

Surviving the Olympics!

Submitted by: Blue Lizard Marketing

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As the countdown continues and The Opening Ceremony draws near, The McTimoney Chiropractic Association (<http://www.mctimoneychiropractic.org>) (MCA) has some top tips to ensure you enjoy your day!

Firstly plan your day to take in to consideration the extended travel times and the way in which you will be travelling. We have all been advised that this will be a busy period with longer travel times than normal and possible delays. This can get incredibly tiring and can get a little hard on the spine and joints.

Back pain

(http://www.mctimoneychiropractic.org/index.php?option=com_content&view=article&id=368&catid=37&Itemid=88) can be exasperated by standing for long periods of time or by walking slowly. Try and change pace a little when walking. Speeding up and swinging the arms helps work different muscle groups and this, in turn helps relieve any pressure building up in the spine and causing stiffness. Common walking posture mistakes are leaning forward, leaning back, and failing to keep the head up and eyes forward.

If you find you are getting stiff whilst travelling, try and stay active by walking about or having a little stretch regularly. If you find you are standing still for long periods of time, change position often and incorporate resting one foot at a time slightly higher than the other, such as on a step or curb. Try and spread your feet a little way apart if you are standing in queues, as this really does help spread the load and helps relieve pressure on the spine. Another top tip is to leave the high heels at home altogether! Try and find a pair of comfortable, cushioned shoes to help relieve some of the pressure on the joints and feet.

If your chosen event is being held in a stadium and you are sitting for a period of time, try and sit straight with your feet flat on the floor. This helps align the spine and helps prevent stiffness.

Again as with standing for long periods, it really does help if you can move about and have a stretch now and again. When sitting or driving for long periods, some people may find a lumbar roll, such as a small towel placed behind the lower back helps immensely.

If you need to carry coats, food and drinks for the journey, try and use a back-pack type bag rather than a shoulder bag. The back-pack should be adjusted to suit you personally and be comfortable. This way the weight is evenly distributed across the shoulders, back and pressure not placed on just one shoulder which may cause a twist in the shoulders and spine. As you pick up and put down your bags or other loads, make sure you use your knees and do not lift directly from the waist.

Of course, we are all looking forward to our day out whatever our chosen sport and we trust you too enjoy this fantastic experience. By offering you these simple tips, we hope your day is comfortable and ache-free!

Notes to editors

McTimoney chiropractic is precise, gentle and effective technique, used regularly by many to help manage back, neck and joint pain. The technique is suitable for the whole family: from newborn babies (http://www.mctimoneychiropractic.org/index.php?option=com_content&view=article&id=466:mctimoney-chiropractic-for-children) and pregnant women to grandparents – and even your pets (http://www.mctimoneychiropractic.org/index.php?option=com_content&view=article&id=50&Itemid=65). It is a technique used by many sports people (http://www.mctimoneychiropractic.org/index.php?option=com_content&view=article&id=461&Itemid=157), whether amateur or professional, including those at the London Olympics.

McTimoney chiropractic involves checking the whole body and where necessary performing gentle adjustments to help realign the individual bones of the skeleton. This technique allows the nervous system to work as well as it possibly can, bringing about optimum health and wellbeing in the body.

McTimoney chiropractic has been found helpful for thousands of people for over 30 years and it is growing by nearly 150,000 new patients per year. Over 8,000 people are treated with McTimoney chiropractic each day.

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