

YOUR GUIDE TO END BACK PAIN NATURALLY[©]

WITHOUT TAKING PAINKILLERS



DR XANDER VAN DER WALT
DC, BSC (HONS) CHIRO, PGCERT



ABOUT THE AUTHOR

Originally from South Africa, Dr Xander emigrated with his family to the UK in 1999.

He is bilingual - Afrikaans and English.

He was introduced to Chiropractic from a young age by his father, also a Chiropractor.

Having witnessed and being told of the amazing improvements in people's health, he wished to pursue the same vocation.

He studied at the Welsh Institute of Chiropractic and graduated in 2008.

Since then, he has been in continuous practice and has helped thousands of clients get pain free and improve their overall health and wellbeing.

His clinical interests lie in paediatrics and radiology.

He is a keen tennis and football player.

After working in North London for 12 years, Xander and his wife Elda set up ACW, dedicated to their daughter Andrea who is their inspiration.

An MRI scan of a human spine, showing the vertebrae and intervertebral discs. The image is oriented vertically, with the spine running from top to bottom. The vertebrae are visible as dark, rounded structures, and the intervertebral discs are the lighter, more elongated structures between them. The overall image is in grayscale, typical of MRI scans.

INTRODUCTION

In this report, I share strategies and tips to minimise the risk of developing back pain - some you can implement immediately and some over time.

Remember, stressors i.e. physical, chemical and mental/emotional accumulate daily, so addressing those are vital in keeping a healthy spine and therefore nervous system.

These tips are for general advice, since I cannot provide specific advice regarding your condition/s, without conducting a detailed assessment.

From my experience, I have found that these are some of the most common strategies clients can implement in their day to day lives.

So, make time every daily to implement at least one of these strategies. Practice makes perfect.

You will be surprised how simple yet effective they are - as the saying goes: small changes make the biggest impact.



1. Avoid prolonged sitting

The spine, like the body, is designed to move. When we sit, the lower spinal joints and discs are under around 300lbs of pressure. Sitting for prolonged periods also tends to lead to slouching, placing even more strain on the spine, stretching soft tissues (muscles/tendons/ligaments), compressing organs and not engaging the core muscles (designed to stabilise the spine). This causes eventual aches, pains, stiffness and discomfort.



2. Sleep correctly

The ideal sleeping position is in the foetal position - on the side, knees bent and a pillow between the knees. The other option is on the back with a pillow underneath the knees. Avoid sleeping on the front - this places a lot of pressure on the chest, heart and lungs, and causes a lot of neck tension, since you have to turn your head one way to breathe.



3. Change your mattress every 6-8 years

Since we spend so much time in bed, it is important to have the correct mattress. I do not recommend memory foam, since they do not provide much support. Orthopaedic pocket sprung mattresses are good, with an oak or similar solid base bedframe.



4. Use ice instead of heat

Ice is a natural anti-inflammatory and pain reliever. Apply an ice pack for between 10-15mins every hour (if needed). Make sure to wrap it in a cloth/towel. Using ice after a shower or bath is useful too, or at the end of the day.



5. Avoid sitting cross legged and with a wallet in the back pocket

Sitting cross legged twists the entire pelvis around and causes a lot of muscle tensions. The spine is not designed for this unnatural posture. If you still wish to do so, ensure to alternate legs.

Sitting on a wallet elevates the pelvis, creates a curve in the spine, and causes muscle tensions.



6. Avoid or limit wearing high heels

Wearing heels shifts the centre of gravity of the body forwards and tilts the pelvis forward. To compensate and to stand erect, we arch the lower back, placing a lot of tension on the lower back muscles, joints and discs. Remember, it is a cumulative effect. For every inch of heel worn, the centre of gravity goes forwards by around one inch.



7. Lift properly

When lifting any item from the floor, regardless of its weight, it is important to lift properly. Do not bend from the waist. Instead, bend the knees, bring the item close to your chest and push up with the leg muscles, keeping a straight back.



8. Get healthy and pain free naturally with Chiropractic

Chiropractors assess the person as a whole and look at the root cause of the condition, without the use of drugs and surgery, this leads to a better way of reducing tension, improving mobility and posture and the health of your spine and nervous system.



CONCLUSION

By implementing these tips, you may dramatically reduce your chances of developing back pain and stiffness.

There are obviously many more things you and I could do to improve your health, posture and wellbeing, but if you start by implementing these principles, you can make a big difference to your quality of life.

I hope this is the start of a great, long-term relationship where ACW becomes an integral part of your healthcare regime.

Yours in health.

Dr Xander van der Walt
Chiropractor

HEALTH ADVICE DISCLAIMER

The advice contained within this guide are to serve as a guide only and not taken as treatment or remedy without a thorough physical assessment by a qualified Chiropractor.

As with all health complaints, each person's symptoms are affected by many factors including: previous medical history, lifestyle, backgrounds and motivation to follow advice and recommendations.