

LOWER HUTT Chiropractic Clinic



SPECIALISTS IN
ACUTE CARE
THROUGH TO
MAINTENANCE

OFFERING

-  Full range of diversified techniques
-  Exercise Programmes
-  Spinal screening for job suitability
-  Education on self spinal care
-  Access to massage therapist

PRACTITIONERS

Martin Press

Ron Scott

Paul Brunton

OPEN

Monday – Friday 7am to 5.30pm
Late night Wednesday until 7pm

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Phone/Fax 566 0716
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ACC APPROVED

MEMBER OF THE NEW ZEALAND
CHIROPRACTIC ASSOCIATION (NZCA)

**Get back into shape . . .
the chiropractic way**

*Martin and the Team wish
every one a very Merry
Christmas & a very
Safe New Year*

Back Talk

WITH MARTIN PRESS



**'Tis the silly season ... and believe me it's not called that
for nothing.**

Christmas, holiday time for many, the change of seasons from spring to summer, the switch from indoor to outdoor activity all bring with them a need to take extra care. In fact, December/January is a bit of a chiropractic boon time.

In a rush to have the garden look just right for visiting relatives and friends you take off outside for the first time in months without stretching or even thinking. You take short cuts and these usually lead to injury. Reaching for the weeds just out of range with your body on an angle and you are more than likely to hurt your lower back.

You decide to hose the decking and later check your handiwork only to hit the deck after stepping on a slippery patch. Cross the lawn after a spot of rain or a watering from the sprinkler and it's all too easy for your foot to slip and as a result strain your back or hips.

Imagine if you will Christmas morning and present unwrapping under the tree. Father Christmas has got the gift giving exactly right and number one son has the skateboard of his dreams. Now 20 years ago Dad used to be pretty skilled at the old skateboarding so pjs still on it is straight outside to show junior how it's done. Chances are Dad will fall off and hurt his back. Change Santa's gift to rollerskates or a trampoline and the same possible outcome holds true. Do something your body is not used to and the likelihood is you will get injured.

Sporting code changes too bring their own dangers. Perhaps you have spent the winter on the couch and suddenly it is summer and you take to the bowling or croquet green or tennis court without being fully fit. As a result you over extend yourself and this is when you strain muscles in your spine.

Throughout winter people may experience constant niggles of pain or discomfort which they blame on the cold or rain. Often they are, in fact, suffering

from chronic conditions and yet think once the warmer weather arrives they should be able to do everything they want, but find their bodies are not going to let them.

If your holiday plans include long periods of sitting in a car then the chances are any aches and pains will also catch up with you.

Prevention is key. Just as most of us would take the car in for a check up and service before setting off on holiday, so you should prepare your body for summer to reduce the chance of injury. You should do some gentle exercise before it is too late and also get your spine checked. The latter is especially important for those people who have had trouble in the past or have experienced niggles over winter. Think about it – you service your car which is only on the road for say 10 per cent of an average day, but forget to do the same for your body which runs 24/7. ■

SUMMER HOLIDAY HINTS

1. If traveling by car stop regularly. Get out and walk around the vehicle for a few minutes. This will stop your spine seizing up. It also breaks the boredom.
2. When trying a new sport do not let your ego take over. Start off quietly and build pace gently. Do not over extend.
3. When gardening break up the area you need to cover into sections. Do not over extend. When pulling out weeds work within a small area. **DO NOT BEND AND TWIST.**
4. Do not forget to stretch.
5. If you do injure your back or spine use an ice pack to cool down the inflamed area and seek care. Ice should be applied as follows; 10 minutes on, 10 minutes off. Repeat three times. Leave four or five hours and then repeat the procedure.