



Workers in the South West slacking when it comes to back health

Westbury, Monday 11th April 2016. As part of Chiropractic Awareness Week (11 – 16 April) Kay Pearce from Maristow Chiropractic Clinic is urging workers to do more to protect their backs, both in the office and at home.

New research from the British Chiropractic Association (BCA) reveals that one fifth (20%) of workers in the South West admit to taking no proactive measures to help prevent back or neck pain. Despite this, almost one quarter (23%) of people in the region who have suffered from back or neck pain say work can trigger it, and over four in ten (43%) have had to take time off work because of their pain.

The BCA found that 40% of workers in the South West who have suffered from back or neck pain said that sitting in the same position whilst working for long periods of time contributes to their pain.

Kay comments: *“The reality of modern working lifestyles means that many more workers are often spending long days in front of a computer screen, either in the office or working remotely and not doing enough to prevent serious strain on their backs. Whilst it may be tempting to do work from your sofa or bed when working from home, poor posture means you could be putting even more strain on your spine. However the good news is there are several simple steps you can take and I would encourage all workers in the South West, particularly office workers, to follow these to minimise their risk of work-related back pain.”*

Maristow Chiropractic Clinic, 8 Maristow Street, Westbury, Wiltshire, BA13 3DN.

These top tips from Maristow Chiropractic Clinic can help people protect their backs wherever they are working:

- **Be computer compatible:** Make sure the top of the screen is level with the eyebrows and the chair is tilted slightly forward, allowing for the knees to be lower than the hips and the feet to be flat on the floor.
- **Sit up straight:** Relax when sitting into your seat, making sure you have your bottom against the seat back with your shoulder blades touching the back rest of the chair. Keep arms relaxed and close to the body and place on the desk when typing.
- **Take regular breaks:** Don't sit for more than 20-30 minutes at a time - stand up to stretch, change position and walk around a little. If you struggle to get away then take time to gently massage the back of your head and neck as this will help to improve posture and reduce back pain by promoting balance, strength and flexibility in the spine.

If working from home:

- If at all possible, designate a specific area in your home for working and always work at a table, sitting on a chair, rather than on the sofa or in bed.
- If you don't want to invest in a computer stand, place sturdy books, for example copies of the *Yellow Pages* under your laptop so that you can adjust the level of the screen to fit your eye line.
- Use a detachable keyboard and mouse whenever possible, as this will ensure that your movement is not restricted and you are not placing unnecessary



strain on your back.

- An easy way to ensure that you get away from your desk and take regular breaks is to set a loud alarm in another room. When making phone calls, take the opportunity to get up from your desk and move around as you talk

Embrace the privacy of working from home by doing regular stretches. The BCA has developed a series of simple exercises to improve posture and help prevent back pain. Please see the BCA website for more information: <http://bit.ly/straightenup>

ENDS

Notes for Editors

Photograph – Kay Pearce working on a patient

For Interview or photograph opportunities please contact:

Debbie Betteridge, Way To Go Digital Limited
0330 333 1014
dhb@waytogodigital.com

About Dr. Kay Pearce, BSc (Hons) MSc, DC, ICSSD. Doctor of Chiropractic, Maristow Chiropractic Clinic

Kay graduated from the Anglo-European College of Chiropractic in 2001 with an honors degree in human science and a Masters of Chiropractic. Following this she completed the International Chiropractic Sports Science Diploma (ICSSD) in Turin, Italy in 2006.

She worked in two busy Wiltshire practices until opening Maristow Chiropractic Clinic in 2003. The demand was such that expansion was required and in 2010 the Clinic moved to the larger, current premises where Kay works alongside Lucy Rodwell.

Kay has a special interest in treating sporting injuries and was selected as a "Gamesmaker" for the 2012 Paralympic games as part of the medical services team. She has worked trackside at numerous other national and international sporting events.

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More locally, Kay has been the team medic for Trowbridge Rugby Football Club since 2004 where she is responsible for all pitch side first aid and both pre and post match treatments.

Kay has been a European Instructor for Graston Technique and in 2012 formed Kinnective Limited with her good friend and former college classmate, Donna Strachan. Together with physiotherapist Mike Chisholm, the Kinnective team regularly instructs elite sports teams across the UK.

Kay is fully registered with the General Chiropractic Council (no.01280), is a member of the British Chiropractic Association and now a Fellow of the Royal College of Chiropractors.

For more information: <http://maristowchiropractic.com>