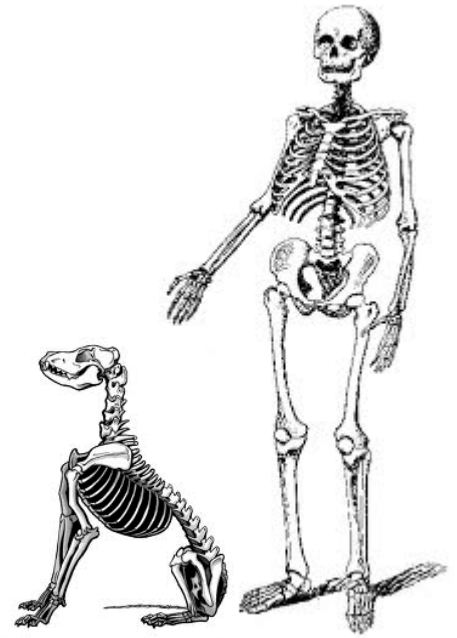


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Chiropractic and Work-Related Activities

Our bodies were not designed to be static, they were designed to move. Work-related pain and injury normally tend to occur not as a result of motion, but from moving badly or not moving enough, bad postural habits at work and/or stress in the workplace. However, bad postural habits can be difficult to break and the body will gradually shift position and change shape permanently to cope with the requirements of the work that it is expected to do. This compensation mechanism employed by the body is not normally sustainable and over time the repetitive stresses and strains of the job often lead to work-related injury, pain and ache.

Back pain is a common medical complaint in the UK, with 7 out of 10 people said to experience it at some point during their lives. It is the largest cause of absence from work with an average of 9.3 million working days lost each year due to work-related back pain and other musculoskeletal disorders (www.nhs.co.uk, 2012). In today's working environment, the demands put on the human body are numerous and the pace of working life means that most people are always on the go with deadlines to meet. This can mean that good posture whilst working at a desk and/or computer, driving, the way that heavy items are lifted, or strategies to avoid injury such as the taking of regular breaks, are often given little consideration. Poor working practices can cause:

- Generalised aches and pains in the back, neck, shoulders, legs and/or feet, arms and/or hands. This can increase the risk of neural dysfunction which can lead to pins and needles and/or numbness in any of these areas;
- Pain, ache, discomfort and stiffness in joints and muscle spasms;
- Migraine and other types of headache, e.g. cervicogenic headaches.

Chiropractic has been proven to be effective in treating these conditions. It is a gentle non-invasive holistic treatment which works to realign and balance the musculoskeletal system, restoring health, movement, soundness and performance through manipulation that realigns the joints, relieving muscle tension, pain and associated discomfort.

Chiropractors are also able to give detailed rehabilitative and aftercare advice on how to eliminate aspects of poor working practices, strategies to help with the correction of bad postural habits and tips that can assist in preventing work-related problems from reoccurring.