

5 ways to BEAT BACK PAIN

READY TO PUT BACK PAIN TO BED WITHOUT THE NEED FOR PAINKILLERS OR SURGERY? WE'VE GOT A SOLUTION FOR YOU - FIVE, IN FACT!

Follow this helpful infographic to uncover easy ways to limit pain you may be experiencing even better, correcting back pain can even help improve other bothersome areas.

Questions? Don't hesitate to give our practice a call.

1 ADD STRETCHING TO YOUR DAILY ROUTINE.

Did you know? Simple stretches can go a long way in improving back pain and your overall health and flexibility. Stretches not only help loosen tight muscles, but can strengthen problem areas causing you issues.



Stretching Tip:

Popular in yoga, "child's pose" is an easy stretch for beginners to master and can work wonders for your back.

2 STAY HYDRATED.

Your body is composed of mostly water—and your spine is no different. So when you're dehydrated, so is your spine. Dehydration leads to muscle aches, joint pain, and other problems.

Between the bones of your spine are fluid filled sacs that help absorb shock. The main component of these sacs? You guessed it, **water**.

We bet you can imagine how uncomfortable spinal movement can be when these sacs don't have adequate water!



3 AVOID SITTING FOR TOO LONG.

Some say sitting is the new smoking—and we agree. Sitting for too long is simply bad for your health—and your spine. If you have a job that requires a lot of sitting, a good rule of thumb is to **get up and move for 15 minutes every hour**. If you need to, set a recurring alarm on your phone or find a work buddy to stroll around the office with you.

BONUS Tip:

Avoid sitting cross-legged. In this position, your joints are twisted and muscles stretched in a way that's vulnerable to injury.



4 ATTENTION STOMACH-SLEEPERS: STOP!

It can't be bad because it's comfy, right? Wrong! Sleeping on your stomach puts every part of your spine in a bad position—some say there's no faster way to induce back pain.

Instead of sleeping on your stomach, try placing a pillow between your legs and sleeping on your side to alleviate pressure.



Bonus Tip:

Change your mattress every seven or eight years—sitting on a simply too long for spine's sake.

5

IMPROVE SPINAL MECHANICS WITH CHIROPRACTIC CARE

The quickest way to manage and resolve back pain is by **visiting a chiropractor** who can dive deep to uncover the underlying cause of your problems. Then, they'll build a custom care plan for your unique needs.

At our practice, we're proud to have years of experience helping people just like you **resolve back pain quickly**. We'll even recommend stretches and exercises you can do at home to improve your results for the long haul.



Wondering what else you can do to end back pain? We'd love to invite you to our practice to learn more. Simply give us a call to schedule your consultation.

We look forward to seeing you!

Call: 020 8878 7887