

3 September 2018

## ‘Straighten Up’ This Women’s Health Week

This week is Women’s Health Week and the Australian Chiropractors Association (ACA) is encouraging women of all ages to ‘straighten up’ and consider their spinal health this week.

Now in its sixth year, the goal of Women’s Health Week is for all Australian women to make good health a priority. As women lead busier lives than ever before, maintaining a healthy lifestyle can easily drop off as a priority.

“A strong healthcare system is one that recognises the unique needs of women and gives a platform for women’s health issues to be openly discussed” says ACA President Dr Anthony Coxon. “Women’s Health Week is a great initiative and has the full support of the Australian Chiropractors Association.”

The focus of chiropractors is on correcting dysfunctions in the musculoskeletal and nervous system. This approach can not only improve pain, but help restore proper balance and movement. Chiropractors work towards restoring and maintaining normal spinal function, and encourage patients to make the necessary lifestyle choices to achieve this.

“As female chiropractors we take care of other women in practice and are often a first port of call for questions about their health” says Dr Bettina Tornatora, Chair of ACA’s Women in Chiropractic group.

“Female chiropractors have the advantage of understanding the unique health issues that women face, which then informs the chiropractic care and lifestyle advice provided.”

The ACA is encouraging women to be mindful of their posture as they consider their spinal health this Women’s Health Week. Poor posture may cause headaches, soreness, back pain, fatigue, respiratory issues and other issues by putting pressure on the spine.

To assist in helping people improve their posture and spinal health, the ACA has developed the Straighten Up (Australia) app. Set reminders to receive notifications about sitting right, stretching, taking breaks, drinking water and improving posture. The app also includes an exercise program designed to improve spinal health and stabilise core muscle groups, and is available to download from the App Store or Google Play.

Visit an ACA chiropractor for more information on how they can help improve your quality of life. To find your local ACA chiropractor visit [locateachiropractor.com.au](http://locateachiropractor.com.au)

For more information on ACA and chiropractic, visit [www.chiropractors.asn.au](http://www.chiropractors.asn.au).

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