

Acute Pain Treatment

1st Rule – If it hurts, Do Not do it

MOVE

Try and move gently as early as possible, (bed rest is generally not advised for acute pain anymore) i.e.: sit for a bit, stand for a bit, walk for a bit, gentle movement in the pain free range is often more helpful than too much rest. (But, take it easy.)

ICE / Cryogel Pack

1. Take a Cryogel pack or bag of frozen peas out of freezer, brush the frost off
2. Cover with light material (to prevent burning the skin)
3. Place over painful area (or area identified by your chiropractor)
4. CABiN
 - Cold (feels cold initially)
 - Ache (starts to ache)
 - Burn (unpleasant sensation, keep it on)
 - Numb (feels better remove immediately)

Remove when area goes numb or after 20 minutes whichever is 1st
Repeat after 1-2 hours keeping muscles warm in between

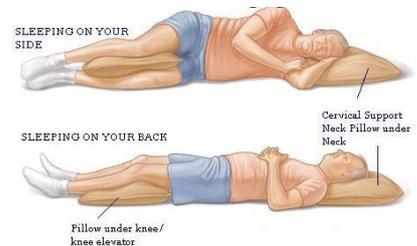


Contrast Bathing

You can apply heat for pain accompanied by muscle spasm (heat can loosen the muscles while ice helps calm down the inflammation). In this case ice – heat – ice works well. Keep the muscles wrapped up warmly the rest of the time.

SLEEPING POSITION

- Never sleep on your stomach
- Sleep with enough pillows to support your neck but not stretch it either up or down.
- Lie on your back with a pillow under your knees or on your side (either side, the least painful is usually better) with your knees pulled up together and a pillow between them.
- Try and avoid twisting and arching your low back whilst sleeping.



WE DO NOT RECOMMEND

- Side bending exercises of the neck or back
- Tilt your head all the way back when painful
- Making your neck or back 'click' yourself, it is not specific and will cause you more problems in the long term. If it pops on its own, do not worry
- Sleeping on your front
- In our humble opinion, if it can be helped, take painkillers. It can mask symptoms and allow you to aggravate your condition. Only take medication advised by a medical professional



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Got a health related question or want to make a start towards better health?

Contact us at:

Body 4 Life Healthcare

1 Sussex Gardens, London, W2 2SF

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Registered with the GCC (00871 & 03636) and members of the BCA

Posture

Posture refers to the carriage of the body as we sit, stand, walk, kneel or squat. It is determined by the structure of the body which may be influenced by genetic and emotional factors. Our modern lifestyles, combined with forces of gravity, can ruin a healthy posture!

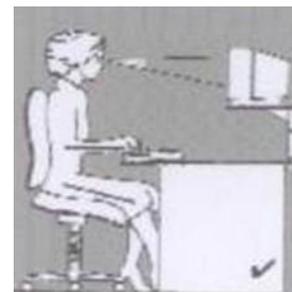
Slouching when we watch television, at school desks, in front of computers and laptops, especially for long periods can cause poor posture and pain.

UPPER BODY

Good posture

Good upper body posture is characterised by an upright stance with shoulders down and back and arms hanging loosely by the sides. One of the most common poor postures is 'upper crossed syndrome'. The shoulders are rolled forward and the chin juts forward. If this poor slumped posture is not addressed, it can adversely affect the joints of the spine and shoulders.

When sitting, it is important to adopt a healthy posture. The keyboard monitor should be directly in front of you, with the monitor at eye level. When typing, your fingers should rest the keyboard with your wrists straight elbows bent at 90 degrees and relaxed.



To prevent some of the pain from a poor posture while undertaking desk work, perform the following simple exercise regularly: For 20-30 seconds each time, gently roll your shoulders back and down (by squeezing shoulder blades together), rotate your hands outward and tuck in your chin. Combining this exercise the military positioning will help maintain a healthy posture.

DO NOT	DO
<ul style="list-style-type: none"> • Slouch • Sit in a saggy chair • Use a low desk or table • Tense your neck shoulders or wrist • Cross your legs 	<ul style="list-style-type: none"> • Sit in a firm supportive chair with arm rests if possible • Use adequate back support • Use a desk of appropriate height • Take regular breaks, every 30-45min.

LOWER BODY

Good posture

'Pelvic neutral' is a good lower body posture. To find this position, lie on the ground with your knees bent, keeping your feet on the floor. Tilt your pelvis backwards, flattening your lower back against the floor, then tilt your pelvis forwards by arching your lower back. Pelvic neutral is the halfway point between these two end points.



One of the most common poor postures is 'lower crossed syndrome'. The lower back muscles become unbalanced causing the pelvis to roll forwards. This results in weakened abdominal and buttock muscles.

Stand with your shoulders pulled back and downwards, the back straight and your tummy muscles pulled in towards your spine can help to keep the muscles balanced and reduce posture induced problems.

CARRYING BAGS

How a bag is carried can be a strong factor in reducing back pain.

- A rucksack is the best option as long as it is carried over both shoulders.
- Keep the bag as light as possible and adjust the bag so it is held close to the back with the weight evenly distributed.



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Lifting

TIPS FOR GOOD LIFTING

- Test how heavy every load is before you lift by pushing the object with your hands or feet. Remember, a small size does not always mean a light load.
- Make sure the weight is balanced and won't move around.
- Do not arch your back when lifting a load.
- Use slow and smooth movements
- Keep your body facing and close to the object.
- Lift with your legs and keep your back straight.
- Carry the load in front of your chest and stomach.
- Don't overdo it by trying to lift something too heavy for you and take breaks between lifts.
- Clear a space around the object before lifting.
- Avoid walking on slippery, uneven surfaces carrying something.



Stretches

GENERAL ADVICE

- Start the stretches slowly and use a constant pressure/force.
- The stretches should be held for 30 seconds (each side if applicable) and repeated twice a day.
- Feeling a stretch or mild ache is normal, if you feel a sharp pain stop and put an ice pack on straight away. If pain persists for longer than a day

NECK, UPPER BACK & SHOULDERS

- Don't pull with your arms, relax the arms and let their weight stretch the neck.
- Always start the stretch with a good upper body posture.

Posterior Cervicals

1. Interlace all ten fingers,
2. Drop chin to chest,
3. Gently hang hands on the back of head.



Trapezius

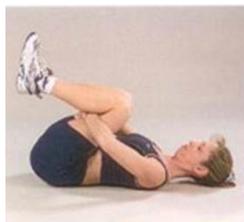
1. Seated, up straight,
2. Hook one hand under chair, with the other hand reach over head to cradle opposite ear,
3. Turn chin toward raised arm, drop head forward.



LOWER BODY

Active Knee to Chest

1. Lie on your back,
2. Hug both knees to your chest while pushing your knees up to the ceiling



Hip Flexors - Chair

1. Lunge forward placing lead foot up on edge of a chair or stairs (keep feet shoulder width apart).
2. Keep upper body upright and pelvic tilt to feel a stretch the front of the hip.



Supine Lumbar Rotation

1. Lying on floor with arms out at shoulder level.
2. Bend one knee and cross that leg over opposite leg.
3. Let knee drop across and over toward floor while turning the head to the opposite side.
4. Feel a stretch in the hip and low back.



Seated Knee Across Chest

1. Sitting tall on floor, legs out in front.
2. Bend one knee and cross foot over opposite leg.
3. Gently bring that knee across and towards the chest to feel a stretch in the hip and buttocks.



Hamstrings - Chair

1. Stand facing square to a chair, feet shoulder width apart.
2. Place heel of one foot up on chair, keeping knee straight and toes pulled back.
3. Slightly bend knee of supporting leg and direct buttocks backwards to feel a stretch in the back of the thigh.



Helping you get well, stay well and enjoy great health

With expert chiropractic treatment, individualised advice and the latest in cutting edge technology, we aim to improving the function of your spine and joints without drugs or surgery.



Some of the great services we are pleased to provide include:

- Chiropractic treatment
- sEMG scan
- Thermography scan
- TOG Gaitscan
- Prescription Orthotics
- Digital X-rays
- Activator Methods
- Dry Hydrotherapy Massage
- Kinesio Taping
- Soft Tissue therapies

Chiropractic Treatment Benefits

What is Chiropractic?

Chiropractic is the third largest primary health care profession in the world and places its emphasis on the diagnosis and management of problems affecting all the nerves, muscles and joints of the body, not only of the back.

What can Chiropractors do?

Chiropractors provide a package of care which considers all aspects of the presenting complaint. This package of care may include spinal manipulation, exercise, muscular therapies and a range of advice on activity, lifestyle and prevention. This package of care is not only geared towards removing your pain, but also helping you to become truly healthy so that you suffer less health issues in the future.

What does the research say?

A 2010 UK evidence report into the effectiveness of manual therapy, found that spinal manipulation/mobilisation as practiced by a chiropractor is a safe, effective and cost efficient treatment for acute, subacute and chronic low back pain, migraines, headaches, extremity joint conditions and neck pain.

The 2009 NHS NICE Guidelines recommend that people affected by low back pain should receive a course of manual therapy, including spinal manipulation, mobilisation and massage. This treatment may be provided by a range of health professionals, including chiropractors.

If you would like to schedule an appointment, or just find out more, please visit us at

www.body4lifehealthcare.co.uk

Alternatively contact us on **0207 402 8999** or info@body4lifehealthcare.co.uk

We look forward to hearing from you and helping you on your journey to better health.



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