

Love your spine and your spine will love you back!

True health starts with the spine – Do you want to be truly healthy? It starts with the spine. Keep your spine healthy and aligned with Chiropractic care.

42% of the population are suffering from back pain or discomfort

BCA consumer research 2007

Our Chiropractor at Peacehaven Chiropractic works on all the joints of your body, concentrating particularly on the spine. He uses his hands to make gentle, specific adjustments to improve the efficiency of your nervous system and release your body's natural healing ability. Chiropractic does not involve the use of any drugs or surgery.

Our bodies are very well adapted to a variety of tasks, but we need to be careful not to take advantage of this and push our bodies to breaking point!

Are you sitting comfortably?

Our Chiropractor may advise you to make postural changes because poor posture may lead to back pain.

Don't just sit there

A lack of exercise is your worst enemy. Regular exercise is essential as the fitter you are, the less likely you are to injure yourself.

Simple activities such as stretching and shoulder shrugging can all help to keep your back in line.

Do not sit for prolonged periods or spend hours a day sitting down; at a desk, computer or in front of the TV

Do not sleep in a bed that is too hard or soft

Do not drive long distances in car, van or lorry

Do not hunch your back and shoulders in stressful situations

Some reasons for a 'bad back':

- Bending
- Driving
- Lifting
- Twisting

At our Peacehaven clinic we want you to understand how to tackle these everyday movements.

Our Chiropractor will ask about any major traumas to your back such as:

Car accidents falls sporting injuries lifting heavy weights

Treating the cause, not the symptoms

Unlike painkilling drugs, which treat the pain, Chiropractic treats the cause of pain. Our Chiropractor and Chiropractic Assistants at Peacehaven Chiropractic will carry out a full examination (this will include X-rays if necessary), and ask you questions about your pain, medical history and lifestyle, to try and determine the cause of your back pain. Then treatment will begin, our Chiropractor will make safe, specific adjustments to free stiff joints and remove spinal nerve irritation. People react differently to Chiropractic care, the treatment is generally painless, although you may feel some short-term discomfort if your back is very sore. Our Chiropractor may recommend ice treatment and specific exercises to ease the soreness.

Is it a slipped/prolapsed disc?

Spinal discs are fibrous rings, containing a soft gel-like 'cushion', between each of your spinal bones (vertebrae). Discs cannot slip, because they are attached to the vertebrae, but the term 'slipped disc' can mean disc damage such as a bulge, a tear or rupture. The resulting pressure or irritation on the nerves that exit your spine can cause pain in your back, or 'referred' pain over an area, through which the nerves pass. Sciatica, for example, is leg pain caused by nerve irritation or pressure in the lower spine. Our Chiropractor will explain the cause of your pain. It may not be a 'slipped disc'; many other problems have similar pain patterns.

How long will Chiropractic care take to work?

The scientific evidence and guidelines for medical practitioners state that spinal manipulation can help back pain, especially if carried out within the first six weeks. The longer you have been in pain, the longer it may take to improve with treatment. Our Chiropractor at Peacehaven Chiropractic will advise you of your likely recovery time, and how to minimise the chances of the problem happening again. Early treatment is important, but Chiropractors are also effective at treating long-standing or chronic pain.

Is Chiropractic treatment possible after surgery?

Probably. Your Chiropractor has the training and experience to treat each patient as an individual. You will receive appropriate treatment and adjustments for your specific condition, while areas not suitable for treatment will be carefully avoided. Many Chiropractors are able to offer post-surgical exercise, advice and rehabilitation.