

Prevention is always better than cure, so heed this advice and avoid bigger problems down the line



| by **NICK HARRIS-FRY** on 16 JUL 2020

When it comes to physical health, many of us tend to avoid making changes until we face a really serious problem – whether it's the knee niggle you try and run through, the healthy diet you've been putting off adopting for months, or the twinges in your back you hope will just go away of their own accord.

As you probably know, this is not the smartest approach. Prevention is better than cure, and the earlier you ward off potential problems and take healthier approaches, the more benefits you'll feel and the fewer problems you'll suffer.

And being smart might mean you never have to experience the kind of painful muscle and joint problem that prompts you to see an osteopath. So we asked **osteopath Anisha Joshi**, whose practice is in London's Cavendish Square, for her top tips to prevent pain from developing.

1. Work On Imbalances

We all have a dominant side, which means that you probably have imbalances when you work out or train. It's important to try to strengthen the weaker side to ensure your body, and particularly the muscles that attach to your spine, are more balanced.