



The Clinic  
**NEWSLETTER**  
for  
**Eastbourne Chiropractic Clinic**



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**CHIROPRACTIC FOR LIFE**

Many of us only go to a chiropractor on referral from a GP or when in dire straits, thus using a chiropractor as a last resort to try and solve our pain and problems. We take no account of the damage we have inflicted on our bodies over many years, through both normal living and sporting activities.

Some people are born with congenital physical defects of which they are often unaware, but will increase the likelihood of their need for chiropractic treatment as they get older. It therefore seems surprising that while we register with a general medical practitioner, a dentist and even an optician when we are young, a lot of us have not adopted the thought pattern that we probably need a chiropractor from the early days of our life in order to prevent problems later.



From an early stage in life we sit for prolonged periods on poor seating, slumped over school desks, carrying heavy books on our arms and shoulders and all at a stage when we are still growing. We then reach puberty when the growth of bone, muscles and ligaments accelerates dramatically when our lifestyle becomes faster and more physical. Subsequently through the next 20 years we continue playing sport, slumping in chairs, sitting for hours in cars or in front of computers. Eventually our bodies cry; “**Enough!**” As we progress into older age, the damage that has been done to us needs increasing treatment, which is the reason why many chiropractic patients are in middle to late age.

**Prevention** would seem a much better idea than only attempting cure when the damage has been done. Many problems can be spotted at an early age and prevented by corrective treatment at that time, thus potentially avoiding a later life of discomfort and pain.

**Research** by the British Chiropractic Association (BCA) [1] up until 2005 shows more people are suffering than ever before and women seem to suffer more than men. As the cold months are upon us back pain is more prevalent but the pain goes on and on, no matter what the season.

From the BCA research, the top triggers for back pain include: **lifting/carrying, exercise and sleeping.**

Back pain can be debilitating, but even on a lesser scale it can prevent individuals carrying out day to day activities that most of us take for granted. Simple things like sleep become impossible because of back pain. The top 5 activities that back pain has prevented people from doing are:

- 1) **Sleeping**
- 2) **Exercise/sport/physical activity**
- 3) **Housework/DIY**
- 4) **Working**
- 5) **Lifting/cuddling/playing with children**

## Research

At present we at the Eastbourne Chiropractic Clinic, in conjunction with Brighton University, are involved with back pain related research:

The initial Pilot Study [2] has been to investigate the Effects of a Pelvic Support Belt on Posture. A pelvic support belt is not always indicated but many of the patients in our clinic who suffer with low back pain due to unstable sacroiliac joints (pelvic joints), do experience pain relief when wearing the belt.

This work has been carried out at the Clinical Research Centre for Health Professions at the University of Brighton. At the moment Data Analysis is still ongoing. However further study is indicated, with larger sample groups, to include symptomatic and non symptomatic subjects.

## THE CHIROPRACTIC LIFESTYLE

Chiropractors are experts in the care of bones, nerves, muscles and connective tissues that make up 60% of your body. All the joints in your body are part of the muscle-skeletal system and its optimal function is necessary for overall good health.

As stated earlier, the sooner problems are detected, the more likelihood of preventing severe pain later in life.



"Well Carol, whose idea was it to try salsa in rollerblades?"

*When you tell a friend about chiropractic,  
you offer **encouragement**.*

*When you tell a work colleague about chiropractic,  
you offer **direction**.*

*When you tell a loved one about chiropractic,  
you offer **hope**.*

**Encouragement. Direction. Hope.** Each is part of the healing process. So when you tell others about the positive experience you've had at this clinic, you're using the same methods the best doctors and chiropractors use to promote the healing process.

*If you feel you have friends, members of the family, children or grandchildren who are unsure as to whether chiropractic can help them then please recommend they phone the clinic, and either David or Hilton would be more than happy to speak to them before committing to an appointment.*

Keep well and Pain free.

All the best for 2012,

**Hilton, David,  
Carol, Kay, Jackie and Jan.**



Jackie, reshelving encyclopaedias,  
slips a disc, proving again that  
a little knowledge is a dangerous thing.

**WE NOW HAVE**

**FREE PARKING**

References: [1] Backchat, Spring 2005, p 11

[2] Taylor DA, Saber-Sheikh K. 2012. The effects of a sacroiliac belt on postural control: A pilot study. Proceedings of the College of Chiropractors 12th Annual General Meeting, London UK