



**DUCHY  
CHIROPRACTIC**  
GO WELL | STAY WELL

# Welcome to our November Newsletter!

## November 2023

### Back Care Awareness...

'Back pain has existed since the beginning of time. Are you one of the millions of people living with chronic back pain? Have you been told by a medical provider your pain is due to arthritis? Or there is nothing that can be done about your back pain? Cases of chronic low back pain, which is pain lasting longer than three months, tend to increase with age. An attack of back pain can be frightening and on-going pain can cause despair. However, clinical thinking about back care has demonstrated that the most common back pain is not due to serious disease, and there are many things that can be done to help with a fast recovery. Approximately one in three adults over the age of 60 will experience low back pain. Advancing age, as a factor on its own, does not increase the risk of low back pain, but the incidence of other risk factors correlated with pain increases with age. The great news is, there are many options for steps you can take to both lower the risk of back pain and improve your symptoms. The recommendations for cases of low back pain have changed over the last few years, and the old practice of bed rest for pain is now strongly discouraged. Movement is much more effective than rest for reducing pain levels. There is no one specific type of exercise that has a benefit over another in terms of pain, so the best program for you is one that you will be excited enough to do! Anything from dancing, to yoga and walking all have benefits not just for back pain but overall health. It might take a little trial and error but there's no reason you can't get started today!

**BACK CARE AWARENESS WEEK**

80%

80% of the UK population will suffer from back pain at some stage in their lives.

**Physical Activity for Adults and Older Adults**

1 Benefits health 2 Improves quality of life 3 Manages stress 4 Maintains healthy weight 5 Improves sleep

**Reduces your chances of...**

Type II Diabetes	40%
Cardiovascular disease	35%
Falls, depression etc.	30%
Joint & back pain	25%
Cancers (colon & breast)	20%

**Be active...**

AT LEAST **150 mins** moderate intensity per week (increased breathing, able to talk) OR AT LEAST **75 mins** vigorous intensity per week (breathing fast, difficulty talking)

OR A COMBINATION OF BOTH

**FOR OLDER ADULTS, TO REDUCE THE CHANCE OF FRAILTY AND FALLS**

**Improve Balance**  
2 days a week (stand, bowls, tai chi)

**TO KEEP MUSCLES, BONES & JOINTS STRONG**

**Build Strength**  
on at least 2 days a week (sqs, gym, carry heavy bags)

REMEMBER TO...

**Minimise sedentary time**  
break up periods of inactivity (stand → desk → walk)

**Some is good, more is better!**

UK CHIEF MEDICAL OFFICERS' PHYSICAL ACTIVITY GUIDELINES 2019

Even a short break from sitting, by doing 3-5 minutes of physical movement, such as walking or stretching, will help ease muscle strain, relieve mental tension and improve blood circulation and muscle activity.

The Royal College of Chiropractors

SOURCE: WORLD HEALTH ORGANISATION



## Special Offer...Gym Ball Only £15!

Gym balls are a versatile piece of exercise equipment available to help people with back pain.

The advantage of using an gym ball is that your body will respond to the instability of the ball and work towards balancing itself, ensuring activation of core muscles. This can help with improving back and spine health, enhancing core stability, posture, and muscle balance.

### How Gym Balls Help Your Spine

- **Back pain relief** – Gym balls have been found to help increase circulation in the body, which can help to relieve pain when sitting for long periods of time.
- **Better posture** – When your spine is free from restriction and dysfunction, then better posture comes naturally. A Gym ball helps to encourage this and can lead to less back and neck pain due to poor posture.
- **Toning core muscles** – While you work you are forced to engage your core muscles in your abdomen in order to balance on the balls. This keeps your muscles engaged and also encourages more movement throughout the day, helping to support a healthy spine in the process.

Gym Balls can also be used as a birthing ball or as a desk chair to improve your posture and relieve back pain when you're sitting.

Please call the Therapy Room on 01208 76009 or pop in to get yours.

They make a great Christmas gift!

**Special Offer Only £15!!**



## Fun Fact!

Your heartbeat imitates the music you are listening to!



### Chiropractic History Did you know?

Dr. Herbert Reaver was the most jailed chiropractor of all time. All in the fight for chiropractors to gain licensure. Dr. Herbert Ross Reaver, called "the most arrested chiropractor" in history, was an incorrigible criminal. As soon as he finished a jail term, he'd go home and break the law again. Soon, he'd be back before a judge for another sentence to the workhouse. Dr. Reaver wasn't a thief, a murderer or a vagrant. His crime? Practicing chiropractic.

We owe him and his brother, Dr. Clarence Reaver, for being the heroes they were and for the impact they had on the chiropractic profession.

