushioning to absorb shock with these types. So, your spine and joints have to take all the impact every time your foot lands on the floor (...not good for your hips either). If you can absorb some of the shock by wearing nice soft, well fitted and cushioned shoes/trainers, then you could reduce your neck and shoulder tension by as much as 20-25%.

## **Avoid Carrying Objects on One Shoulder, Or in One Hand**

For this, you're going to need to completely 'flip' everything you've likely done for years when it comes to carrying objects. And this one is a very common mistake that adds to neck and shoulder tension. Carrying over one shoulder, means that the weight is not evenly distributed. And the result is one side of your body is under more pressure than the other. Guess what happens to the side of your body carrying the extra weight all these years? (Likely to be the side you're feeling the pain and tension the most). If you carry on your left shoulder all the time it would mean that your left side is working too hard taking the weight of the object every day, and certainly much harder than your right side. And this would cause tension and pain, not to mention a funny and unhealthy looking posture.

## **Avoid "Too Much Rest"**

If your injury is new or recent, it's important to avoid the long-term complications that come with too much rest. You can achieve this by getting "safely" active. For something like an ankle sprain, most doctors will advise rest – and lots of it. But most of them would be wrong to do so. You absolutely must consult the right person such as a chiropractor or physiotherapist for advice on ways to get active again, safely and fast. It's not uncommon for that injury to develop into something much more problematic than the initial pain – that being long term scar tissue and chronic pain which will limit simple things like twisting and turning.



## Functional Exercises Will Work Best

The kind of exercises that I recommend you should do are called functional exercises and these are great if you have suffered from a chronic injury. The thing that tends to aggravate an old injury is an unconscious movement adaptation. A bit like walking with a limp, your body will adapt how it moves once it has been injured and sometimes these adapted movements do not fully go away even when the pain is gone. A functional movement is a movement that you need to be able to do with ease, to complete your work. For example, if you must lift often, then your squat movement needs to be good. Think about the movements you do every day and then practice them when not at work.

## Get Treatment From a Professional

Seeking treatment from a trained professional like a chiropractor or physiotherapist will help you get back on track in no time. Combining the two can lead to better results than either profession in isolation.

## Conclusion

So, there you have it, 7 tips that you can do TODAY to help naturally get rid of your pain, improve your function and get back to doing what you love.

There's obviously so much you can do too, and I could go much more in-depth on ways to end pain caused by manual work, but by using these fundamentals, and applying them rigorously and be disciplined, they will make a huge difference to the quality of your life.



# Health Advise 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 General Chiropractic Council registered Chiropractors, or Health Care Professions Council registered Physiotherapists at a Hungerford Chiropractic and Physiotherapy Healthcare.

We are able to offer you this service at a standard charge. Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury. No guarantees of specific results are expressly made or implied in this report.

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