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the Scottish Chiropractic Association
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Happy New You.....all year round!

Recent research from the Scottish Chiropractic Association (SCA), which celebrates its 30th birthday in 2009, indicates that we aren't waiting for New Year resolutions to ring the changes in our own health and back care. "Our survey demonstrated that over the last ten years, patients are increasingly putting together their own, self-managed programmes with chiropractic and spinal wellness at the centre" says SCA President Dr Ross McDonald. "Patients like to feel in charge of their own health: taking ownership and responsibility for your health is crucial in proactively improving your sense of wellbeing."

The survey of SCA members, undertaken to mark the 30th anniversary of the SCA, demonstrated that chiropractic patients all over Scotland combine chiropractic treatment with a vast range of other kinds of health maintenance regimes. Most commonly, chiropractic was complemented with Pilates and massage.

Another significant trend noted by SCA members is growing number of high-level sports professionals and teams who are including chiropractic care in their health regimes. Dr McDonald says: "Many top sports professionals are realising that much more attention needs to be paid to spinal care and nerve function not just addressing pain and injury. They realise that Chiropractic is about helping them optimise performance."

Unfortunately, back pain in the UK is on the increase, rising by 5% in just 12 months, with 52% of the country currently suffering, compared to 47% in 2007. Not enough Britons are challenging their back pain - 23% of Brits with back pain have been suffering for 10 or more years.* There are major lifestyle issues which have to be addressed: the vast majority of back pain sufferers have office-based desks and spend far too long working at their computers. "Chiropractic care invites patients to review many aspects of their lives, as well as helping with immediate back pain issues. This "wellness" or healthy lifestyle is what we look to work towards with all our patients" says Dr McDonald.

For more information, please contact:

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Background:

Chiropractic is a primary health-care profession that specialises in the diagnosis, treatment and overall management of conditions that are due to problems with the joints, ligaments, tendons and nerves of the body, particularly those of the spine. Chiropractors focus on the relationship between the structure and function of the human body, primarily coordinated by the nervous system. Treatment consists of a wide range of techniques designed to improve the function of the nervous system, relieving pain and muscle spasm and improving overall health.

Scottish Chiropractic Association www.sca-chiropractic.org

Registered office: 0141 404 0260

Press release - Happy New You

Written by Administrator

Tuesday, 13 January 2009 15:31 - Last Updated Tuesday, 13 January 2009 16:11

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*British Chiropractic Association research

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without worrying.

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