



## HARD AT WORK? SO IS YOUR BACK

**New research reveals working causes neck and back pain for people in the South West of England**

**As part of the British Chiropractic Association Chiropractic Awareness Week (13 – 19 April) Maristow Chiropractic Clinic is urging people to take regular breaks at work to help combat neck and back pain.**

The advice comes as new research from the back and spinal care experts finds of those who have suffered from back and neck pain, working causes a pain in the neck and back for almost one in four (24%) people in the South West.

Over half (55%) think that sitting in the same position for long periods at a time has the most negative impact on their back health. Despite recognising the source of pain, nearly one in ten (8%) of those who spend the day mainly in one position don't take regular breaks.

BCA chiropractor Kay Pearce says "If you work in an office or drive a vehicle for long periods of time, it's easy to stay seated, rarely taking breaks. Many people are unaware that staying in the same position can place unnecessary strain on their neck and back which can lead to long term pain."

"Sitting causes up to twice as much pressure on the spine as standing. If your job involves sitting for long periods of time, it's important that you take regular breaks to relieve the built-up tension in your lower back. Your back is always hard at work - even when you think you're relaxing - so ensuring you move and stretch regularly will help relieve the extra load through the discs which will prevent long term problems, keeping your back on track."

In the South West, 43% currently live with neck or back pain – and more than a quarter (26%) suffer on a daily basis. So what can we do to combat neck or back pain at work?

Kay offers the following top tips to help people get through the working day back pain free:

- **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. For drivers; the back of the seat should be set slightly backwards, so that it feels natural and your elbows should be at a comfortable and relaxed angle for driving.
- **Be computer compatible:** Make sure the top of the screen is level with the eyebrows and the chair is titled slightly forward, allowing for the knees to be lower than the hips and the feet to be flat on the floor. Using a laptop or tablet away from a desk will encourage poor posture, so limit time spent in this way.



- **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 you relax your stomach region with slow easy breathing. This will help to improve posture and reduce back pain by promoting balance, strength and flexibility in the spine.

For more information on how to maintain a healthy posture and help keep neck and back pain at bay, the British Chiropractic Association has developed '**Straighten Up**' - a simple, three minute exercise programme for all ages, designed to help strengthen the spine and improve posture and help joints. To watch a video of the exercises you can do, please visit: [www.chiropractic-uk.co.uk](http://www.chiropractic-uk.co.uk) and search for Straighten Up UK.

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## Notes for Editors

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 Dr Alec Dolman.

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.

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 class mate, 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) and is a member of the British Chiropractic Association.