



Clane Chiropractic

To mark "Straighten Up Ireland" (SUI) week Clane Chiropractic will be offering free spinal checks in their clinic to any one with back problems or those who just want to take better care of their spines.

"Straighten Up Ireland" (SUI) runs from 13th to 19th October to coincide with "World Spine Day" on Thursday 16th October. This is an annual event run by the Chiropractic Association of Ireland and other similar associations around the world.

Dr Richard Wakefield said "In Clane Chiropractic we encourage our patients to spend a few minutes every day to care for their spinal health, just as they do for their dental health. SUI consists of a set of three minute simple exercises which are designed to improve posture, stabilise core muscle groups and to enhance health. The exercises can be undertaken by people of all ages with a special program tailored for children. For a free copy of the exercise routine visit www.clanechiropractic.ie/SUI

Studies conducted overseas indicate that 90% of people who adopted the exercises as part of their daily routine reported a postural improvement. Approximately 80% reported that their backs are more comfortable and that they have better core stability after practicing the activities for several weeks.

To book your free spinal check or to find out more about SUI phone the clinic on 045 838691.