



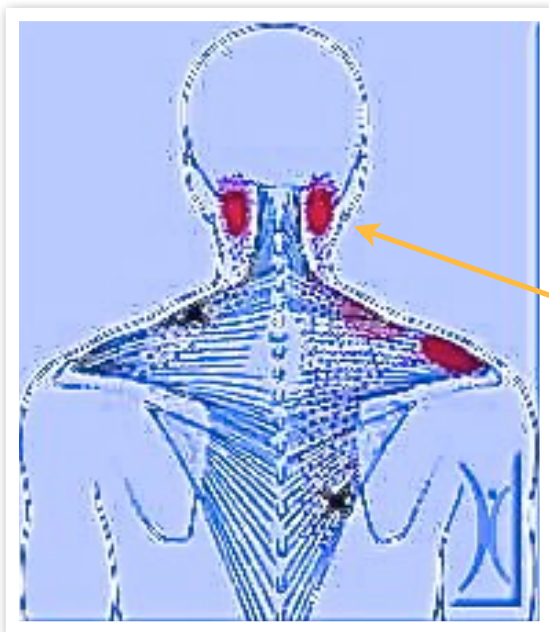
Tip of the Week

Limit the contents of your handbag

Week 2 of 52 – Handbag

Top Tip Number 2

Here is one for the ladies. The 'everyday' handbag can become a menace to the shoulder girdle and upper (thoracic) spine if the weight exceeds 2 or 3 lbs. If you carry the bag over your shoulder, you may unconsciously 'hitch' your shoulder up to keep the bag in place. This causes a contraction in the upper trapezius muscle. If ignored, trigger points develop in the muscle and eventually, this leads to tension and pain in the shoulder and in some cases headaches too. So, emptying your handbag once in a while is a simple way to reduce your risk of pain and discomfort.



Trigger points in
the upper and middle
trapezius muscles.

Leiza Alpass MSc DC Chiropractor
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