



Petts Wood  
BACK CARE CHIROPRACTIC

**TOP TIPS**  
**To Help you Heal**

Thank you for entrusting us with your spine and joint mobility, which also contributes to enhancing your nervous system's health and function. Here are simple daily tips to ease your pain and accelerate recovery. We look forward to seeing you at you at your next appointment!

**ICE:**

Ice works wonders for pain relief. When using a bag of peas or an ice pack, wrap them in a tea towel to avoid ice burn injuries. Try 10 minutes on and 10 minutes off for about an hour, repeating multiple times a day. Consider investing in an ice pack or Bio Freeze for on-the-go relief—apply as needed throughout the day.

**KNEE BELOW HIP WHEN SITTING:**

Keep your knee below your hip when sitting to alleviate pressure on your lower back and pelvis. Sitting with an unbalanced posture, where your knee is higher than your hip, often leads to pain, especially upon standing.

**PILLOW BETWEEN LEGS AT NIGHT:**

For side sleepers, place a pillow between your legs to keep your pelvis level, reducing stress on your lower back and spine.

**EPSOM SALT BATHS:**

Salt baths are rich in magnesium, which is absorbed best through the skin, aiding muscle relaxation. Use 500g to 1kg of salt per bath and soak for 20-30 minutes to allow your body to absorb the magnesium. It's ideal before bed as magnesium also promotes better sleep. If you are pregnant or have a heart condition please consult your GP first to find out how much salt is appropriate for your condition.

**MAGNESIUM SPRAY:**

Magnesium spray is perfect to keep on you and use several times a day. It works the same way as a salt bath, relaxing muscle & reducing tension.

**KEEPING YOUR SHOULDERS BACK:**

Since your lower back and neck operate as a unit, maintaining shoulders that are back and down is crucial. This posture alleviates strain and tension in the muscles, promoting better alignment and comfort.

**LINKS TO PRODUCTS:**

We recommend

- BioFreeze Gel:  
<https://www.boots.com/biofreeze-gel-tube-118ml-10266859-1>
- Magnesium Spray:  
<https://betteryou.com/products/magnesium-oil-body-spray>
- Ice Packs:  
<https://www.icepacks4less.co.uk/Reusable-Gel-Packs>
- Epsom Salt:  
<https://epsomsalts.co.uk/epsom-salts/epsom-salts-10kg>

**BACKCARE**  
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