Benefits of chiropractic

Chiropractic is used to help resolve a problem as well as for maintenance care. Many patients return for this in the same way as they would maintain a vehicle by servicing it. It is not necessary to be in pain to have treatments in the same way as a car is serviced before a breakdown. Postural advice and self care is included in the treatment and exercises may be advised when appropriate
A patient's appointments are generally with the same chiropractor.

Items for Sale

We have several items for sale. Call in to purchase these at the clinic you attend.

Antiburst Ball 65 cm	£ 26
Biofreeze	£ 9
Cold pack, regular	£ 4
Cold pack, large	£ 8
Lumbar rolls	£ 15
Saddle chair	£ 95
Neck pillow	£ 43
Designer wedge	£ 34
Wedge seat cushion	£ 21

Cheque to be made payable to:
Shropshire McTimoney Chiropractic Ltd.

Doing written work.

The angle of the work on the desk should be tilted down towards you by about 15 degrees. This can be achieved in a number of ways:

- A desk which tilts downwards
- An adjustable lectern
- An empty file

Most people rest the weight of the upper body on the non-dominant arm when doing written work. As the day progresses the posture deteriorates and the writer gets lower and lower. To avoid this, sit at a slight angle to the desk. Thus there is nowhere for the non-dominant arm to rest and the 'heel' of the non-dominant hand can push against the edge the desk to maintain erect posture.

If making notes whilst on the telephone, use a large piece of paper to write on. Thus the non-dominant arm can hold the handset and the dominant arm will be resting on the paper whilst writing, thus holding the paper still. This means that the telephone does not need be held between the ear and the shoulder.

Here is an example of someone sitting at a desk.

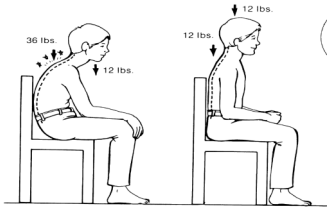
The work is tilted up so that the neck is not flexed nor the chin jutting forwards, thus minimising neck strain.

ADVICE FOR THE OFFICE

THE NATURAL HEALTH CENTRE

The
Natural Health Centre
Shrewsbury

01743 248878



Back pain in very common in office workers. In fact most people will suffer from an episode of back pain at some time in their lives. Whilst most recover quickly there are many tips you can use to help you recover as quickly as possible.

Research shows that the sooner a person gets back to work the quicker they recover.

Office workers are prone to a wide range of problems from low back pain, neck & shoulder strain to repetitive strain injury.

Seating.

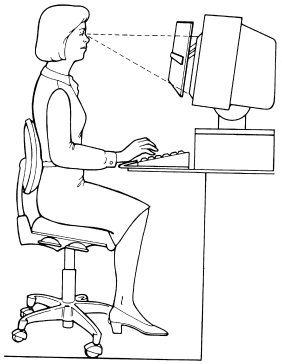
There is a way to arrange your work station to minimise the strain on your back and thus lessen the chances of you suffering with problems.

The desk & chair.

- Most desks are of a fixed height, so we will assume you are stuck with this.
- The chair should be adjustable for height and seat angle. If there are arms they should adjust up & down as well as in & out. Where the arms of the chair would prevent you from positioning the chair close to the desk, the chair should be without arms.
- Adjust the chair to its highest position.
- Tilt the chair downwards by about 15 degrees or use a wedge cushion, which can be purchased from the clinic.
- Lower the chair so that your horizontal forearms are resting on the desk. This is the correct height.
- If the feet are not touching the floor, then place a footstool under the feet.

Working at a computer.

- Ensure that the monitor is directly in front of you
- Ensure that the keyboard is directly in front of you & **not** tilted up on its little feet.
- There are regulations which state that a computer operator should only work at the computer for 50 / 60 min. This is to protect the eyes. As far as your back is concerned, you should take every opportunity to change position. Get up and walk the length of the telephone wire when you are on the telephone whenever possible.
- Frequently change the angle of your chair slightly so that you are not always in the same position.
- If you can touch type the top of the monitor should be level with your eyes.
- If you cannot touch type the monitor should be as low as possible – remove the hard drive to the side of the monitor. This will make it easier to look from keyboard to monitor by just using the eyes rather than craning the neck. A wrist raise is important if you rest the wrists on the desk.
- If needing to refer to a written document, either alternate the sides on which it is placed or buy document holders to put the work on alternating sides of the monitor.



- The keyboard is directly in front of the operator.
- The forearms are parallel to the desk.
- The chair has a downward tilt.
- The feet are on the floor.
- The eyes are level with the top of the monitor, which also directly in front of the operator.

Shropshire McTimoney Chiropractic Ltd is run by Avril Sanders Royle, an established chiropractor who has been in practice since 1984.
The Group operates from two sites:

The Natural Health Centre
4 The Professional Centre
Bank Farm Road
Radbrook
Shrewsbury SY3 6 DU
Phone 01743 248878
Fax 01743 344114
Web site natural-health-centre.com
E-mail asroyle@natural-health-centre.com

and at

Rock House
Brownhill
Ruyton-XI-Towns
Shropshire SY4 1LR
Phone 01939 261262
Web site mctimoney-chiropractic.com
E-mail avril@mctimoney-chiropractic.com.

The Natural Health Centre has chiropractors available six days a week in a busy multi-disciplinary complementary health centre. Avril Sanders Royle is available on Mondays Wednesdays and Fridays at Rock House.

All our chiropractors are graduates of the McTimoney College of Chiropractic and are registered with the General Chiropractic Council.

For any further information contact
Avril Sanders Royle
01939 261262