



Do you want more information on your spine and Chiropractic?

Join us for a **Free Spinal Workshop and**

Get £8 discount on your next adjustment

Classes are Held at:
Bangor Chiropractic Clinic

Wednesday evenings

Please ask Paula or Sarah about **availability, bookings** and details for the next available class
www.bangorchiro.co.uk

Quote for this Month

So many of our dreams at first seem impossible, then they seem improbable, and then, when we summon the will, they soon become inevitable.

[Christopher Reeve](#)

Simple Lower Back Exercise program:

- Muscle strength and conditioning is essential in maintaining a pain free spine
- Do these exercises 2 – 3 times a day. Preferably in the morning and evening.
- Always remember to do your specific stretches after exercise

Pelvic Tilt:

Lie on back with knees bent. Exhale, tighten stomach, squeeze stomach, flatten the low back and tilt it under. Arch back upward, pushing stomach upward, inhale, return to neutral position. Hold 5 seconds. Rest 5 seconds.



Repeat 5 times.

Pelvic Rotation:

Lie on your back, bending knees. Keep back flat and feet together. Rotate knees to left. Rotate neck to right. Alternate. Rock from side to side for 5 minutes



Repeat 5 times.

Prone on Elbows:

Rise up on the elbows as high as possible, keeping the hips on the floor. Do not bend head backward. Hold 5 seconds. Rest 5 seconds.

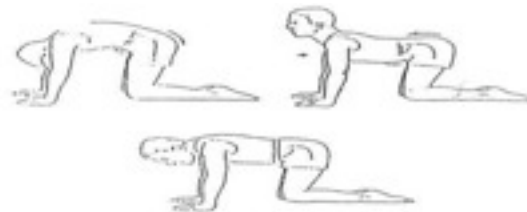


Repeat 3 times.

Back Stretch on all 4's:

Assume a position on hands and knees. Exhale and tighten the stomach muscles. Push the lower back upward. Do not move the mid-back. Inhale and let the back sag. Return to the neutral position. Raise and lower the pelvis area only. Hold 5 seconds.

Rest 5 seconds.



Repeat 5 times.

For a full list of exercises and pictures please see our website: www.bangorchiro.co.uk and speak to Dr. Elphinstone and Dr. Maurice for advice on the most appropriate exercises for your health

Newsletter – January 2010.

No Pain? No Problem? Right?

It's time to stop looking at the pain but focus on the reason you developed the pain. How can we limit that process and how can we make you function better as a living entity. During our first consultation we focus on two things, the current painful structure but mostly we pay attention to the condition that led you to this point in the first place, granted, all that you want is for the pain to stop, however for me to set in motion those changes in your spine that are going to result in more consistent and long lasting results, focusing just on your pain, is a short term goal.

Do you remember when you first came for help? You might remember it vividly, but for most of us the memory of the discomfort is long gone. We forget that the problems that caused the discomfort are still there, for example: spinal disfunction, poor posture, lack of exercise and poor diet. To change these things and to keep these unhealthy habits at bay, requires work and effort from you, taking control of your health and us managing those processes that brought you to us in the first place. From this point on we're not working on your pain, we're not focusing on your level of discomfort or comfort, but rather, we are stabilising and promoting spinal and neurological health by maintaining function in your spine and promoting healthy habits.

Let's explore this idea further using the analogy of an injured athlete. When an injury occurs we have to consider 5 things:

- 1 Where did the immediate damage occur?
- 2 What are the contributing factors that lead us to this point?
- 3 How can we maximise healing of the damaged structures?
- 4 How can we strengthen, create flexibility and allow those structures to return to their original strength?
- 5 How do we correct or limit the initial causes to avoid a recurring of trauma and enhance this athlete's performance?

Drawing on these questions and imposing it on Chiropractic, it is easy to recognise the phases of care we go through to help you on to a better spine.

Corrective care: Identifying the damaged structures, identifying how this developed over time or the short term, and developing a method to allow maximum healing of the damaged structures.

Stabilisation/ Rehabilitation care: Strengthening, teaching restoring maximum function and working on those structures that predispose us to this condition.

Maintenance care: Managing day to day trauma on the spine and nervous system to minimise the possibility of a recurrence of the condition.

Wellness care: Placing your nervous system in the optimal position to perform to its full potential.

Our goal is to give you the spine and the health you deserve and that is our main consideration when we consider your health. We're not focused on your pain and it's not what we use as an indicator of your recovery, we have in mind the larger question of returning your spine and nervous system to its optimal function.