

Bank Holidays Can Seriously Damage Your Health!

With the Easter Bank Holiday just around the corner, millions of Britons are looking forward to the weekend off but we might actually be safer at work!

Yes it's true, bank holidays can actually damage your health - in fact British Chiropractic Association chiropractors, who offer hands-on pain management, see many patients with bank holiday related injuries! On average we see an additional five people immediately after the bank holiday weekend - that's a national total of 4,500 extra patients!

According to BCA chiropractors the top five bank holiday hazards are: Gardening and DIY, Driving, Shopping, Sport/Exercise and wait for it....Lie-ins!

As Rebecca Rees, BSc (Chiro) and Jack Stow, MChiro of the **Havelock Chiropractic Clinic** say, "It is often the most common and unexpected of bank holiday activities that can cause the most problems. Sleeping in guest beds and gardening can lead to back pain, whilst simply carrying a small child on your back can do damage to your neck and shoulders."

Follow these top tips to help avoid pain or injury:

- Take regular breaks when driving - stop and stretch your legs at least every two hours
- If you are sleeping in a guest bed, take your own pillow
- When shopping - take bags back to the car on a regular basis
- Treat gardening and DIY like any form of exercise - make sure you warm up and warm down afterwards
- Pain is a warning sign - do not ignore it!

Our Chiropractors

Chiropractors Rebecca Rees, BSc (Chiro) and Jack Stow, MChiro have nearly twenty years experience between them, are members of the British Chiropractic Association (BCA) and are registered with the General Chiropractic Council (GCC).



Clinic Information

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Opening Hours

Monday 08.00 - 20.00
Tuesday 08.00 - 20.00
Wednesday 08.00 - 13.00
Thursday 08.00 - 20.00
Friday 08.00 - 17.00
Saturday 08.00 - 12.00

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