

# Good for gardening. Not so good for backs.



## *Tips to follow when carrying and lifting water buckets:*

### **AN INCREASING NUMBER of CHIROPRACTORS are SEEING PATIENTS with "BUCKET BACK" INJURIES, due to INCREASED WATER RESTRICTIONS IN AUSTRALIA**

As a result of water shortages across Australia, more and more people are using buckets to water their gardens and recycle water in the household. While this is good for the environment, incorrectly carrying heavy buckets is not good for your spinal health.

Carrying water buckets is an issue not only because of the weight carried, but also because water is an unstable weight, putting uneven stress on one side of the body.

*A common gardening bucket holds ten litres, which when filled equates to ten kilograms. Loads this weight are too heavy to manage for many people.*

It is possible to be environmentally conscious without bending over backwards!

Chiropractors are the experts in spinal health and through their five years full time university training are qualified to provide care for, and expert advice on spinal health related issues.

Chiropractic care is extremely effective for spinal health problems such as back pain, and doctors of chiropractic are able to provide expert advice for a range of issues affecting healthy lifestyles.

Each week approximately 200,000 Australians utilise chiropractic care for a broad range of health reasons.

So if you are out in the garden a lot, - and experiencing more aches and pains than usual - why not discover for yourself why **there's so much more to chiropractic.**

Bend your knees - never bend your back

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Only carry what is necessary - do not overfill your bucket

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Use two smaller buckets (one in each hand) to disperse

*healthy spine, healthier life*

