



**DUCHY  
CHIROPRACTIC**  
GO WELL | STAY WELL

Welcome to our November Newsletter!

November 2025

## Back Care...

'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!

*Before starting any new activity please consult your health practitioner.*

## WORLD SPINE DAY



BACK PAIN IS THE SINGLE LEADING CAUSE OF DISABILITY WORLDWIDE

### BACK PAIN IN THE UK

**80%**

of the population will experience back pain at some time in their lives.

Lower back pain alone accounts for

**11%**

of the total disability of the UK population.

### WHAT CAN CAUSE BACK PAIN?

Injury to bones, joints, ligaments and muscles, incl. sports injuries



Disease of the internal organs



Arthritis, poor posture, obesity, and psychological stress

### REDUCE BACK PAIN



HEALTHY DIET



REMAIN ACTIVE & STRETCH

LIFT HEAVY OBJECTS CORRECTLY



WEAR LOW, COMFORTABLE SHOES



## REDUCE BACK PAIN

FREQUENT EXERCISE ● ● ● ● ●

MAINTAIN A HEALTHY WEIGHT ● ● ● ● ●

STAND UP STRAIGHT ● ● ● ● ●



# Migraine Awareness...

September was National Migraine Awareness week (22nd-28th September)

Migraines are a hugely debilitating condition. It's estimated that over 10 million people in the UK suffer from migraines and we lose a total of 43 million days from work and education a year due to them. Migraine has been dismissed for too long as 'just a headache', despite it being a complex and debilitating neurological disorder. Sometimes, there's no obvious trigger. In most cases, several factors combine to increase the risk of a migraine.

Triggers can include: stress, muscle tension, disturbed sleep, Certain foods or drinks.

You might not be able to prevent every attack, but some tips can help you reduce the frequency of migraine episodes.

Here are some self-care tips if you're living with migraine.

[www.healthline.com/health/migraine/x-self-care-tips-for-migraine](http://www.healthline.com/health/migraine/x-self-care-tips-for-migraine)



# Fun Spine Facts!

- When we're born, our spines consist of 33 individual vertebrae
- This number changes as we age, with some of these vertebrae fusing together.
- We have 3 sections of our spines the neck, the middle back and the lower back.
- Your spine has over 120 muscles, this is why our spine is so flexible if we were to bend it around, it would almost form a circle.
- Cartilage in the spine can expand and contract.
- Gravity can cause the cartilage to expand and contract. This is why you are taller in the morning than at night, because at night you have had gravity pushing down on you all day.
- Your spine has an exceptional memory, it will remember and become used to your posture. This is why it can be hard to get out of the habit of having bad posture. But once you do make a habit of good posture, your spine will remember it.
- There are 13.5 million nerve cells in the spinal cord and weighs only 35g.
- The first bone of the neck is called the Atlas. This comes from the Greek mythological Atlas who was burdened with carrying the "world on his shoulders"
- Your spine is so strong it is able to sustain the weight and pressure of hundreds of kilograms.

