



DUCHY
CHIROPRACTIC
GO WELL | STAY WELL

Welcome to our December Newsletter!

December 2024

Festive Back Care Tips...

Christmas isn't far away, we are all busy with preparations for the big day. Even though we are busy it's important to take care of ourselves and be mindful of our health and wellbeing. Here are some top tips on looking after your back this festive season:

Shopping:

Try to do Christmas shopping in stages rather than all at once, lots of heavy bags can put extra strain on your back. Distributing the shopping load equally at both sides of the body or putting your presents in a rucksack can help reduce pressure on the spine.

Walk at a Normal Pace:

Walking slowly can be a common trigger for back pain. You don't have to run, just walk at a good and consistent pace.

Bend your knees:

When it comes to lifting, we've had those three little words drummed in to us for ever, and the lead up to Christmas is a time when they couldn't be more relevant! Christmas time can involve lots of lifting, heavy bag carrying, decorating, rearranging furniture. Always remember to bend your knees when picking something from the floor. Carry heavy shopping bags evenly between both hands.

Gift wrapping:

Make sure all your supplies are together in one place so everything is in arm's reach. Avoid sitting on the floor and hunching over, sit at the kitchen table in a comfortable supportive chair or stand at a worktop to wrap instead. Create a gift wrapping station, by placing your presents on a table you'll avoid being bent over for too long. It's also important to remember to take regular breaks.

Decorating:

When you are putting up your decorations, make sure you use a stepladder to avoid over stretching or straining your back or neck. Make sure to have someone with you to help, this is important should anything go wrong.

Travelling:

Remember to have a break from sitting at least every 2 hours and have a walk around if possible. Simple exercises like shoulder shrugs, buttock clenches and foot circles can all help keep your body active when travelling.

Stay Active:

Try to incorporate short breaks for light exercises or stretching into your holiday routine. This can help alleviate tension and improve blood circulation, reducing the risk of back pain.

Pay attention to your posture:

Whether you're cooking, cleaning or enjoying festive games, maintaining a neutral spine position can prevent strain on your back and help prevent back pain.

Sleep:

Make sure you have a comfortable mattress and pillows that support a neutral spine alignment. A good night's sleep is crucial for your health and well being.

Relax:

Christmas preparation is not the most relaxing of times, but it's important to make time to rest and relax. Enjoy a soak in the bath, read a book, watch a film, listen to music, do whatever you find relaxing. Most importantly have a healthy enjoyable Christmas!



Christmas Hours...

I will be closed from:
Tuesday 24th December-
Friday 3rd January.

Open as normal
Saturday 4th January



Christmas Greetings...

I would like to take the opportunity to thank you all for your continued support through the past year. I have enjoyed meeting new patients and treating all my familiar faces and would like to thank you all for being part of Duchy Chiropractic's journey through the past year. I look forward to seeing you all in 2025!



Wishing you a
'Cracking Christmas'
and a
Happy (well adjusted)
New Year!
Liz xx



Christmas Fun Facts!

- The amount of wrapping paper used in the UK each Christmas is enough to cover the island of Guernsey!
- In 1843 the first Christmas card was produced and sent by Sir Henry Cole.
- It is now estimated that 2.1 billion Christmas cards will be sent during the festive season.
- The first ever Christmas tree wasn't actually a tree, it was made of dyed goose feathers and came from Germany.
- The first use of lights on a Christmas tree was in 1882 by Edward H Johnson, a friend of Thomas Edison (who invented the incandescent bulb)
- Tinsel was invented in Germany in 1610 and was originally made from real silver.
- The Christmas cracker was invented by a London sweet shop owner called Tom Smith. In 1847, after spotting French bonbons wrapped in paper with a twist at each end, he sold similar sweets with a "love motto" inside. He then included a little trinket and a "bang".
- Most of Santa's reindeer have male names, however male reindeers shed their antlers in winter, so the reindeer pulling Santa's sleigh are likely to be female!

