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WEATHER: **SUNNY**

WEDNESDAY SEPTEMBER 30, 2015 55p

WHY MIGRANT CRISIS IS GIVING CAMERON AN EU HEADACHE

SEE PAGE 2



10 TOP TIPS TO CUT THE COST OF YOUR INSURANCE

Your Money SEE PAGE 28

BACK PAIN: THE 6 GOLDEN RULES TO FIGHT IT

New guide will bring relief for millions

A SIMPLE set of daily rules is the best way to beat the agony of back pain, experts say.

Disturbing new research has laid bare the alarming extent to which back trouble blights Britain's workforce.

The official figures show seven

By **Giles Sheldrick**

people in 10 have lived with recurring neck or back pain for more than a decade and three in 10 took time off work last year.

The number of sick days caused by the condition rocketed by 29 per cent to almost 10 million in the year to 2014.

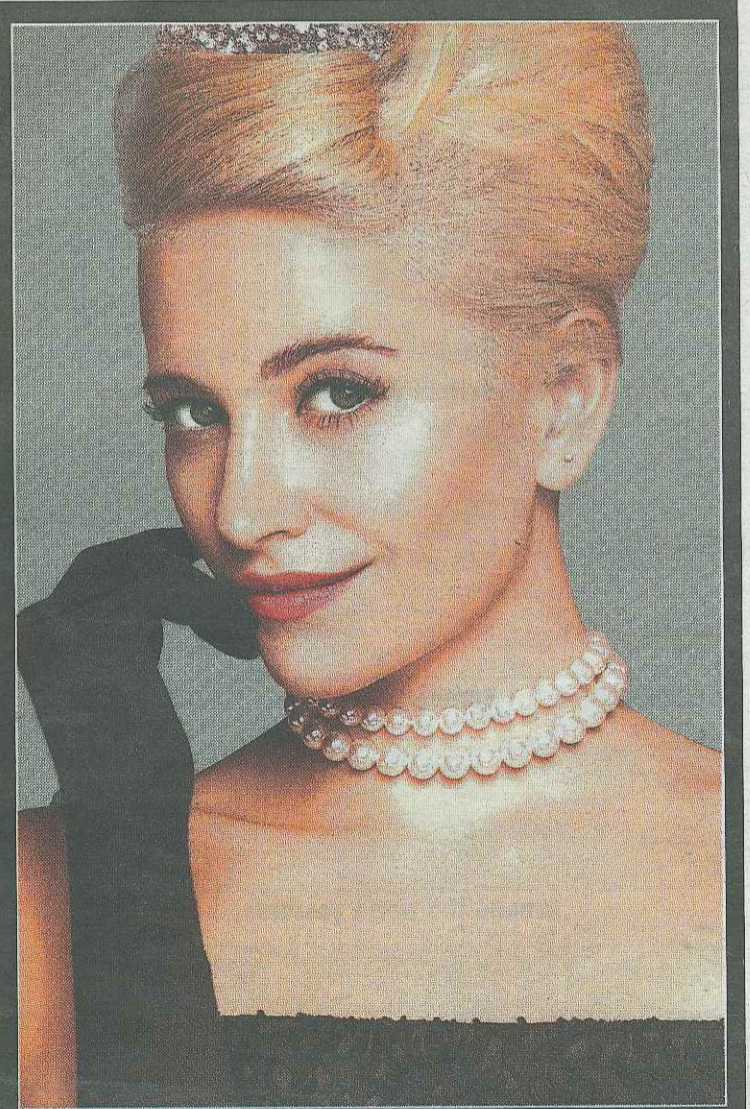
And yet two-fifths of people

have done nothing to protect their backs, according to the British Chiropractic Association, which has issued six golden rules to help avoid problems.

They include; sit up straight, do not remain seated for more than 30 minutes and walk every day.

Last night one chiropractor

TURN TO PAGE 4



Singer Pixie Lott, 24, will take to the stage in her first play

Pixie's breakfast date at Tiffany's

SEE PAGE 9