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People of Tipperary Reminded to 'Straighten Up' This October

Posted by [Tipp Tatler](#) on September 23, 2014 · [Leave a Comment](#)

Chiropractic Association of Ireland launch a week long campaign to improve posture and overall wellbeing

The Chiropractic Association of Ireland (CAI) is encouraging adults and children in Tipperary to 'straighten up' during the sixth annual 'Straighten Up Ireland' Week. The campaign will begin on Monday 13th October and run for a full week to include World Spine Day, on Thursday 16th October. To further raise awareness on World Spine Day, the CAI is asking people to take a 'spine selfie' and share via social media using #worldspineday and #spineselfie.

Local Chiropractors Dr. Marie Osborne (of Osborne Chiropractic, Powerstown House, Gurtnafleur Business Park, Clonmel) and Dr. Anne Wall (of Thurles Chiropractic Clinic, Slievenamon Road, Thurles) will give free talks and demonstrations on chiropractic and as part of their participation in 'Straighten up Ireland' Week and Dr. Marie Osborne will visit local school Gaelscoil Chluain Meala (Clonmel) to give a talk on spinal health.

'Straighten Up Ireland' aims to raise awareness of spinal health among adults and children and encourage improved posture to help the people of Cork to look and feel their best. The CAI has developed a series of simple everyday exercises, which will act to improve posture, stabilise core muscle groups, enhance health and prevent spinal disability. Taking a mere three minutes to complete, the exercises can be undertaken by people of all ages with a special program tailored for children. With fun descriptions like 'twisting star', 'the hummingbird', 'the rocker' and 'shaking loose', the whole family will be keen to get involved!

Please visit www.chiropractic.ie for more information on the Chiropractic Association of Ireland, Straighten Up Ireland Week and to find a full list of CAI members in your local area. Information leaflets advising how to do the exercises are also available for download.