

PRESS RELEASE

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THE LONG & SHORT OF IT

TOP FIVE TIPS FOR WORKING WITH A HEIGHT DIFFERENCE

BY CHIROPRACTOR AND DIRECTOR VELI SOLYALI OF GET WELL! EAST SYDNEY



One of the first things you might notice when you look at the wedding photos of Newlyweds Kim Kardashian and Kris Humphries is that almighty height difference. At 6ft 9in, Kris towers over petite Kim's 5ft 2in, even when she's in custom made Christian Louboutins!

Kim and Chris aren't the only ones. Think Will Smith and his wife Jada Pinkett-Smith, Shaquille O'Neal and girlfriend Nicole Alexander, and even the newly engaged Aussie couple from The Block, Josh & Jenna. If you're also straining your neck and standing on your tippy toes to kiss your partner, there are some tips you can do to avoid injury.

Here, Veli Solyali, 30, Director and Chiropractor from Sydney's boutique health and wellness clinic, Get Well! East Sydney (www.getwelleastsydney.com.au), offers his advice for when there's a significant height difference between partners.

1. **HAVE THE CORRECT BED** Probably the most important factor in a great relationship is your bed – we spend a third of our lives in there! Take time to select a mattress that suits you and your partner in terms of comfort and support - you are on the highway to sleep-land if you take extra care and attention on this. Also invest in good, comfortable bedding and a pillow that is right for both of you to support your neck.
2. **DON'T STRAIN YOURSELF WHEN YOU'RE BEING INTIMATE** Even when having a quick kiss or cuddle, don't place unnecessary strain on your spine and neck trying to "reach" your partner for a quick peck. Instead use the stairs or indulge in quick cuddle while you're still eye-to-eye in bed!

3. AVOID WEARING HIGH HEELS EXCESSIVELY You may feel great while wearing those stunning heels and feel “closer” to your partner, but the long term damage can include sciatica, a painful condition where nerves become trapped, triggering pain and numbness as far down as the feet. Instead, embrace your height difference with your partner and the fact that the two of you aren’t the same! Nicole Kidman would often wear flats when with former flame Tom Cruise.
4. HAVE A SEAT If your heights are very different, try kissing while the taller person is seated and the shorter person is standing up. Even if your heights are still a bit different, it’ll be a chance for the other partner to be taller, instead. If your difference in height is pronounced enough and the situation is appropriate, the shorter one can sit on the taller person’s lap, which may eliminate the height difference completely
5. GET A BOOST Take advantage of curbs, steps, stools, and even chairs to correct for the height difference. Even use a pair of shoes. the taller person on the bottom, and the shorter person on the steps to help you.

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-ENDS-

For further information on Get Well! East Sydney, to book a treatment or to request hi res images and interviews, please contact Brooke Simmons at Polkadot PR

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Notes to Editor:

Get Well! East Sydney - Opening Hours

Mon - Fri: 7:30 am - 7:00 pm, Sat: 8:00 am - 1:00 pm

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