

WHAT IS CHIROPRACTIC

Chiropractic is one of the largest health care professions in the world after medicine and dentistry.

HOW DOES IT WORK

Chiropractic looks carefully at the management of problems affecting the nerves, muscles and joints of the body.

WHAT DO CHIROPRACTORS DO?

Most people relate Chiropractic with the treatment of back pain, neck pain and headaches but Chiropractors treat many other conditions as well, in fact, most ailments and complaints involving any bone, joint or muscle, including feet, knees, hips, arms, shoulders and hands. Chiropractors use a wide approach that takes into consideration your overall health and lifestyle.

HOW DO I FIND OUT MORE?

For more information on Chiropractic, or to find out how your Chiropractor can help you, contact the telephone number below. If you are under 16 years of age please ask a parent or guardian to do this for you.

STAY HEALTHY PLAYING TV & VIDEO GAMES

Do you feel pain in your back or neck when watching TV or playing video games?

DID YOU KNOW?

Our bodies need to stay active, so here are some cool and fun tips to remember when you next watch TV, play video games or go on the internet ?

HOW TO SIT DOWN

Sit on a chair and make sure your back is straight and leaning against the chair. Make sure you are comfortable. Keep your feet on the ground rather than swinging.

You can sit on the floor but try to have a support for your back to lean on. This is because we often lean forward when playing computer games or watching TV and this can hurt your back.



Dynamic Chiropractic
Cheltenham House
Cheltenham Drive
Sale
Cheshire
M33 2DQ

0161 905 3440

www.dynamicchiropractic.co.uk



FACT SHEET KID'S STUFF



TAKE BREAKS

Take a 5 minute break at least every 30 minutes. Keep a clock near you if it helps.
Do not play computer games for more than one hour.

When you are taking your break why not do some cool activities like sit-ups or push-ups or even star jumps (be careful no one else gets in the way).

Also why not drink some water or have some fresh fruit to get your energy back!

Computer games are great for when you are bored, but do not let them cause back or neck pains or get in the way of your homework.

If you want to know more about how to stay healthy and fit, ask your Mum or Dad to pick up some more leaflets for kids when they next go to the Chiropractor.



COOL JOKE

Q: Why did Sam blush when he opened the fridge?

A: He saw the salad dressing!

FUN ACTIVITY

What type of computer game would you invent?

Would the main character be a superhero or a villain?

Would it pause every 30 minutes for a break automatically?

FUN FACT

Did you know that boys play computer games more than girls!

Dynamic Chiropractic
Cheltenham House
Cheltenham Drive
Sale
Cheshire
M33 2DQ

0161 905 3440
www.dynamicchiropractic.co.uk