



Clane Chiropractic offering free spinal checks in the clinic

by Kim Mullahey

CLANE Chiropractic will be offering free spinal checks in the clinic for anyone with a back problem or those who want to take better care of their spines.

The free offer running from 13th to 19th October will be in conjunction with the **Straighten Up Ireland** (SUI) campaign by the Chiropractic Association of Ireland for **World Spine Day** on Thursday, 16th October.

"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," said Dr Richard Wakefield of Clane Chiropractic.

"SUI consists of a simple set of three-minute exercises which are designed to improve posture, stabilise core muscle groups and enhance health."

The exercises have been known to provide relief from headaches, lower back pain and neck pain, whiplash and conditions including scoliosis, and relieve numbness in the arms and hands, pain between the shoulder blades, leg pain and numbness.

"The exercises can be undertaken by people of all ages," added Dr Wakefield.

"There is a special programme tailored for children."

Phone Clane Chiropractic to book an appointment for a free spinal check or to find out more about the SUI at 045-838691.

For a free copy of spinal health exercises see www.clanechiropractic.ie/SUI.