



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

Your spine is strong, flexible, and well designed to withstand loading in different positions, however the repetitive nature of loading your spine in one position over a long period of time, sitting at your desk, that starts to lead to problems. The good news is that posture can be changed!

1 MOVE MORE

According to the World Health Organisation (WHO) the lack of physical activity is one of the TOP FOUR leading causes of preventable death worldwide, ahead of high cholesterol, alcohol and drug abuse. The top 10 risks for people who sit more than 4 hours per day are heart disease, cardiovascular disease, diabetes, cancer, obesity, high BP, muscle degeneration, osteoporosis, depression, and dementia. Bear in mind that British people sit for 9 hours per day on average.

Take regular breaks, use the stairs, stand or walk when on the phone, walk to co-workers to speak instead of emailing.

2 DESK SET UP

Going to the gym or being active out of work is great, but it doesn't offset the health risks if you're still sitting for 8+ hours of the day - (including home time). Sitting increases pressure in the discs between your spine by >50%. Forward head posture, commonly associated with sedentary/desk based roles, increases the weight of your head (100% weight increase per inch forwards!).

Get a workplace assessment, or even a stand-up desk to alleviate the positional strain on your body.

3 NOURISH & HYDRATE

Just a 2% drop in hydration = a 20% drop in performance. Your spine and the joints in your whole body depend heavily on good hydration, not to mention your organs and brain. Regulating your blood sugar rather than having spikes with fast food and easy snacks can help reduce diabetes risk, as well as improve energy, concentration and productivity.

Fill up on slow release energy foods to sustain you all day like lots of proteins and good snacks such as; fruit, veg, hummus, and nuts. YOU ARE WHAT YOU EAT!

4 LOOK AFTER YOUR SPINE

Low back pain, mid back pain, headaches, neck pain, pain/tingling or other sensations in the arms/legs, shoulder pain, short attention span, low concentration, low energy, stress, anxiety, mood changes all signify disruption to your well-being and/or dysfunction in your body.

Pain is a late stage sign that something is wrong. Keep your spine healthy by getting checked by a Chiropractor, they are well placed to detect the early signs of joint dysfunction and postural alterations. Prevention is better than cure.