



10 Tips to Avoid Back Pain at Christmas



Christmas is a time for being with friends and family, laughter, spreading cheer and good food. But it's also a time when you may be putting your lower back at more risk. Here are 10 tips to avoid back pain at Christmas.

1) Do your Christmas shopping in stages - Try not to do all you're shopping at once. Carrying lots of heavy bags will put extra strain onto the joints, ligaments and muscles in your back which may lead to an episode of back pain. Doing it in stages will lessen the load. Also, you could take a rucksack to put your presents in.

2) Park near by - Try and park as close to the shops as possible so that you don't have to walk as far with your shopping, again to lessen the load on the joints in your spine.

3) Take your time whilst Christmas shopping - Plan your journey and choose a quiet period to avoid the hustle and bustle, and the added stress of shopping during busy periods. Increased stress can lead to increased tension in your joints and muscles.



4) Remember a good posture whilst wrapping your Christmas presents and writing your cards - Sit at the dining room table rather than on the floor when wrapping your presents and writing cards and remember to take a break every 10-15 minutes. Sitting for a prolonged period of time will put extra strain on the joint and ligaments in your spine and may again lead to an episode of back pain.

5) Avoid icy patches - The weather is getting colder and with that brings ice. Wear sensible shoes when you're out in icy weather to avoid slipping and causing an injury to your back.



6) Get help putting your tree up - Real Christmas trees can be heavy. Make sure you're not carrying your tree alone. Fake trees are often stored in the loft, avoid awkward stretching positions which can make the joints in your back vulnerable to injury.

7) Keep active - It's always tempting to just sit back and relax at Christmas. Prolonged periods of rest are also bad for your joints. Try and do at least 30 minutes of gentle to moderate exercise 3-5 times per week in order to keep your joints and muscles healthy and happy.

8) Ice - If you are experiencing an episode of back pain, put an ice pack or bag of frozen peas (make sure it is wrapped up in a tea towel) on the area that is sore for 20 minutes and off for 40 minutes. Repeat that process as often as necessary.

9) Visit your chiropractor - If you are already experiencing an episode of back pain, or would like to avoid an episode from starting then book an appointment with your local chiropractor.

10) And most importantly have fun this Christmas.



TOP 5 PRODUCTS

FISH OIL COMES IN 250ML or 500ML to be stored in the fridge

- Hydrates skin
- Reduces inflammation
- Aids normal brain and eye development
- Reduces blood pressure

HOT & COLD PACK

- Cold - to be kept in freezer and applied to the body wrapped in a cloth, to reduce swelling, inflammation and pain
- Hot - to be heated in the microwave, in short intervals to separate the gel, for chronic pain

MAGNESIUM GLYCINATE

- Reduces stress
- Improves sleep - natural tranquiliser
- Boosts magnesium levels
- Improves melatonin

DLUX - VITAMIN D SPRAY

- Helps development of bones and teeth
- Linked to help with weight gain/depression/cancer
- Supports brain, immune and nervous system

JOINTACE GEL

- Slows down the process of joint damage
- Alleviates joint pain
- Contains glucosamine, chondroitin and essential oils such as lavender, ginger and eucalyptus
- Ideal for those who live an active lifestyle



Don't forget to reserve a place for you and a friend at our Health Talk

Dates available at the front desk





Merry Christmas



December brings our annual TOY APPEAL, this year it will be held on Thursday 13th December and our chosen Charity for 2018 is MAHDLO (which is OLDHAM spelt backwards)

It's beginning to look a lot like Christmas!

Christmas is a time to celebrate but also a time to be grateful and look back over the year that has passed. For some it will have been a tough year and for others a year filled with good times they will never forget. However, no matter what kind of year you have had it is always best to try and focus on the positives.

What things have happened that have made you stronger? What laughter have you enjoyed with friends and family? What triumphs have you made with your health?

Focusing on the positives in life makes you happier, gives you more energy, improves relationships and is much better for your overall health.

So why not try each night when you get in bed to think of just one positive thing that happened to you that day - no matter how big or small how big it will leave you going to sleep in a more positive mood so you wake-up starting the next day more optimistic and fuller of life.

On 1st December we had our TEAM Christmas Party at which we were presented with the annual awards. We have the Kindest Team Member, the Sparkliest Personality, Best Customer Service Provider, Most Consistent Team Player and the True Blue Cow Award, can you guess who got what? If you want to cheat have a look at the Team picture wall.

Merry Christmas everyone, may 2019 be a happy, healthy and well one



Gifts must not be wrapped and to the value of £20 and can be exchanged for an adjustment on the day - what are you waiting for get an appointment booked in on Thursday 13th December

Mahdlo is a registered charity and state of the art Youth Zone in the heart of Oldham for 8-19 year olds (up to 25 for young people with a disability). Open 7 days a week, 52 weeks of the year, Mahdlo aims to deliver high quality, innovative activities and experiences for young people from Oldham, to provide opportunities to raise aspirations and support young people to be the best they can be.



We are giving away a hamper of goodies, all you have to do is to book and attend one of our Health Talks



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