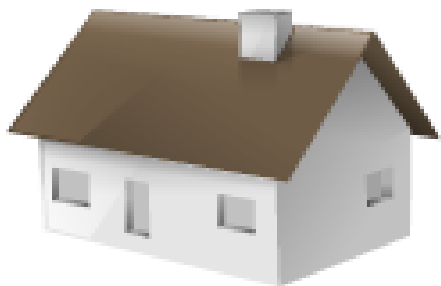


Most people have experienced back pain. It is usually resolved within a few days, or sometimes a few weeks. Your back is made up of different structures. These include the vertebrae (bones of the spine), discs and muscles.

The structures of the back work together with the abdominal muscles to keep you upright throughout the day.

Together, they stabilise your upper body when you move. For example, when you reach forward to pick something up, they prevent you from falling forward. Generally, this system is very strong, but occasionally one or more of the structures of the back will get injured. Sometimes we know what caused the injury, but quite often, it is a result of lots of minor events over a period of time.

This leaflet aims to help you plan and perform household and leisure activities in a way, which will keep your back strong and healthy. The main message in this booklet is that your back is a strong, stable structure. It prefers regular movement to static positions. It also prefers regular changes of position to repetitive actions in one position.



### How can Natural Medicine help me?

The Natural Health Centre provides a wide range of complementary therapies, which may help you. It is often difficult to decide upon the best course of action. We offer a free short consultation to help guide you. All our therapists work with you to help prevent recurrence.

### Which therapy?

Usually people with symptoms of back pain seek help by having chiropractic, osteopathy and/or massage.

However we have other therapies which people find helpful.

These are:

Acupuncture	Homeopathy
Alexander technique	Hypnotherapy
Aromatherapy	Indian head massage
Chiropody/podiatry	Nutrition
Counselling	Reflexology

### How to contact us

By telephone on 01743 248878

By e-mail on [mail@natural-health-centre.com](mailto:mail@natural-health-centre.com)

Web site [www.natural-health-centre.com](http://www.natural-health-centre.com)

Call in to see us Monday to Friday 9.00 am -5.30 pm

Saturday 9.00 am—2 pm

The Natural Health Centre

4 The Professional Centre

Bank Farm Road

Radbrook Green

Shrewsbury

SY3 6DU

There is a large free car park

Bus No 20 from town runs frequently.

14/05/2011

# HOUSEHOLD

# CHORES

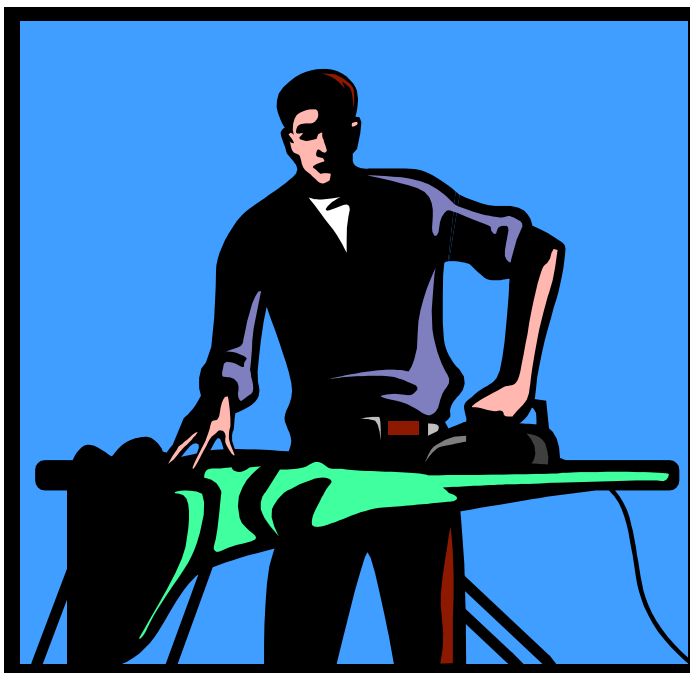


**The  
Natural Health Centre  
Shrewsbury**

**01743 248878**

## General maintenance

When you are choosing items such as vacuums or ironing boards, remember that you will need to lift and move them on a regular basis. Wherever possible try to buy lighter options. Work out where you are going to store the item before you buy it. Keep the storage spaces as organised as you can, so that it is easier to get things in and out without twisting and straining your back. Take an honest look at the items in your storage space. If you cannot remember the last time you used any of the items and you don't have any plans to use them in the future, consider whether they are just taking up useful space. Use the space you have wisely, and aim to arrange the cupboard contents in a way that will allow you to slide awkward or heavy items in and out. This should help minimise the need to lift and move things unnecessarily.



## Ironing

Take a couple of minutes to adjust the height of the ironing board. Ideally, when you're holding the iron on the board, your elbow should be a little bit more than 90 degrees. It should feel like your arm is hanging comfortably by your side and that you don't need to hunch your shoulders up or bend down to reach. Try to stand slightly diagonally, so that your feet face the same direction as you will be moving the iron. This will minimise the need for repetitive twisting of your back as you iron. Remember to use the steam and water spray functions of your iron. The easier it is to slide the iron over your clothes, the less work your muscles need to do! If you have clothing that you know will be difficult to iron, such as jeans, consider whether it might be easier to iron them while they are still slightly damp and then hang them up.

## Vacuum cleaning

The key with vacuuming is to move forward and backwards as you move the vacuum. This is much easier for your back than pushing and pulling a heavy vacuum repeatedly. Even lighter weight vacuums can be quite difficult to manoeuvre if they use strong suction or if the carpet is thick. If you need to move light furniture, stand close to it, face it when you lift it, hold it close to your body then move with it before you put it down. It is always worth taking another couple of seconds to move something sensibly, than going for a quick reach and grab approach! Only move heavier pieces of furniture, such as sofas, when it is absolutely necessary and make sure you have someone to help you.. Alternate the hand used to hold the cleaner AND which foot is forwards. This applies to any sweeping movement as well.



## Taking out the rubbish

If possible, use a smaller indoor bin and take out lighter rubbish bags more regularly. Outdoor wheelie bins can be surprisingly heavy, even when they are empty. On bin day, wheel the bin out first before adding the last day's rubbish to it. Generally, it is easier to push the bin than pull it. Stand close to the bin and face it before tilting it towards you and pushing it forward. If your bin is too heavy for you to move and there isn't always help available, consider whether there is a space for you to leave the bin out during the week so that you don't have to keep moving it.

