

Beeston Chiropractic Clinic  
 191 Queens Road  
 Beeston, NG9 2BZ

Opening hours:  
 08:00hrs-0800hrs Mon- Thurs,  
 08:00hrs-17:00hrs Fri, 08:00hrs-  
 12:00hrs Sat

T: 0115 9225085  
 alex@beestonchiropractic.co.uk  
 www.beestonchiropractic.co.uk

# July 2016



## Don't Let Back Pain Spoil Your Holiday!

Think of holidays and most people will dream up images of days spent having a good time, perhaps relaxing in the sun or pursuing new interests. But how many people would wish to imagine themselves lying down indoors with back pain? Unanticipated injury, such as back pain, can spoil a good holiday - don't let it spoil yours. Aim to reach a good level of fitness before you go away, and when taking part in sports, make sure you know how play them properly. Whatever physical activities you choose to engage in, bear in mind that a good number of back complaints are offset by failing to warm up properly before exercising. Different sports have different guidelines as to how you should take care of your back. For example, when swimming it's important not to try to keep the whole of the head out of the water, as this places considerable strain on the neck and shoulders, which can lead to problems in the lower back Golf can present its own problems, particularly if the muscles aren't warmed up before hand in order to cope with the rotation (twisting) of the lower back when swinging the club. Prevent this by practicing stretching and flexibility exercises before playing.



## How To Beat Jet Lag Naturally

Travelling to new places can be interesting and exciting. However, the excitement of holidays can be dulled by jet lag. If you're travelling for business, overcoming jet lag can be even harder as you often need to arrive at your destination ready to work. Your body's 24 hour cycle, or circadian rhythm, relies on many external triggers. These triggers, called zeitgebers, include light, temperature, social interactions, exercise, eating and drinking. Many of these cues are disrupted when travelling to a different time zone. Jet lag occurs when your circadian rhythm is no longer in sync with your external environment. Using knowledge of zeitgebers, you can use natural methods to support recovery from jet lag to help you enjoy your travels as much as possible.

**Use light cues** If you arrive at your destination when it's night time; while you are travelling, try to stay in the dark to induce a feeling of sleepiness and avoid the blue light from electronic devices. If you arrive in the morning, try to maximise your exposure to natural, bright light.

**Get optimal amounts of sleep** Leading up to your travel date, ensure you get some good quality sleep. If you're already exhausted when you travel, jet lag will be harder to deal with. If you feel like you need to sleep on a long haul flight, do so. Take advantage of fans and air conditioning

**Lower external temperatures** lower your body's core temperature, signalling that it's time for sleep. So, if you arrive leading up to bedtime, set the temperature of your room to be a little cooler than normal to help you to drift off.

**Get active & social** Social interaction stimulates wakefulness. So, if you arrive in the morning, why not get out and explore the locality! Exercising during the day will also help you to feel awake. If you're on a busy business trip however, this may mean paying a quick trip to the hotel gym before your meetings.

**Eat meals at local times** Enjoy the local cuisine, and enjoy it at the times that the locals do. Try altering your normal eating pattern up to three days before travelling to help your body acclimatise. Beware that aeroplane meals are often served at 'home' time and this can sabotage your efforts to reset your bodyclock. Focus on meals with protein to stay awake (a protein-based breakfast is great for your health anyway!) and choose meals with carbohydrates to help you fall asleep.

---



## Cramp-free Camping

A few ways to avoid undue pain and cramps while exploring the great British outdoors this summer... Summer in Britain is one of the most wonderful times of the year. It gives scope to exploring the UK's bountiful landscapes that otherwise remain untouched during the cold winter months. Many of us will be keen to pull the tent out from the cupboard, brush off the dust and cobwebs and pitch it in a field or at one of the numerous festivals taking place this time of year for a spot of camping. However, sleeping on a hard surface may cause problems for your back, making it essential to take extra care to ensure your campsite is a comfortable one. Here's how to protect your back. It's very important to protect your back against hard and sometimes damp surfaces while camping to avoid back ache. Sleeping on a good quality camping mat or air mattress will help. If you can, try these out in a shop before buying them. Sticks and stones Make sure you remove any large stones or sticks that could dig into your spine while you sleep. Stay straight Ensure that you are sleeping in a position where your spine is in a straight line as this helps to avoid neck and back pain. Remember to take a pillow along with you too, as this will ensure that your back and neck stay aligned. Heavy goods Make sure that you lift and carry your camping equipment with care. Top tip: make sure you carry your equipment in two bags rather than one to distribute the weight evenly and reduce strain on your back when carrying them.

---



# The Peril of Flip Flops

When it's warmer, many people ditch shoes and boots in favour of lighter options. Flip flops are always a firm favourite, but you may be unaware of the damaging effects that they are having on your feet. Women especially are guilty of thinking that flip flops are a safer alternative to heels, but experts warn that this is unfortunately not the case, as flip-flops can cause your foot to strain to keep them in place. Gripping with your toes to keep flip flops on causes tension and pressure through your toes and arches. This can lead to straining of tendons and ligaments and cause conditions such as plantar fasciitis; inflammation of the tendons that stretch from the ball of your foot to your heel. Research has also shown that flip flop wearers do not bring their toes up as much during the leg's swing phase, resulting in a larger ankle angle and shorter stride length. This repeated motion can result in problems anywhere from your feet up into your hips. If you're a flip flop wearer, you may also experience shin splints – an acute pain in the front of your lower leg. Due to thin soles and a lack of arch support, you may find that you suffer with an excessive rolling in of your foot, otherwise known as over-pronation. This leads to increased pressure on your shins an increased risk of ankle sprains. The most foot-friendly type of shoe for women would be those with a small heel, preferably one-and-a-half inches high. For men, look for a slightly wedge-shaped sole. This helps to avoid straining your calf, which can occur in shoes that are too flat. Wearing shoes with more secure straps is also good idea. Flip flops can easily fold under your foot or get caught in the ground, creating a trip hazard. For these reasons, it's considered dangerous to drive wearing this flimsy style of shoe.

---

We treat all conditions that affect any muscle or joint in your body, from your head to your little toe! One of the most common complaints that we treat is back pain and Chiropractic is recommended by the government authority, the National Institute for Clinical Excellence (NICE) for acute and chronic back pain. Some of the other conditions that we treat are: neck and head ache, shoulder pain, leg and hip pain, knee and foot pain, sciatica and arthritis. Our registered Chiropractors all have at least five years training. Treatment costs can be covered through most health insurers. If you are in any doubt, we are always very happy to talk with you on the phone to see if your condition will respond well to Chiropractic treatment or offer you a free advice session to discuss your condition in person. Call the clinic now to arrange an appointment time that works for you. 0115 9225085

If you would like to opt out of receiving these newsletters please follow the unsubscribe link below, email [reception@beestonchiropractic.co.uk](mailto:reception@beestonchiropractic.co.uk) or let us know at your next appointment.