
Central Health Therapist provides tips on best sitting position to prevent back pain

October 2008 – Back pain is the largest cause of work-related absence in the UK. Back Care Awareness Week, which takes place between 4th and 10th October this year, aims to draw attention to the causes of back pain, possible solutions and prevention.

For example, several hours at a time in front of a computer terminal can often lead to pain in the back, the neck or down the arms. Many people slump in front of their computers, which exacerbates the problems. **However, contrary to popular belief, sitting up straight with your chest forward can be just as bad.**

Clare Naylor, BSc(Hons) MManipTher SRP, physiotherapist and spinal pain and injury expert at leading provider of health and wellness services Central Health, comments: “Research conducted in Australia showed that ideally people need to think about their pelvic position and maintain relaxation through the chest to allow for relaxed breathing”.

The aim of the research was to compare spinal-pelvic curvature and trunk muscle activation in two upright sitting postures (“thoracic” and lumbo-pelvic”) and slump sitting in a pain-free population. The results of the research, summarised in a paper published in SPINE (Lippincott Williams & Wilkins 2006), co-authored by Ms Naylor, highlight the importance of sitting correctly. Differences in upright sitting posture greatly influence the muscle action and their impact on their support of the spine and breathing.

The National Health and Safety Regulations (1992) state that every employer shall perform a suitable and efficient analysis of workstations to optimise work postures. Performing a work station assessment helps employees learn methods of optimising their working postures through position and highlights equipment available that might help them achieve this.

Central Health work with organisations to help evaluate the set up of work stations and educate staff in how to be proactive in looking after themselves whilst at work and help prevent back pain.

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Notes to editors:

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About Central Health

Central Health was founded in 1992 by Chartered Physiotherapists, Simon Shepard and Natasha Price. Known initially as Chancery Lane Physiotherapy, the company, which started in Chancery Lane in Central London, changed its name in 2005 as services expanded.

Central Health has grown to become a multi-faceted operation with the aim of providing health and wellness services to individuals and corporations. The company constantly appraises advances in the field of medical science to **return, maintain** and **build** people's health and fitness.

Central Health operates from three London locations: Chancery Lane, which remains the main clinic; the Hospital of St John & St Elizabeth in St John's Wood; Movers and Shapers in Vauxhall; and has just opened a fourth location in Roehampton.

Whilst physiotherapy remains core to Central Health, the company offers a full range of health and wellness services including stress management, orthopaedic consultations, health screening, GP services (in partnership with GenMed), occupational therapy, sports medicine, podiatry, nutrition, acupuncture, massage, personal training and Pilates sessions.

Central Health works with large organisations to ensure staff wellbeing, compliance and total peace of mind. This includes delivering education on topics such as ergonomics and manual handling, putting in place health & safety policies, providing health screening and GP services and helping to measure and manage the negative effects of stress.

With over 40 practitioners, Central Health is one of the largest employers of its kind. All the therapists are chartered and registered with The Health Professions Council.

For more information on Central Health visit www.central-health.com.