

## Idiot's Guide to some complementary therapies used for musculoskeletal problems

## Chiropractors

- 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, especially related to the spine.
- Chiropractic treatment mainly involves safe, often gentle, specific spinal manipulation to free joints in the spine or other areas of the body that are not moving properly. Apart from manipulation, chiropractors may use a variety of techniques including ice, heat, ultrasound, exercise and acupuncture as well as advice about posture and lifestyle.
- Although chiropractors are best known for treating back and neck pain, which they do very well, patients also consult chiropractors regarding a range of other, related conditions.

## osteopaths

- Include cranial osteopaths

**START HERE**  
Straighten Up is an enjoyable three minute spinal health programme designed to help you sit and look your best.

**Back Rules:**

1. Think positively
2. **CHINA TALL** - Straighten Up with a confident posture. Feet, shoulders, hips, knees, and ankles should all be in a straight line.
3. **Shoulder sitting** - Sit upright from your shoulder height.
4. **Head neutrality** - Do not jut your head out.

**Warning:** Check with your GP, chiropractor or other healthcare professional before starting Straighten Up to make sure the exercises are appropriate for your specific needs.

**1. THE STARS**

**WARM UP - STAND TALL**  
Straighten Up the **CHINA TALL** posture. Feet, shoulders, hips, knees, and ankles should be in a straight line. Pull your belly button in towards your spine.

**FITTING SEAT**  
From the **CHINA TALL** posture, extend your arms straight out like the star.  
Finding someone whose head is level with the other at your side. Bend the hip and slowly stretch one arm overhead, until it is level with your other arm. Now bend your other arm to level your other hand down your thigh. Now at the end of the stretch, bend the

**ABOUT THE StraightenUpuc PROGRAMME**  
Straighten Up is an enjoyable 3 minute health programme designed to help you sit and look your best. The programme is divided into four quick sections: **THE BACK RULES**  
**WARM UP**  
**THE STARS**  
**FITTING SEAT**

Through the top of this poster, you can open these links to help improve your posture and spine health. To permanently reduce strain and flexibility in your spine, the risk of getting problems with your spine will be in the future you can substantially reduce.

**There are other things you can do with the Back Rules Rules:**

- **Back Rules** - These are the guidelines you can use to help you sit and look your best.
- **WARM UP** - This is a simple exercise that you can do every day to help you sit and look your best.
- **THE STARS** - This is a simple exercise that you can do every day to help you sit and look your best.
- **FITTING SEAT** - This is a simple exercise that you can do every day to help you sit and look your best.

**More information**

## Osteopaths vs chiropractors

- Osteopaths more gentle manipulation - No clicking back the joints
- Chiropractors use more xrays
- Chiropractors use broader range of manipulation techniques, osteopaths use broader range of techniques overall
- Chiropractors wear suits and ties

## Osteomyologists

- Focus on relaxing muscle rather than working on bone
- Loosely based on osteopathy
- Not regulated in the same way that chiropractors and osteopaths are