



### **A Spring MoT for a Healthy Spine!**

Spring back into the garden and outdoor pursuits with an MoT at Exeter Osteopaths!



You may have a persistent niggling pain, tolerable in winter as we are less active, or you might want to do what many of our patients are doing now and pop in for a maintenance treatment.

This can be helpful if you have regular episodes of discomfort which you want to avoid or if you just want to feel fitter by getting out and exercising more.

### **Niggles Explained**

These problems can develop from old injuries which are still affecting us or from poor posture such as prolonged bending, desk or computer work.



When we carry a niggling pain, the body is not moving efficiently. In other words, it takes more energy to move around, the muscles require more effort to get us there which tires us more quickly.

It also puts strain on the body as it tends to take the path of least resistance. For example if we have hip or knee pain we would tend to put more weight on the good leg. Over time, this can lead to a rotation or twist through the pelvis adding strain to the lower back area. A pull of the back muscles can drag right up into our neck and shoulder which in turn affects posture.

The same scenario can happen in reverse. We have strain in our neck from sleeping awkwardly or from an old whiplash injury. Without realising it, we lean our head a little away from the discomfort with knock on effects on our lower back area.



With any twist or rotation in the body, there will be a compression of the spinal joints. Imagine a twisting an elastic band. If you keep on twisting it tighter and tighter it becomes shorter and less easy to lengthen out. Not much twist is needed for the spine to become tightly wound and difficult to stretch out.

Many patients say they feel like they want to be stretched out from head to toe, this is the reason.

### **Early treatment, Easy Fix**

#### **We can help**

Osteopathic treatment can help you to unravel this problem. By releasing these strains you free up energy in the body. This is because it takes a lot of effort to hold the tension in these muscles. As they let go, we have all this extra energy to go around. This can be used to repair and restore health to the body. Less tension also means better blood circulation which is vital for the repair of worn cartilage around our joints.

The earlier we can address your niggles the better as we can help you to avoid symptoms getting worse.



Book your MoT today by calling us on **01392 428141** to book with Daniel or Toby.