



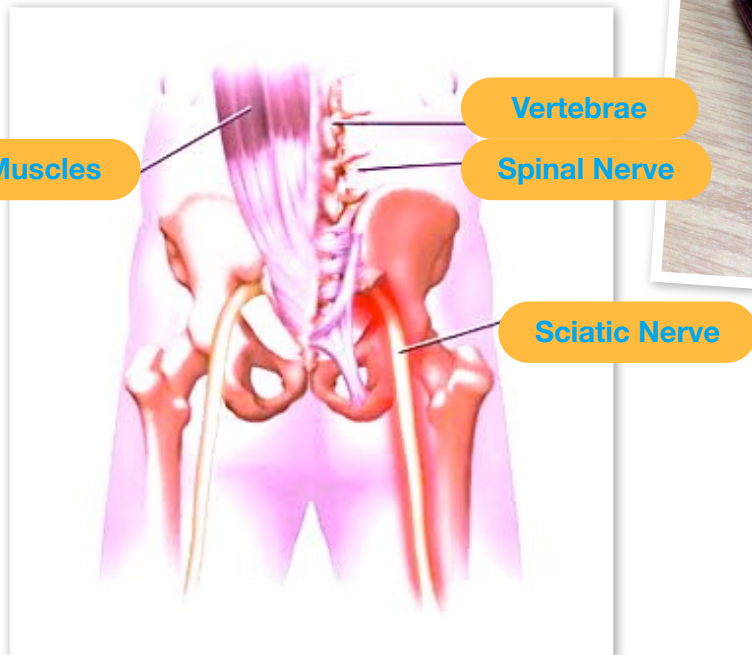
Tip of the Week

Remove your wallet from your back pocket

Week 1 of 52 – Wallet

Top Tip Number 1

If you are a chap, then you probably always place your wallet in the same back pocket. Over time, this can contribute to pressure on the sciatic nerve and can result in the symptoms of 'Sciatica' which is the name given to any condition that causes irritation to the sciatica nerve. The sciatica nerve is made up from nerves that come from the lower part of the spine that come together to form the biggest nerve in the body. The sciatic nerve travels through the buttock area then down the back of the leg. Removing your wallet from your back pocket is a simple way to reduce your risk of pain and discomfort. - Next week, one for the ladies.....



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