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function get_style54 () { return "none"; } function end54_ () {  
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**Press**

### **Release from the Scottish Chiropractic Association**

## **Holiday-Makers: Lying on Sun-Loungers Can Damage Your Health!**

The Scottish Chiropractic Association (SCA) warns that lying on a sun-lounger can result in back pain and injury. SCA President Dr Ross McDonald (Chiropractor) advises those going on holiday to care for their spines: "Each year, we see patients returning from holiday with back or neck pain. Some have over-exerted themselves lifting luggage; others have tried new activities without properly warming up and others complain of their necks or backs seizing up. This can happen if holiday-makers spend a lot of time lying in awkward, twisted positions on a sun-lounger, either trying to read or to get a different angle to the sun."

"When you get up, or try to turn over from these positions, you can find that your back or neck seizes up. That's when you need chiropractic treatment to help with the injury. Unfortunately, if you are away from home, back pain can end up ruining your holiday."

The Scottish Chiropractic Association offers the following top tips to avoid back pain on holiday:

### General

Try to relax while travelling: tension often manifests itself as back and neck pain. Breathe deeply and stretch regularly and whenever possible. Drink lots of water.

### Luggage

- Use lightweight luggage with wheels if possible for both hand luggage and suitcases
- Minimise the contents of your luggage to keep it as light as possible
- Be careful when lifting bags on/off conveyor belts at airports – avoid twisting and lifting; bend at the knee and use your legs, not your back, to take the strain

### Activities

- Warm up first
- Be aware of the impact of unfamiliar activities on your back and neck; ensure that you do stretching exercises after exertion

### Sun-Loungers

- Don't twist or contort yourself in order to read or change your angle to the sun
- Avoid lying around for long periods of time – this is not what you usually do and your body isn't trained up for it!
- Get up and move around regularly
- Don't lie flat on your stomach and arch your back
- Ideally, lie on your back, straightened out, but with your knees bent to take the pressure off your back

If you are unlucky enough to trigger a back injury, see a chiropractor who is registered with the Scottish Chiropractic Association upon your return.

## **Press Release - Holiday Makers**

Written by Administrator

Friday, 03 July 2009 14:00 - Last Updated Friday, 03 July 2009 14:36

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**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.

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**Scottish Chiropractic Association** [www.sca-chiropractic.org](http://www.sca-chiropractic.org)

Registered office: 0141 404 0260

The SCA celebrates its 30<sup>th</sup> anniversary this year.

SCA President: Dr Ross McDonald (Chiropractor), Discover Chiropractic, 240 Queensferry Road, Edinburgh, EH4 2BP, 0131 332 0063.

Father helped me resolve on whichsoever to go and enjoy the story of the [levitra vs viagra](#) because they necessity to solve them problems as soon as [cialis vs viagra vs levitra](#) without worrying.

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