

## Pro Performance Clinics - 4 Top Tips for Stopping Low back pain

We see a lot of low back pain at our City and Notting Hill chiropractic clinics. So today we have made a list of the 4 top low back pain tips we give to our patients every single day.

### 1. Posture, posture, posture!

As humans we did not evolve to sit down at desks (you very rarely see chimpanzees using excel spreadsheets). Office jobs, computer stations and laziness cause us to sit with a hunched back and rounded shoulders. This puts a lot of strain on your lower back, causing the supporting lower back muscles and soft tissues in your spine to become lazy and switch off, which causes lower back pain.

**Pro Performance Clinics Top Tip:** Sit up straight with your shoulders slightly back and your head up.

### 2. MOVE!

Even if we sit with exceptionally good posture, our lower backs are not designed to sit still for 12 hours every day. The joints in your lower back remain healthy and supple as a result of movement; this lubricates the joints and helps maintain a normal range of motion. (Much less smelly and far better for you than any cod liver oil tablet)!!

**Pro Performance Clinics Top Tip:** Get off your bum at every opportunity in your day. Stand at work whilst on the phone, do stretches at the desk, do press ups on the bosses desk if you have to!

### 3. Eat more plants!

At Pro Performance we have never seen a croissant get lovingly picked fresh from a tree! So it's no surprise being overweight and not exercising enough is the single biggest cause of low back pain we see at our City and Notting Hill chiropractic clinics. We eat so much unnecessary processed food that is densely packed with energy. Only heavy exercisers, sumo wrestlers and Olympic athletes need to consume high levels of carbohydrate and protein daily. Therefore if you are an office worker, you really don't need to be making that morning pastry stop at Pret!

**Pro Performance Clinics Top Tip:** If it's a choice of Apple vs Croissant...choose the apple every time! Also try doing your weekly shop in just the fresh section of the supermarket, you'll be amazed how much healthier you will feel.

### 4. "Hope" is not a cure for back pain!!!

"I felt this twinge yesterday morning, so I sat at my desk for 16 hours straight, took some Nurofen and hoped it would go away, when I woke up this morning I could barely walk". Last time I checked "hope" is not a very effective cure for lower back pain. If your lower back is giving you pain signals, it is because something is wrong.

Therefore you need to get it fixed! Consult an expert on the problem straight away will save you time, money and a lot of unnecessary back pain.

**Pro Performance Clinics Top Tip:** If your back feels stiff or you can't walk, you need expert advice about how to cure the problem and prevent it from coming back. Call our Notting Hill (020 7168 2471) or City (020 7374 6181) Chiropractic clinics today to get your back pain solution.

