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Chiro Can Help: discover how chiropractors can help improve your quality of life

As part of Spinal Health Week 2018 (21-27 May), the Chiropractors' Association of Australia (CAA) is encouraging Australians to make small lifestyle changes to improve their spinal health and overall wellbeing.

Musculoskeletal conditions are very common, affecting 30% (6.9 million) of all Australians including 3.7 million people with back problems. In some cases, these are difficult to avoid (such as an accident or injury) however, everyday habits can be a big determining factor in how well our spines handle stress.

During Spinal Health Week 2018, CAA is asking all Australians to focus on everyday habits which can be harmful to the health of our spines and encourage small, practical steps for the better.

“Because musculoskeletal conditions are so common, there is a strong case for being proactive and making the necessary changes to improve your quality of life now and in the future” said Dr Andrew Lawrence, CAA National President.

Simple lifestyle adjustments such as being mindful of your posture, being more active, taking breaks from mobile devices and incorporating stretching into your daily routine can make a noticeable difference.

“It is important to take preventative measures when it comes to spinal health and if you are experiencing pain, it is not advisable to ignore this. Seek advice from your local CAA chiropractor or other healthcare professional as early as possible”, explained Dr Lawrence.

Chiropractic care focuses on the relationship between the spine and nervous system without the use of drugs or surgery. With a core focus on musculoskeletal health, chiropractors are qualified to care for a variety of conditions such as headaches, back pain and neck pain. Using non-surgical techniques and advising on lifestyle modifications, chiropractors help restore and maintain normal spinal function.

Visit spinalhealthweek.com.au to learn more about everyday habits that could place stress on your spine, what you can do to improve your spinal health and how Chiro Can Help.

Spinal Health Week is an initiative of the Chiropractors' Association of Australia (CAA), the peak body representing chiropractors in Australia.

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