WHEN A FRIEND IN NEED IS A REAL PAIN

When a friend asks for help its hard to refuse, so off you trot on the weekends and start lifting fridges and freezers into the back of trucks. We never hesitate to say no when a friend kindly asks us to help them move house, help them in the garden or even help them renovate. But sooner or later the body starts saying “Hey! What’s going on!” in the most uncomfortable or even painful ways.

This is due to the fact that the body was not prepared for the onslaught of heavy work and/or exercise.

Chiropractors recommend that you “warm up” the muscles before commencement of such activities, just as athletes warm up before a race. A fifteen minute period of stretches prior to the job could mean hours of less pain later.

Secondly, don’t continue with the same task all day. Stop every hour or so, have a break, drink some water and stretch - and then do something else. Swap tasks with someone else, or at least change the position of what you were doing.

Thirdly, don’t overdo it! The first day your body may be only capable of a couple of hours. If you go past the body’s limit, pain is a warning sign – listen to it!

Finally, after the work is done, “warm down” slowly. Realise that your body is going to be sore and tired, so make an effort to schedule some rest and relaxation time. Have a warm bath. Get a massage. Visit your chiropractor!!!