



The Clinic
NEWSLETTER
for
Eastbourne Chiropractic Clinic



5 Old Orchard Road
Eastbourne
East Sussex BN21 1DB

Tel: 01323-733361

e-mail: info@eastbournechiropractic.co.uk

Summer 2011

Newsletter no 3

HOME IMPROVEMENTS

It is estimated that, on average, households spend £350 a month on home improvements (ING group September 2005) and according to the DTI, an incredible 3,900 people a WEEK are treated in hospital after DIY repairs go wrong.

When tackling DIY projects, many of us ignore basic safety principals. A simple strain to a limbs joint or the back may seem minor at the time but if ignored and left untreated, may get worse and get in the way of other daily activities. Chiropractors from the British Chiropractic Association have estimated that they see over 10,000 people a month with problems that have, in all likelihood been caused by DIY.

If you are like most “DIYers”, the tasks you are taking on are likely to be far removed from your normal everyday activities. Failing to remember this simple fact is the main reason why so many DIY enthusiasts suffer aches and pains, particularly to their backs. We hope this newsletter will help you prevent injury and guide you on how you can be alert to the signs of injury.



BACK PAIN AND DIY Much back pain is due to the prolonged stretching of tendons and ligaments in the back. If this strain continues it can lead to gradual loss of support for your spine and joint wear and tear. Pressure can also increase on the spinal nerves and cause pain elsewhere.

IGNORING ACHES Never work through the ache, it is a sign that something is wrong. If you continue to aggravate the injury then the body’s response to this is to lock the affected area by causing the muscles in that area to go into spasm. This is to try and prevent further injury.

At this point people usually consult a chiropractor saying “my back just locked up this morning when I got out of bed, for no apparent reason”.

Here are some simple guidelines to help **ensure** that improving your home does not become a pain in the back.

1. LIFTING AND CARRYING Always lift heavy weights extremely carefully. Approach them slowly, getting a firm grip, “**Benz zee kneez**”, keep the back straight and take the weight with your legs and not with your lower back. Always keep the load close to your body and try not to pivot on your legs but turn your whole body. If you have to move heavy loads, either get help or use a wheelbarrow.

2. KNEELING It is always better to kneel on one leg rather than bending down repeatedly from the hips. If you suffer from knee problems or osteoarthritis use a cushion to kneel on.

3. WORKBENCH LEVELS Your workbench should be at level that will allow you to work without leaning forward from the hips. Working constantly at one task means the movements are repetitive and is the prime cause of strains and sprains. Hence not only is it important not to stand in front of your workbench for long periods without a break but to carry out short periods of activity on a variety of jobs.

4. KEEP WARM Chilled muscles are more easily strained, so keep yourself warm and covered. Wear several layers and take them off as you warm up.

5. DRESS APPROPRIATELY Don't wear tight restricting clothes. Be comfortable and make sure your clothing has plenty of room for you.

6. DONT TWIST If you need to use a ladder, make sure you are always facing it and move the ladder regularly rather than leaning to reach your goal. Always keep your shoulders, hip and knees pointing in the same direction.

7. REST PERIODS However anxious you are to get the jobs done, it is sensible to take regular rest periods. A sit down with a "**Wee cuppa tea**" can make you feel better in the days to come too!

8. THE MORNING AFTER If on the next day you find that you ache, **REST AND RECUPERATE!** Should the pain persist, consult us and we will advise whether you should apply heat or ice packs to the area, or whether you require treatment.

9. REMEMBER Be sensible! Take simple precautions and don't work beyond your capacity. If you exercise and keep fit, you'll be in much better shape for tackling all those DIY jobs

10. FINALLY Try and treat DIY like normal exercise: Warm up and down to lessen the chance of strained muscles.

In our January newsletter we talked about the history of the clinic and how we are celebrating:

40 years of **CHIROPRACTIC IN EASTBOURNE.**

As a way of continuing the celebration we are offering **FREE** consultations throughout the month of August.

If you feel you have friends or members or your family who are unsure as to whether Chiropractic can help them then please recommend they phone the clinic. All they have to do is speak to one of our friendly team saying who has recommended them and they would like to make an appointment for a **FREE** consultation and examination, and we will do the rest.

Hope you all have an enjoyable pain free summer.

Yours Chiropractically

Hilton, David and our friendly team



*"if you
want a job
doing
properly,
then do it
yourself!"*

www.eastbournechiropractic.co.uk

If you prefer to receive future Newsletters via e-mail, please let us have your e-mail address.