



Orpington Chiropractic Clinic

## Spinal Column



8-10 High St. Orpington

tel. 01689 873130

June 2009

## Clinic Welcomes its new Chiropractor, James Birdseye!



Since his arrival in February James has shown himself to be an approachable, affable and positive individual who has seamlessly blended into the down to earth and friendly atmosphere of the clinic.

His chiropractic interests include Radiology (x-rays), shoulder problems and sports conditioning, sports injuries and their treatment.

James is currently undertaking seminars run by the International Federation of Sports Chiropractic in order to help realise his ambition of working with elite athletes.

In betrayal of his maritime-sounding surname, James prefers to escape to the mountains and has successfully conquered Mount Kilimanjaro and hiked to Mount Everest Base Camp. In his final year at AECC in Bournemouth James joined a handful of other students to work in and help run La Clinica de la Mariposa in Costa Rica, a health-care project run with the international charitable organization, Santé, Inc., which aims to provide healthcare services in areas otherwise without adequate care.



## — NICE recommends manipulation for persistent, non-specific back pain —

*Most people's low back pain is described as 'non-specific', meaning that it is caused by problems with structures in the back, rather than by rare conditions such as cancer, infection, a fracture or an inflammatory disorder. Persistent refers to lasting longer than 6 weeks.*

NICE guidelines for treating back pain recommend the use of manipulation, as used by chiropractors, as safe and effective treatment. NICE - the National Institute for Clinical Excellence - is the government body that decides whether there is good evidence to recommend particular treatments for use in the NHS.

*Read the full article online here: -*

<http://guidance.nice.org.uk/CG88/PublicInfo/pdf/>

Great savings  
overleaf!

*Some timely gardening advice!*

Dress appropriately — Don't wear clothes that are tight or constrict your movement. Gardening is like any other exercise; you need to warm up first.

Don't go straight into heavy garden work, start off with lighter jobs first. This will lessen the chance of pulling muscles.

Don't twist! — If you have to use a ladder for any of your gardening tasks, make sure you are always facing it. Rather than lean or reach, move it regularly. When using the ladder, always keep your shoulders, hips and knees pointing in the same direction. Make sure the ladder is firmly and safely planted in position and, if possible, have someone else standing there to keep an eye on things.

Clever pruning — Get as close as possible to the things you are pruning; avoid over stretching to reach the area you are dealing with. This reduces the leverage on your lower back and significantly reduces the chance of you pulling your back. Invest in some long handled secateurs to reach plants and bushes that are beyond normal reach.

Digging deep — When digging, try not to bend or twist during the digging movement and alternate the foot you use to drive the spade into the ground. Alternate which hand is at the top and bottom of the spade and also which side you 'throw' the soil to. Raking is best achieved with short movements; don't reach out too far. Again try to alternate your hand position.

Potting/planting — Use a mat and kneel when doing close weeding work or planting out. If you have to lean over a border use one of your arms to support your body. When potting up your plants, it is much better to do this at a table.

Mowers — Petrol mowers that have been stood all winter can be very difficult to start. Don't loose your temper if it won't start easily. Between each pull think about your body position before you pull the cord!

*Tip:* - replace old petrol with new (water may have condensed in the reservoir which delays starting) and clean the spark plug first. Use the old petrol later as the mower won't be so 'sensitive' to starting after the first use. Gardening needn't be such hard graft!



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