



EASE BACK PAIN WITHOUT HAVING TO TAKE PAINKILLERS

SEVEN TOP TIPS TO RELIEVE
BACK PAIN

Aligned
Health

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ABOUT THE AUTHOR, HELEN HARDING, BSC (HONS), DOCTOR OF CHIROPRACTIC, LRCC

Helen graduated in 2005 with a 1st class honours degree in Chiropractic, and has since helped thousands of people to live a life free of pain or discomfort.

Owner of one of the largest multidisciplinary clinics in the UK, Helen has successfully mentored Chiropractors, Osteopaths, Massage and Sports Therapists to provide the highest level of musculoskeletal care to the local community.

Chiropractic and Osteopathy are natural, hands-on approaches, allowing a holistic and drug free approach to healing.

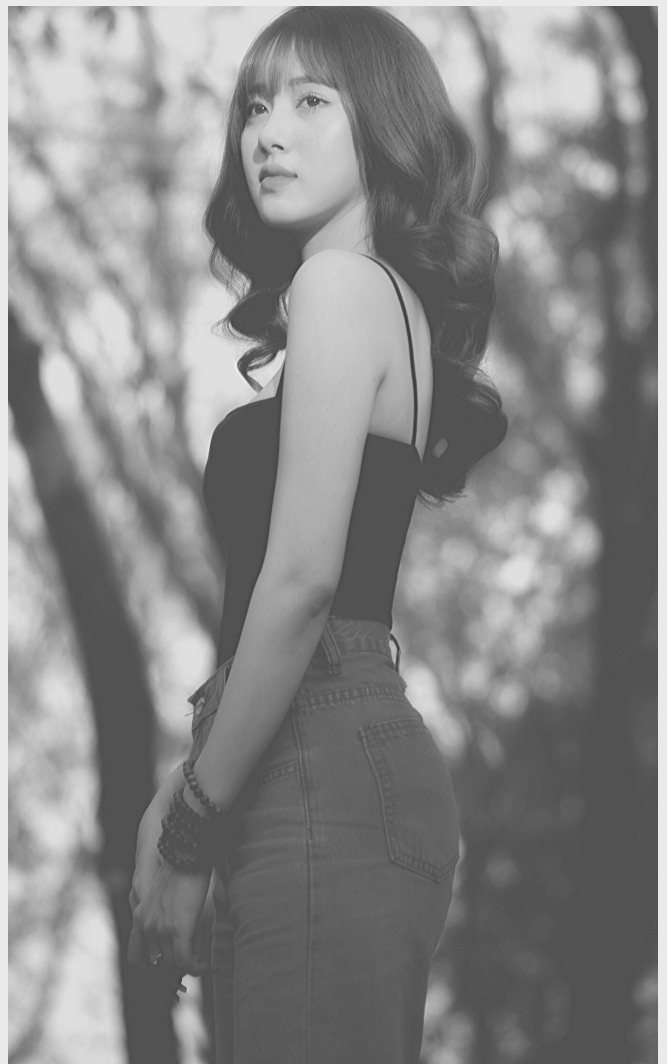
TOP SEVEN WAY TO EASE BACK PAIN WITHOUT TAKING A SINGLE PAINKILLER

This guide will take you through my top seven tips of how you can relieve the pain in your back without the need to take a painkiller or visit your GP.

NUMBER ONE: STOP SLOUCHING & STRAIGHTEN UP!

Can you hear those immortal words shouted by your parents when you were a child?

Turns out they we're actually right! Maintaining good posture isn't just a way to look better, it also protects the intricate pieces of your spine, keeping them healthy and functioning well. Poor posture puts your spine under stress and strain which can eventually result in back pain.



NUMBER TWO: DITCH THE DESK

Ok, if you work at a desk that might not be possible (and your boss may be a bit annoyed too!), however the simple fact is that as humans we were NOT designed to sit! Modern day life means that we are sitting more and more, for longer periods. When we sit there is approximately 10x more pressure pushing down on your spine compared to when you stand up straight. This is because most of us will slump or slouch when we sit for any length of time causing the muscles that help protect your spine (core) to 'switch off'. This will inevitably lead to neck and back stiffness and pain, and even lead to headaches.

So, we may not be able to lose the desk, although there are plenty of affordable standing options available on the market, but what else can we do?

- Sit in a chair where your hips are higher than your knees to reduce the strain on your lower back.
- Have your computer screen at eye level. If you use a laptop invest in a laptop stand.
- and most importantly MOVE! Get up and move at least every 30 minutes.



NUMBER THREE: AVOID HEELS

I know, I know, heels are one of a girl's best friends! They make you feel glamorous and fashionable, give shapely legs.... what's the problem I hear you ask?

Well here's why. Wearing heels affects your body's centre of gravity which increases the pressure through your back by about 25 times. Have you ever wondered why your feet hurt so much at the end of a night out in heels? The pressure on the balls of your feet increases by a massive 76% when wearing 3-inch heels.... ouch!

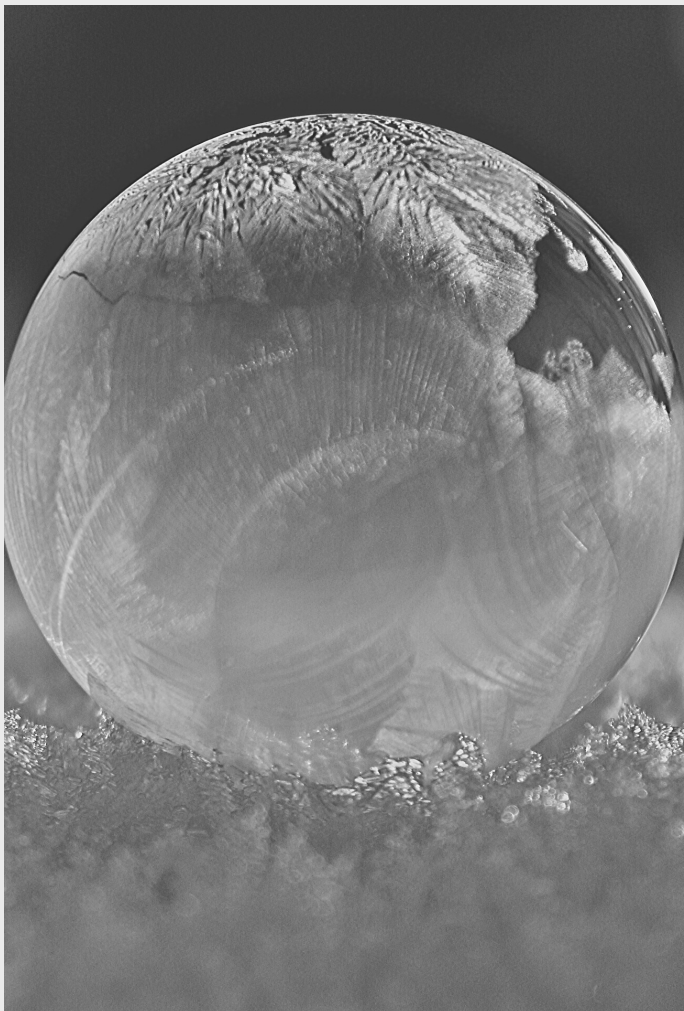
Now I'm not saying that you can never wear heels, but the effects are cumulative. Consistently wearing unsupportive footwear can lead to weakened, stiff back muscles.

NUMBER FOUR: DONT REST AN ACHY BACK

Doctors used to prescribe bed rest for back pain, but now we know better.

Lack of movement is one of the worst things for your spine as it actually weakens the muscles that support your back. It's often hard to stay active if you're in pain, some people are even scared of moving too much for fear of making it worse. This creates a vicious cycle - the weaker your back becomes, the more likely you are to re-injure it.

Gentle movements and exercise that, importantly, are NOT increasing pain levels will help keep your back mobile and help ease pain.



NUMBER FIVE: ICE OR HEAT?

I get asked this question all the time. Should I use ice or heat?

Well there is no definitive answer as to which is best without knowing more about you and the type of injury you have. An ice pack, or whatever you have to hand in the freezer (cottage pie is the most bizarre item I've had someone tell me they've used), is an effective way to reduce the swelling and inflammation associated with a painful back. It's also a great natural painkiller.

If in doubt always use ice, but heat is a great way of relaxing stiff and mildly achy muscles and joints.

NUMBER SIX: SLEEP RIGHT

Hands up, who sleeps on their tummy? Sorry guys but that needs to stop! This sleeping position places every part of your spine under stress. Unless you manage to find a way to breathe through your pillow you have to turn your head to one side, causing neck stress. When sleeping on your tummy the natural curve in your lower spine is completely unsupported. If you sleep like this is it any wonder you're suffering with back pain? What can you do?

- Try sleeping on your side with a pillow or cushion between your knees, this limits the amount of rotation, and therefore stress in your spine by keeping you in alignment.
- Alternatively sleep on your back with a pillow or two under your knees to provide support.



NUMBER SEVEN: GET BACK ON TRACK WITH CHIROPRACTIC & OSTEOPATHY

If you want to put an end to your back pain, then visiting a chiropractor or osteopath is one of the fastest ways to do it.

Chiropractors and Osteopaths are hands on specialists who will look to find the root of your problem and correct it quickly, and naturally, without the use of drugs or surgery, allowing you to go back to doing the things that you love.

Combine all the other tips in this report with specialist hands on chiropractic or osteopathy and expect to see a dramatic reduction in the back pain or stiffness that you're experiencing!



HEALTH ADVICE DISCLAIMER

Every effort has been made 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 clinic. 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 registered Chiropractors or Osteopaths at Aligned Health. We are able to offer you this service at our clinic. No guarantees of specific results are expressly made or implied in this report.



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