



6 WAYS TO BEAT BACK PAIN



1. LEAVE THE HEELS AT HOME WHILE YOU HEAL.

Everytime you wear heels you increase the curves in your back. Good for making your bum look good. Not so good when you have back pain. Everytime you wear them you have about 25 times more pressure going through your lower back tissues, discs and joints. That's like walking with 3 - 4 kids attached to you. It's all cumulative, so don't think for a moment that you won't pay for it later.

2. MOVE IT OR LOSE IT.

Standing desks are slowly becoming more mainstream, but we have all been sitting for years so it's not easy when someone says buy yourself a standing desk and just do that all day. I've just recently gone to a standing desk and my body is aching after a few hours. I don't know maybe I am a wimp. But if your like me and not a superman or women then slowly make the transition. Start with doing 20 minutes of sitting and then 20 minutes of standing. To remind you use Toggl or go focused pro. Or just use a stopwatch set on your phone for 20 minute intervals. So you go between the two. Your spine will love you for it and be thanking you when you are doing your physical and social activities.

3. GET YOUR WALLET OUT OF YOUR BACK POCKET AND YOUR BAG OFF YOUR SHOULDER.

So often we see clients doing this and a simple change can have such a lasting impact when it comes to getting back to doing what they enjoy... It doesn't need much explanation. A reminder is sometimes as good. Flip everything you have done or just don't do it. If you do this ask yourself if the pain you get is on the safe side you carry the extra weight. Magic right ? not really just biomechanics.

FINAL THOUGHTS

If you want to find out more how to fix your back pain once and for all with a system and process that is safer, easier and more effective then get in touch and we will be more than happy

4. SET YOURSELF THE 10,000 CHALLENGE.

One of the best ways to beat back pain is to just keep moving. Contrary to the myth that lying down is best and not doing anything. If you can the best remedy is movement even when it's painful. Doing a little and building up to this can be a game changer in helping the back heal and repair. Gamify it can be extra motivation as well so get yourself a fitbit.

5. NETFLIX OR AMAZON AND CHILL WITH A PILLOW.

If your a tummy sleeper don't you hate it when someone tells you just don't do that? Instead because you have probably been doing it for years if this applies to you put some pillow on the side where your knee is slightly bent when your face down. Then prop yourself with a bunch of pillows. Finally get a couple of pillow between your knees can help rebalance your pelvis.

6. WHOS YOUR CHIRO ?

If you lack a clear diagnosis or clinical impression get yourself checked, evaluated and assessed to uncover the core issues stopping you doing you, limiting the way your body can work well, heal and function. You need a plan and a system to get a result which is why we created the Quantum System.

Find out more on our website or contact one of the team to find out about how we might be able to help you go from let down to let live, pain to free, stressed to fresh and find your balance today.

In the meantime: Check out this post snippet from this blog post we put on the site <http://bit.ly/2FEOtiA>

THE AUTHOR



Dr Josh's journey into health started as a kid. His passion meets at the intersection of a love of learning, about principles that contribute to quality health and the self healing ability of the body and human potential. He sees health challenges and injuries as a way to inspire people to live a better life and is recently curious about exploring new ways to create value at this intersection.

CONTRIBUTER



Rosie started her career as a designer. Having realised her passion for chiropractic and how chiropractic can improve people's quality of life she went on to pursue her passion and co-created Quantum.



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