

Free eBook

# STRONG SPINE GUIDE

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**CORNERSTONE  
CHIROPRACTIC**



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01

**ABOUT  
CORNERSTONE  
CHIROPRACTIC**

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Cornerstone Chiropractic was established by husband and wife team Theo and Georgia Kyriacou in 2023. The brain child of many years of thought and planning.



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# ABOUT THEO AND GEORGIA

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Theo and Georgia are both Chiropractors who graduated in 2014, but on opposite side of the world! Theo in Wales, Georgia in Victoria, Australia. They have been practicing Chiropractors since graduation, and they both have a passion for the health and well-being of others. They were married at the start of 2020, just before the world went mad and locked down!

To learn more about Theo or Georgia you can read their bios [here](#).



**03**

**5 COMMON  
PROBLEMS  
OF BACK  
PAIN**

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We can't talk about your body without mentioning your BRAIN. Your brain is like a giant motherboard. It has a huge database, sends and receives signals constantly and so much more. Your body cannot work without your brain and vice versa. They effect one another in a continual feedback loop. Signals go to and from the brain. sending information that affects muscles, thoughts, movements, neurochemical changes, memory, emotions, and much more, all of which are processed and filtered in specialised areas of the brain. Your body responds to the signals your brain sends, and the spine is no exception.



# WHERE IS THE PROBLEM?

## 1. Joints

Your skeleton holds you upright, it's your scaffolding system, and it's vital for many reasons. Not limited to nutrient transportation, without joints we can't move. Stiff or restricted joints can cause the area around the joints to become inflamed. This in turn can irritate the nerves and lead to muscular issues.

## 2.Nerves

They are the communication relay from the brain-body and back again. Here's a simplified example: If you want to take a sip of tea; your brain sends signals to your arm and hand via the nerves to reach out, grasp the cup and lift it to your mouth. While your arm returns signals about how well the movement was performed and whether it was effective or not.

Nerve Pain (called neuropathic pain) can occur when a nerve is impinged (pinched/compressed) by the spine, joint, muscle, disc etc. and can be quite painful. This can lead to other symptoms such as pins and needles, numbness and/or weakness.

### 3.Soft tissue

Your muscles are the pulley system for your skeleton. They move your joints around, and enable many other vital systems to function, such as blood supply and nutrient transportation. Muscles are also 'sensory organs' that have receptors for nociception (threat or danger), which are linked to our emotional system.

Muscle and ligament issues often accompany joint and nerve issues because:

- The nerves get irritated and there is a communication breakdown to the muscles
- An issue with the joints can cause the muscles to move inefficiently and visa versa.
- The muscles will splint to reduce movement as your body deems there to be a threat.

## 4. Disc problems

You may have heard of a 'slipped disc'. Disc bulges, tears or herniation can be very painful and debilitating. They can compress the adjacent nerves and subsequently cause pain in other areas, such as in a leg, or arm. This is usually the most painful problem we see, and is often initially accompanied by muscles spasms.

## 5. Emotional stress

Your body doesn't work in isolation. Your emotional state has an effect on the way your body functions. Therefore emotional stress (eg. relational breakdown, abuse, kids irritating you etc.) can affect your physical body.

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THE BIG 4  
CAUSES

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**THE BIG 4 ARE:**

**TRAUMA**

**REPETITION**

**STRESS**

**POOR POSTURE**

## **TRAUMA**

**Any physical, emotional or chemical trauma: be it as simple as falling over or post traumatic stress.**

## **REPETITION**

**Repetitive actions, behaviours and exposures have cumulative effects. Activities such as working at a desk, working on a construction line, or prolonged sitting are forms of repetition.**

## **STRESS**

**Emotional, physical and chemical stress all play a big part in your overall health.**

## **POOR POSTURE**

**This has many starting points, which are not limited to prolonged sitting, repetitive movements or positions, your emotional state, spine and muscle weakness and physical trauma.**

**It is worth noting that different body types, sport and recreation activities, and occupations can lead to certain postural dysfunctions. Posture is meant to be dynamic.**

**Some other key areas are weakness and lack of movement. Lack of proper, frequent and varied movement can lead to weak muscles, ligaments, bones and rigid nerves. This can lead to compromised joint function. Which can lead to reduced oxygenation of those tissues and thus to decreased health and function.**

**Muscles can become smaller and more prone to injury (sprains/strains/tension) when they are not used frequently or well. Nerves can become compromised (impinged/compressed/irritated) as well.**



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HOW CAN YOU  
HELP  
YOURSELF?

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## 1.MOVE MORE

You may have heard the phrase “motion is lotion”. This means the more you move, the healthier your body should be. Moving more is like oiling your joints. Moving the muscles and fascia around gets your nerves signalling faster and thus able to glide more smoothly through their sheaths. This can reduce joint stiffness, improve stability and strength of those muscles and joints.

## 2.SIT LESS

Sitting has been called ‘the new smoking’ and we’re doing it more than every before! It has been shown that typical office workers are prone to more muscle injuries than other industrial workers. Many of us sit to eat, commute to work, while working (e.g. in front of computer) and at home (on your phone/watching TV). Exercising a few times a week isn’t enough to combat these prolonged amounts of sitting. Your body needs more. Here’s a challenge for you: for every half and hour you sit, get up and move around for 2 minutes. It seems that we are not moving enough and if we are, we not moving well. We are not ‘checking in’ on our bodies. Maybe it’s time to do so?

### 3.GET STRONGER & IMPROVE POSTURE

Engaging in a minimum of 20 minutes daily movement. Such as: resistance/strength (pilates, weight training), flexibility (yoga), endurance (running, core strength training, cycling, rowing, swimming). Movement helps with more than just muscle, joint and bone health. It also improves your cardiovascular system, mental health and aids in stress management. Be creative, do what YOU WILL DO. Start small, maybe with 2 minutes a day.

### 4. ADEQUATE REST & RECOVERY

Rest isn't just the absence of movement, it is often simply a change in the type and intensity. This is not just physical rest, but also mental rest. You may have heard of Mindfulness. When your mind is so full you can't switch off, this is when learning to center, calm and focus can help. Focusing on your breathing or a single positive thought can aid in reducing your mental load. Another way to aid stress reduction is by practicing the 'art of gratefulness'. Take a few moments each day to be grateful for something. Some days will be trickier than others, but if you persist, it can help.

### 5.SLEEP

Get enough sleep! We can't say this enough. Sleep helps to heal and rejuvenate our bodies. It can also help with improving brain function, laying new nerve pathways and helping with memory.

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# CHIROPRACTIC CARE

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This short pack was put together by Theo and Georgia at Cornerstone Chiropractic, in order to aid you to start helping yourself. We believe that Chiropractic care is a legitimate way to improve your overall well-being, so why not book in to see one?

The Chiropractor will take a detailed case history and do an in-depth physical examination of your spine.

They will also check nerves, muscles, joints and ligaments. They will also check your vitals.

If required they will refer you for a set of x-rays or an MRI, as these can assist in diagnosis and rule out other conditions.

If you find that you want more help, why not book an examination with one of our Chiropractors and see if Chiropractic is right for you?

If you're not sure if it's right for you at the moment, please feel free to contact us using the details below and one of our friendly team will be more than happy to talk with you.

**EMAIL**

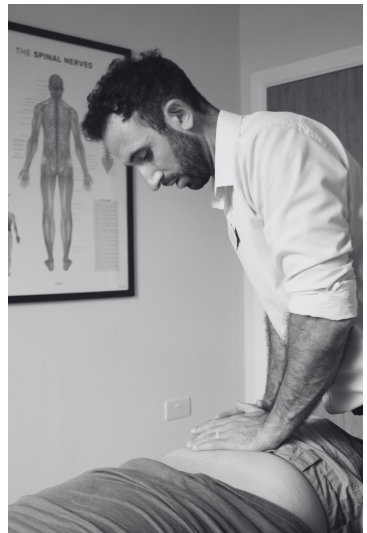
**INFO@CORNERSTONECHIROPRACTIC.CO.UK**

**WEBSITE**

**WWW.CORNERSTONECHIROPRACTIC.CO.UK**

**PHONE**

**01323 573 482**



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# **DISCLAIMER**

The advice given here should not be used as an alternative to seeking appropriate professional help, nor should it be used to diagnose and/or treat any conditions. This guide is meant to inform about typical representations of injuries seen on a regular basis in the clinic. As with any injury, each persons symptoms and recovery time, can vary widely depending on circumstances, which can be limited by age, background, previous medical history and levels of exercise and activity. It is not possible to give an accurate diagnosis, prognosis, treatment and management without a thorough case history and physical examination from a Chiropractor registered with the General Chiropractic Council.