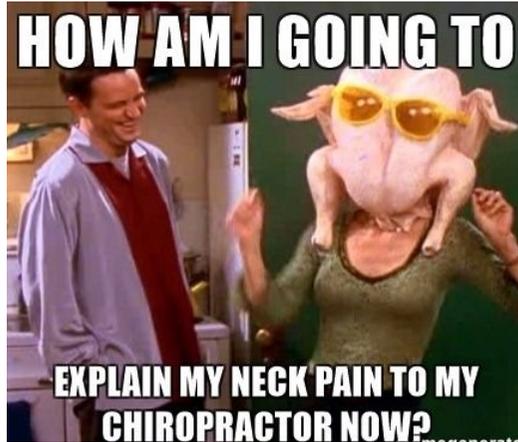




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www.burystedmundschiropractic.co.uk
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[Bury St Edmunds Chiropractic Clinic](https://www.facebook.com/BuryStEdmundsChiropracticClinic)



Looking after you and your joint health...

Chiropractic attempts to restore the normal function of the body structures by manipulation using the hands as the tools for treatment. Quick painless movements are used –called adjustments– to unlock joints, reduce pain and restore function. The most important area of treatment is the vertebral column and chiropractic is well known for helping with

back and neck problems. As all nerves emerging from the spine will also be affected, sciatica, headaches, shoulder and arm pain, or any accompanying pain or discomfort, arising from accidents, stress, lack of exercise, poor posture or illness can also be relieved from chiropractic treatment.



The Spinal Column CHRISTMAS 2018

We would like to wish all our patients a very Merry Christmas and a happy and healthy New Year and best wishes for 2019!



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Christmas and New Year Opening Hours 2018/2019

Saturday 22nd December—9-1pm
Monday 24th December—9-1pm
Tuesday 25th—Closed
Wednesday 26th—Closed
Thursday 27th—9-6pm
Friday 28th—9.30—5.30pm
Saturday 29th—9.30—1pm
Monday 31st January—9-1pm
Tuesday 1st January—Closed
Wednesday 2nd January—9-6pm

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World Masters Athletics



In September, Fiona took her group of carefully chosen chiropractors and manual therapists to the World Masters Athletic Championships which was held in Malaga, Spain. Fiona and her team worked really hard treating the British Masters athletes before and after their races to keep them in tip-top condition!

This year saw more than 8,000 competitors from 103 nations. It was a great Championships for the British members who have set new PB's, British, European and World Records, or simply enjoyed the whole experience and for the first time Great Britain headed the medal table.

Pos	Country	Men				Women				Total			
		Gold	Silver	Bronze	Tot	Gold	Silver	Bronze	Tot	Gold	Silver	Bronze	Tot
1	GBR - GREAT BRITAIN AND N.I.	42	39	25	106	38	27	32	97	80	66	57	203
2	ESP - SPAIN	59	44	36	139	21	21	23	65	80	65	59	204
3	GER - GERMANY	38	38	31	107	36	39	34	109	74	77	65	216
4	USA - UNITED STATES	33	28	22	83	28	23	24	75	61	51	46	158
5	AUS - AUSTRALIA	9	16	21	46	23	20	16	59	32	36	37	105
6	ITA - ITALY	20	15	21	56	8	16	12	36	28	31	33	92
7	FIN - FINLAND	12	14	12	38	15	14	12	41	27	28	24	79
8	CAN - CANADA	2	8	10	20	23	4	2	29	25	12	12	49
9	FRA - FRANCE	12	25	33	70	12	10	9	31	24	35	42	101
10	JPN - JAPAN	12	7	8	27	6	2	1	9	18	9	9	36

The British Masters team are really lucky that they have such wonderful track-side treatment from Fiona and her gang, the rest of the world are always extremely envious at the competitions!



The Nation's Regional Back and Neck Health Revealed (2018)



Recent research by the British Chiropractic Association has found significant differences in the number of people experiencing back or neck pain across Britain, with rates between regions varying by more than 17%.

The research revealed that people in Northern Ireland are suffering the most, with 57% saying they currently have back or neck pain. Those in the South East appear to have the best back or neck health, with only 40% of people complaining of pain. These figures represent a 12% rise in back and neck pain nationally since 2017.

Those in the Midlands are developing back or neck pain the earliest – with a huge 70% of residents experiencing back or neck pain by the age of 30, compared to just under half (48%) of people in the East of England.

Londoners are the most likely to take proactive steps to prevent back or neck pain before it occurs, closely followed by those in the South West.



The results also highlighted that:

- Lifting and carrying was reported as the top back or neck pain trigger for all regions, followed by sitting still for long periods
- Scots are suffering most frequently with a third experiencing back or neck pain on a daily basis, compared to just 17% in London
- The majority of regions said that back or neck pain was most likely to prevent them sleeping, followed by exercising