

Corporate Health Day Services provided by [The North Wales Spine Clinic](#)

Looking after our spine is an area of health that is often neglected. Research shows that many health problems can be prevented by having a strong and healthy spine. The nervous system connects our brain to the body. This system is housed and protected within the spine. Changes in posture and the spinal structure (such as forward head posture) can create pressure within the nervous system and spinal degeneration, thus affecting our health.

Nearly 5 million working days were lost as a result of back pain in 2003-04. This means that on any one day 1% of the working population are on sickness leave due to a back problem.

Health at Work. HSE, 2007.

Back pain is the number 2 reason for long term sickness in much of the UK. In manual labour jobs, back pain is the number one reason.

Department for Work and Pensions, 2009.

To fill the information gap that exists for spinal health and posture improvement we provide a number of services that can help you and your colleagues. These services have been designed to reduce illness related absenteeism particularly lower back and neck related problems.

WORKSHOP -POSTURE PERFECT-

A 45 minute workshop that addresses a number of key issues facing staff:

- **Understanding the different types of physical, emotional and chemical stress in life**
- **Discover the effects of stresses upon posture and health**
- **How to improve posture at work, at home and at leisure**
- **Gain a better understanding of health and sickness**
- **Avoiding pain, injury & degeneration in the future**
- **Exercises for a strong, supple and healthy spine**
- **The role of posture and health**
- **Evaluate your own posture**

POSTURE SCREENING

Staff receive a complimentary 10-minute 1-2-1 posture & spinal check after the workshop that focuses on posture. We provide information about their particular health issues and whether posture or spinal stress could be a contributing factor. We also offer free ergonomic workplace assessments upon request.

FOLLOW UP CARE

Staff can receive a range of health services to improve their spine and general health at the clinic. If employees would like to book in for a full examination and comprehensive report of findings in the privacy of [The North Wales Spine Clinic](#) priority bookings can be made on the day.

MORE INFORMATION

To find out more about our experience and approach to occupational problems [click here](#). For our research section on occupational health [click here](#).

The North Wales Spine Clinic
No. 3 Pant Yr Afon Penmaenmawr Conwy
NorthWalesSpineClinic.co.uk
01492 621380