

# Newsletter.

May 2017

## Chronic Back Pain? Help is at Hand

*As part of Spinal Health Week 2017, local chiropractors at Hamilton Chiropractic Clinic are raising awareness of chronic back pain and encouraging Australians to seek help.*

Spinal Health Week runs from 22 to 28 May and this year we are encouraging people to seek help for chronic back problems.

Chronic back pain is a national issue. One in six Australians suffer from the physical and psychological effects of chronic back problems – that's an estimated 3.7 million people suffering. The Australian Institute of Health and Welfare defines chronic back pain as a health condition that lasts for three months or longer.

If you or anyone you know is affected by chronic back pain, the good news is that you don't need to suffer in silence. You can visit us to find out how chiropractic care can help.

At Hamilton Chiropractic Clinic, we are encouraging our patients and the Newcastle community to think about chronic back pain and take steps to improve spinal health.

In addition to chiropractic care, simple measures such as incorporating walking into your daily routine can improve chronic back pain symptoms. Walking keeps the spine active and mobile. Improving posture can also help to relieve strain on the spine and improve circulation.

During Spinal Health Week, make an appointment at Hamilton Chiropractic Clinic and speak to us about chronic back pain treatment and preventative measures. You can also visit [spinalhealthweek.com.au](http://spinalhealthweek.com.au) to find out more about chronic back pain and chiropractic care.

Contact Hamilton Chiropractic Clinic on 4962 3022 to book an appointment today.

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Looking to improve your spinal health and overall wellbeing? The Chiropractors' Association of Australia have developed apps that can help.

**Track your walks, log your walking history and find walking events in your local area with the Just Start Walking app. Download from the App Store.**

**Use the Straighten Up app to receive reminders and helpful tips on how to improve your posture. Download Straighten Up (Australia) from the App Store or Google Play.**

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***Spinal Health Week is a health initiative of the Chiropractors' Association of Australia, the peak body representing chiropractors in Australia.***