



**ALMONDBURY
CHIROPRACTIC**

**Newsletter Issue 1
Winter 2012/13**

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Advice for the winter season

Winter's cold weather can bring hazards along with it but we're determined to look on the bright side. We're wrapping up warm, sipping hot drinks and providing tips to minimise damage. Here are a few things to look out for over the winter months and our advice on how to deal with them:

Wrapping presents

As we approach the festive season, we begin to see patients who complain of aching backs after having sat for long periods on the floor, wrapping presents. To overcome this, try wrapping your presents on a table, or even the ironing board. It will be far less stressful to your back for those marathon sessions!

Shovelling snow

Let's hope the snow is a while off yet. When it does come, if you have to go out to shovel away the snow, here are a few ways to help prevent damage to your back:

- Listen to forecasts so that you can get up early & have time to shovel before work.
- Warm up before. Shovelling snow is very strenuous exercise.
- Layer clothing to keep your muscles warm and flexible.
- When you shovel, push the snow straight ahead. Don't try to throw it, but walk it to the snow bank. Avoid sudden twisting motions and bend your knees to lift.
- Take frequent rests. If your back begins to ache STOP.

Preventing slips and falls

We all hate treading on ice with a fear of falling and unfortunately we see lots of patients who have injured themselves in this way. Here's our simple advice to try to prevent this:

- Wear shoes or boots that have adequate tread to provide enough traction on snow or ice. Plastic or leather shoes can increase the chance of injuring yourself by slipping. If you're walking on ice, bend your knees slightly and try not to lean forward. Shuffle if necessary. If you're prone to fractures, it may be wise to sit tight and only go out if absolutely necessary during icy weather.
- Take smaller steps than usual to keep your centre of balance under you.
- Test areas that might be slick by tapping your foot on them.
- Make sure that your hood, hat or scarf doesn't block your view of the street ahead of you.
- Keep your hands out of your pockets so that you can use them for balance and keep focused on where you are going.



Beth's maternity leave

Our Chiropractor Beth (Elizabeth Hunt BSc) will be going on maternity leave in October to have her first baby. She hopes to be back at work by April at the latest. In her absence, our Chiropractors Andreas and Lucinda will hold the fort and treat all our patients, ensuring a completely uninterrupted service, despite Beth's maternity leave. We are very excited for Beth and wish her all the best. We'll be eagerly awaiting baby news – watch this space!

Chiropractic Fact
*'People under
chiropractic care use
53% less drugs than
those not under care*'*

*Source: Sarnat RL, Winterstein J Clinical & cost outcomes of an integrative medicine IPA, JMPT Jun 2004.



Introducing Chiropractor Lucinda Rowe MSc

We're delighted to introduce to you, a new & highly qualified member to our chiropractic team, Lucinda Rowe. Luci has a wealth of experience in treating chiropractic patients of all ages and happens to be married to our other Chiropractor Andreas! We know Luci will fit right in and we feel is the perfect person to fill in for Beth during her maternity leave.

Special introductory incentive offer

10% off

Your first appointment with Luci

With this coupon. Valid until 01.03.13.
Not in conjunction with any other offer.

CELEBRATION!

10 years of Almondbury Chiropractic!

We're celebrating 10 years of Almondbury Chiropractic this October; a whole decade of helping people in Huddersfield and the local area, to improve their quality of life. That's something we're very proud of.

Our Top 10 Tips for preventing back pain:

In keeping with celebrating our 10th birthday, we've put together our top ten tips for preventing back pain – one for each year we've been here! Some of these tips may seem simple and quite obvious, but they will go a long way to ensuring a healthier you.

1. Listen to your back

We're big believers in listening to your body and pain is a warning sign. It is your body's way of telling you that you have caused, or are about to cause, damage. STOP if anything you do hurts you and remember to NEVER try to push through the pain.

2. Lift correctly

Lifting incorrectly is a very common way to cause damage to your back and it needn't be something heavy you've lifted. Lifting things away from your body is likely to cause damage. When you pick anything up, no matter how heavy, get it as close to your body, bend your knees and keep your back as straight as you can. The golden rule is not to twist. Ask your chiropractor to show you the best lifting techniques at your next appointment.

3. Sleep properly

Sleeping on your side in the 'foetal' position is usually the least stressful on your back. Sleeping on your front puts most stress on your back and neck, which can lead to discomfort. It is important to sleep in a position that is comfortable for you and using a pillow of the right height to support the neck is also key.

4. Exercise regularly

Regular exercise is important to help maintain mobility and strength. Remember though that anything you do shouldn't hurt you, so if it does, stop and change the exercise you're doing. Brisk walking, swimming and cycling are all excellent exercises, but you should exercise at your level and most of all have fun!

5. Warm up to prepare your body for action

Warming up your body should not only be done before exercise or at the gym. You should warm up your body before any form of physical activity, whether it is sports, gardening or DIY. Preparing the body for action will help to prevent injuries.

6. Cool down

Cooling down and stretching after exercise or physical activity is just as important as a warm up. Do it gently without pain.

7. Get up & move about

Prolonged sitting causes load on the discs and weakness of the muscles. Whether you are at home, at work or in the car, try to get up and move every now and then. This is beneficial even if it is only for a minute. The body is designed for movement not for slouching in front of the TV, sitting at a desk or driving for hours on end.

8. The right furniture

Comfortable chairs won't do your back any good. Usually they are too low, too soft and the seat is too long with a rounded back. They force you to slouch, sit awkwardly and put stress on your back and this is just as important for children. Choose a chair that is supportive and allows you to sit up correctly with your feet flat on the floor. The right bed is also important. Beds can be too hard. The base of the bed should be firm and the mattress should be soft enough to mould to the contours of your body, yet firm enough to give you support in the right places. Unfortunately the word 'Orthopaedic' when applied to beds means very little.

9. Be careful with medication

Certain medication can aggravate existing health problems such as ulcers and they still only mask the problem. It is far advisable to seek treatment from us and to try to get to the root cause.

10. Consult Almondbury Chiropractic

If you have a long term problem, be it just a slight niggle or completely disabling, or if you have a recurring problem, then chiropractic treatment can probably help. We can usually give you marked relief from pain and discomfort, giving improved quality of life, as well as decreasing the likelihood of recurrence.

Know somebody who you think might appreciate our chiropractic advice? Call us with their details & we'll send them a copy of this newsletter.



**ALMONDBURY
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Contact:

Take the first steps to better lifestyle & wellbeing through our natural, caring approach. Call us to make your appointment today.

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