



**Chiropractic Care** : Pilates : Yoga : Sports Massage :  
Shiatsu : Pregnancy Care : **Back Care**

## PREVENTING ONSET OF BACK PAIN FOR WOMEN IN THEIR 20's

New research\* has shown women as young as 28 are starting to suffer from back and neck pain. Over a fifth of those in the research have struggled, or continue to struggle with pain on a daily basis with over a quarter saying they have suffered for over 10 years.

The most common triggers for the pain are lifting & carrying, bad posture, sleeping/mattress, housework/DIY and exercise/sport. However, a few simple changes to your daily routine can help prevent the onset of back pain.

### 1 USE PROPER TECHNIQUE WHEN LIFTING

To avoid injury, make sure your legs are at least your hips' width apart with the knees bent. Keep your head and shoulders directly above your waist and keep the weight you are carrying as close to you as possible - avoid twisting. Avoid bending from the waist, which increases the stress on your lower back.

### 2 CHOOSE THE RIGHT BAG

Carrying heavy bags around all day can put strain on your back and contribute to pain. Make sure you regularly empty your bag and only pack the things you actually need. Ideally, opt for bags which can be carried on both shoulders, or across your body to distribute weight more evenly.

### 3 TAKE REGULAR BREAKS

When doing housework or DIY, make sure you vary your activity and try to spend no more than 20-30 minutes on any one thing. If painting, you can still take short breaks without causing a problem.

### 4 DON'T SLOUCH

Slouching can put you at risk from back and neck pain. Relax when sitting into your seat, making sure you have your bottom against the seat back with your shoulder blades touching the back rest of the chair. Try to ensure that your hips are higher than your knees.

### 5 GOOD NIGHTS SLEEP

Recognise the warning signs that it's time to change your mattress; you wake up feeling stiff or aching, your mattress is misshapen or sagging or you can feel individual springs. If your mattress is over seven years old, you might want to think about buying a new one.

### 6 WARM UP BEFORE EXERCISE

When exercising or playing sport, it may seem obvious, but make sure your muscles are prepared by gradually increasing the intensity of your warm up, to avoid lack of flexibility and injury. A warm down may also help with those post exercise aches.

Call Shoreham Chiropractic Clinic on 01273 461 155  
for your FREE posture and spine check.

