

**ANNANDALE CHIROPRACTIC
& ALLIED HEALTH**

189 Johnston Street, Annandale NSW 2038

P: (02) 9660 7688 F: (02) 9660 7699

CLINIC HOURS

Monday to Friday 8:00am – 7:00pm
Saturday 8:00am – 12:00pm

**REVESBY CHIROPRACTIC
& ALLIED HEALTH**

145 The River Road, Revesby NSW 2212

P: (02) 9774 2450 F: (02) 9792 4250

CLINIC HOURS

Mon, Tues, Thu, Fri 7:30am – 7:00pm
Wednesday Closed
Saturday 7:30am – 11:30am

**SEVEN HILLS CHIROPRACTIC
& ALLIED HEALTH**

188 Prospect Highway, Seven Hills NSW 2147

P: (02) 9838 7773 F: (02) 9838 7780

CLINIC HOURS

Mon, Tues, Thurs, Fri 8:00am – 7:00pm
Wednesday Closed
Saturday 8:00am – 12:00pm

**MOOREBANK CHIROPRACTIC
& ALLIED HEALTH**

25 Maddecks Avenue, Moorebank NSW 2170

P: (02) 9600 9602 F: (02) 9600 9940

CLINIC HOURS

Mon – Fri 8:00am – 7:00pm
Saturday 8:00am – 12:00pm

Please visit our website:

www.backpainfree.com.au

CHIROPRACTORS & OSTEOPATHS

Susanne L Kelly *B.App.Sc.,Chiro*

Christopher J Kelly *B.App.Sc.,Chiro*

CHIROPRACTORS

Derek Kom *B.Sc. M. Chiro*

Sabina Leung *B.Sc. M. Chiro*

Navneet Singh *B.Sc.(Anat) M.Chiro*

Michael Trowbridge

Doctor of Chiropractic (WSCC)

PSYCHOLOGISTS

Zeina Boutros *BPpsych MPpsych(Forensic)*

MAPS

Gail Rice *BA, PGDipAppPsy,*

MSocHealth(Maq), Assoc MAPS

Anne Craven *BA(HonsPsych) (UNSW),*

PGDipSocHealth (Maq)

Tony Monaghan *BA(Psych,Soc), GDipHR*

Mgt, GDipAppSportPsy, Accredited The Richards

Trauma Process (TRTP)(hypnotherapy)

MASSAGE THERAPISTS

Yvonne Croft *(Dip Rem Massage)*

Rachel Godwin *(Dip Rem Massage)*

NATUROPATH

Regina Lasaitis *MHSc (Herbal Med)*

BApPSc (Biomedical Sc) AdvDipNat

ACUPUNCTURIST

Alysha Zhang *Bachelor of TCM (SHUTCM)*

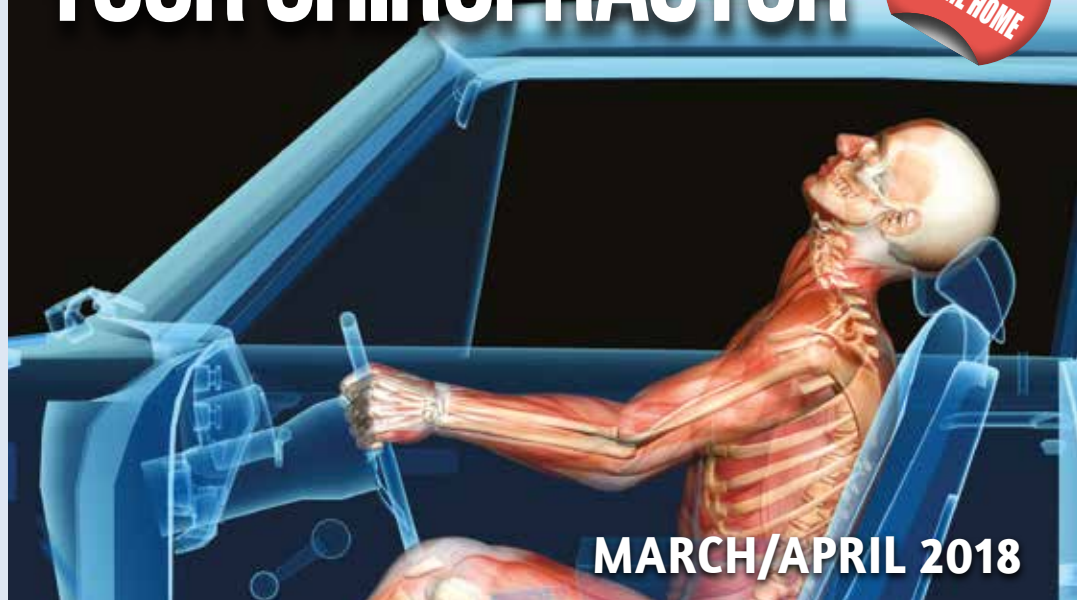
CLINIC STAFF

Sam, Kathy, Meredith, Katie, Mel,
Josie, Monica, Annabel, Tiffany,
Purdy, Carly and Marlo.

• CHRIS KELLY • SUE KELLY • DEREK KOM • SABINA LEUNG • NAVNEET SINGH

YOUR CHIROPRACTOR

FREE!!
TAKE ME HOME



MARCH/APRIL 2018

Are you suffering from **whiplash?**

There are approximately 50,000 road accidents across Australia every year, and many, thankfully, are not life-threatening.

However, being in a road accident doesn't just affect your vehicle in the short term, although that damage can be substantial, it can also affect your body in the long term. In fact, even if you don't feel any pain at the time of the accident or immediately after, it's a good idea to see an appropriate health professional to rule out any damage that could become a problem at a later date and cause significant pain, affecting your life.

A common condition following on from a road accident, or even as a result of contact sports, horseback riding, cycling, a fall, a blow to the head or physical abuse, is whiplash. Whiplash is a form of neck sprain or strain caused by your head being suddenly thrown violently forward then backward. As a result of such force, there's a chance you could suffer damage to your intervertebral joints, cervical muscles, discs, nerve roots, and ligaments. A study completed last year at both Umeå and Malmö Universities in Sweden concluded that whiplash trauma might also disturb the integrated jaw-neck sensory-motor function which could affect your ability to chew.

Initially, whiplash might not hurt at all, but within a few days, you may begin to experience some of the following symptoms. Some symptoms of both whiplash and chronic whiplash can occur within 24 hours, while others could take up to three days or longer to present themselves.

- Stiffness and pain in your neck
- Headaches

- Lower back pain
- Blurred vision
- Weariness
- Ringing in your ears
- Shoulder or shoulder blade pain
- Numbness or pain: in your hands or arms
- Concentration difficulties
- Dizziness
- Sleeping difficulties or broken sleep
- Fatigue
- Irritability

If you suffer from any of these symptoms following a road accident and you decide to see your chiropractor, a series of checks will be completed to assist with diagnosis. Your chiropractor will examine your entire spine, checking for disc or ligament issues, muscle spasms, as well as your range of motion. Then they may check for tightness and pain, as well as taking note of how you walk, your posture, and your overall spinal alignment. Your initial check-up can sometimes be followed by a CT scan, MRI scan or x-ray. This procedure not only helps your chiropractor better understand your spinal structure, but it can also help to diagnose whiplash, so a treatment plan can be formed.

There is no 'one size fits all' approach to treating whiplash, nor are there any single scientifically proven treatment methods that fix the problem, either temporarily or permanently. There are however, ways in which you might be able to reduce the pain and resultant side effects; such as pain relief medication taken as recommended, gentle exercise, massage, ice, and heat.

Take me home to complete our **PUZZLE** – check inside!

How to fit your **child's backpack correctly**

At the start of the school term, close to 3.8 million children across Australia will have made their way to class, to begin a year of learning. Almost all these children will be carrying a backpack laden with school supplies and books.



While carrying these supplies is necessary, the Chiropractors' Association of Australia (CAA) states that the wearing of a heavy backpack that's not evenly distributed on the body, over the course of an average 12 years of schooling, may cause back pain and spinal disorders in later life. In fact, your children even now might feel fatigue and pain that may be associated with wearing their backpack.

An international cross-sectional study of year six children showed that 79.1 percent of children felt their backpacks as heavy, while 65.7 percent believed they caused fatigue, and are perceived as a cause of back pain by 46.1 percent.

According to the CAA, chiropractic care has been proven to be effective at relieving pain symptoms associated with carrying a heavy backpack, but as a parent, there are also a few things you can be doing that may help your child to experience less discomfort.

Firstly, where possible, avoid letting your child carry a backpack that's more than 10 percent of his or her weight. Their bag should be no wider than their chest, but

should be broad with padded shoulder straps. When you're out shopping for a new backpack, have them try several on to make sure the one you select ticks all the boxes. Back support and design should be more important than look or brand.

The bag should be sturdy and worn using both straps, not just one. If the bag is fitted with waist straps, encourage your child to use them, with the bottom of the bag sitting no lower than the hollow in their lower back.

Ensure books that do need to be carried are placed at the bottom of the bag, closest to the spine. Doing so can help to distribute the weight more evenly. Where possible, however, encourage the use of a school locker, rather than carrying around all their books for every class.

You won't be able to pay attention to how your child carries their bag while they're at school, but by purchasing a backpack that's designed to be as comfortable as possible, you're doing your part for the health of your child's spinal development.

If you would like more information or advice, speak to your chiropractor.

WORD SEARCH

- ACCIDENT
- BACKPACK
- BACK PAIN
- BOOKS
- BRAIN
- CHILD
- CHIROPRACTOR
- DESK
- EXERCISE
- EXTEND
- FATIGUE
- HEADACHE
- HIPPOCRATES
- HOLD
- NECK
- NECK SPRAIN
- POSTURE
- SCREEN TIME
- SPINAL CORD
- SPINE
- STRETCH
- WAIST STRAPS
- WHIPLASH

W E C A N O J I Z E X E R C I S E H S M E P T Z P
F C G Q E Y I Z A K H K H F R L O D R U Z H O L D
I G E B R K D F A T I G U E S S B X H D B U B N P
Q R W Z Q C E U S G N M P R Y T H M U Y E L P D J
U V M N W S U A A O S H A B J U R S T R O P P U S
T K P R O T C A R P O R I H C L J E L K A H D E T
K E G N M S Q H A Y M A H E V J K S T K K I T F Y
S M N A E N F R N H O Z L C Z N K P C C M P J U E
E Q R I U C T V W X B L D D Y T Y M A Y H P F L M
D W X Y P S K L D V I A R V B M P B W M A O T O O
D S C U T S I W J I L L O Q H C D C K B F C F D S
E B S S L F O V D H E E C R L O G H D A V R K N R
P P I C T F T I E V P C L J Z F T I V C T A I I E
G A Q J D G W Y X I H Q A M R H V L B K N T Z A B
W H S Q U A T V T R O Y N I F B K D A P E E U R M
P W E F D K V O E K N N I Q U D S N C A D S U P U
H H V E V K V U N Y E K P T S F W K K I I O E S C
B I X P Q M V P D O P E S O G X O E P N C M Y K Q
X P A E S I Y H E A V Y Z N Z Y N K A I C Q S C J
J L P O K R Q O Q S A K K X Z S M D C Q A K W E G
H A C Q O Z R X G P P Q P Y L I L N K S F F H N S
K S K C O W B E H C A D A E H S C R E E N T I M E
E H Z V B X J J R T U V R N J F V Y K C B V S N Y
V W N I A R B Q G T F J F T C P L M O O A E W S O
P Z O P O S T U R E M F L D D O U P S K I G J Y R

Exercises you can do at your desk

Thousands of workers across the country make the daily commute to the office. We sit stationary in the car as we drive to and from work, and often spend the majority of the working day sitting still at a desk. Therefore, it's important to find ways to move throughout the day.

No one wants to be the random person in the office who gets up and does a dozen star jumps at 15-minute intervals, but doing something to break up your static position is beneficial for your back, posture and overall health.

If doing star jumps works for you, no one's going to stop you, but we've outlined some beneficial exercises to complete that are a little more discrete. By incorporating these into your day at regular intervals, you're giving your body a chance to stretch and move - without drawing unnecessary attention.

Leg extends

As you sit at your desk with your legs touching the ground, lift one leg up and extend it outwards until your knee is

straight, and hold for two seconds. Then, as you lower your leg slowly, pause to hold again just above the ground for five seconds. Do a set of 10 repetitions for each leg, and get those muscles moving!

Computer chair bench press

While it's not quite the same as a bench press, this exercise works out your chest and shoulders and can give your arms a welcome rest from the keyboard. Place your hands on the arms your chair and lift your bottom off the seat. Slowly lower yourself down keeping your weight in your arms, then hold the position for five seconds before allowing yourself to sit.

Stretches

If your arms are feeling a little cramped and achy, it's time to reach for the stars. Sit up straight in your chair, stretch out both arms toward the ceiling, then push one arm higher than the other. Repeat the process, alternating between arms.

Tension reliever

If you've had a particularly tough morning and your body is feeling it as a result, give this tension reliever a go. Turn your head to



the left, while slowly turning your torso in the opposite direction. Hold for a few seconds, and then change sides. Repeat 10 times, alternating between sides.

It's well-documented that sitting for long periods of time can contribute to back problems and muscle strain. Remind yourself to stand up, stretch, and take a walk around the office every 30 minutes. On your lunch break, it's a great idea to get out and go for a walk. Doing so promotes healthy blood flow and enables your spinal structure to receive essential nutrients.

If you're experiencing back and neck pain, despite these techniques, make an appointment to see your chiropractor. As a trained health professional, they can help to identify the source of pain, and where appropriate offer treatment and advice on how to maintain good spinal health.

Your spine... your lifeline

The spine is the major contributor to all movements of the body. It provides balance to the skeletal frame, absorbs jolts, allows the body to move while at the same time protecting the spinal cord and spinal nerves. The brain and spinal cord are the only organs in the body completely encased in bone - this is how important they are!

The importance of the spine and its relationship with health has been recognised for many centuries. Hippocrates, the famous Greek doctor after whom the Hippocratic Oath is named spoke of this relationship: "Get knowledge of the spine, for this is the requisite for many diseases"

Chiropractors look for areas in the spine that aren't functioning correctly and are causing interference to the nervous system. This interference affects the communication between the brain and the rest of the body which creates less than optimal function and can lead to poor health.

Chiropractic goes much deeper than the aches and pains that sometimes cause concern. Our philosophy is that the key to maintaining optimal health is to keep the nervous system functioning at 100% by being free of interference. When everything is in sync and working at full power, the body can't help but be healthy!



Chocolate Avocado Mousse

Ingredients

- 2 avocados - flesh removed and chopped
- 200g good quality, dark eating chocolate, chopped
- 1/3 cup milk (cow, almond, coconut - depending on your preference)
- 1-2 tablespoons liquid honey or pure maple syrup (optional)

Method

- Melt chocolate gently in a double boiler over simmering water. Do not let water or steam get into the chocolate, or it will seize. Another option is to melt it in a microwave on a low setting, in short bursts.
- Place avocado and chocolate in a food processor and blend together until smooth. Pour in the milk whilst blending, until the mousse is very smooth and creamy.
- Taste. If you prefer it a little sweeter, simply add a bit of honey or maple syrup.
- Spoon into serving glasses and chill for 15 mins. Garnish with berries if desired.



Is excess screen time affecting your posture?

Did you know that the average Australian spends approximately two and a half hours on their mobile phone every day?

If you don't think that includes you, think about how many times you reach for it to check the time, only to quickly browse through your emails as well. Or how about that quick tap on the screen multiple times a day to see whether anyone has been in touch? The time all adds up, and while smartphones have added an incredible amount of convenience to our lives, they may also be contributing to spinal troubles.

According to a recent article published in Surgical Technology International, substantial strain is put on the neck every time you tilt your head forward to check your mobile device. Tilting the head forward by just 15 degrees can put a strain of up to 12 kilograms on the neck. At 30 degrees, that load equates to 18 kg, and at 60 degrees the neck must withstand a whopping 27 kg. In other words: the greater the angle, the more

intense the strain. Over time, it's no wonder that this can result in injury.

By breaking the habit of phone-checking, and maintaining correct posture when engaging in screen time, it is possible to significantly reduce stress on the spine. According to the article, good posture not only has the potential to prevent neck and back pain, but may also be beneficial for overall health and mood.

To reduce the likelihood of screen time negatively affecting your posture, a few simple tips can be followed. These include raising your phone to your face rather than tilting the head down, being conscious about posture and keeping your neck straight, and storing your phone in your bag to limit screen time. If you are already suffering from neck or back problems, you can visit a chiropractor for advice and/or treatment. They can offer treatment options and advice on how to implement better posture techniques, not only to improve your current situation but also to minimise the risk of injury in the future.

Are you lifting heavy loads? Take note

Approximately 16 percent of the Australian population suffers from back pain, according to the Australian Bureau of Statistics. While there are many reasons why back pain can occur, the work you do on a daily basis may play a part.

Do you find yourself lifting heavy objects without proper support? Are you using the strength of your back, as opposed to a lifting aid such as a forklift or a trolley? Are you educated on how to lift those heavy or cumbersome objects without using your back to bear the brunt of the weight?

As a result of improper lifting techniques, there may be a risk of spinal disc compression and lower back pain. Therefore, if a lifting aid or a helping hand is not available and you believe the item's weight is within your capabilities of carrying it on your own, it might be helpful in future to try the following lifting technique.

Place your feet a shoulder-width apart when you go to lift the item. One foot should also be slightly ahead of the other. Gently squat down and bend at the hips and the knees – avoiding bending your back. If additional support is needed, it's possible to put one knee on the floor and the other in front of

you, bent at a right angle in an almost-kneeling position.

Keep your back straight, your chest outwards, and put your shoulders back as you go to lift. Look straight ahead. By doing so, you're keeping your upper back straight, while your lower back can have a slight arch.

Pick up the object firmly, no higher than above shoulder level, and lift it slowly by straightening your hips and knees. You should keep your back straight while avoiding twisting your body as you lift or travel with the object. Keep the item at belly button level, and as close to your body as possible. Use your feet to change your path and take small steps as your hips lead the way. Your shoulders, at this point, should be in line with your hips as you move forward.

Avoid bending your back. Instead squat with your hips and knees as you go to put the object down again. While you may instinctively try to lean forward to lift an item or put it down, doing so may put unnecessary strain on your back.

If you are experiencing pain as a result of improper lifting, speak with your chiropractor about what treatment options are available for you.

WELCOME TO THE ANNANDALE CLINIC:

CHIROPRACTOR

MICHAEL TROWBRIDGE!

Michael Trowbridge has joined our Annandale team after a storied career that crosses states, countries, and continents.

Michael grew up in sunny Southern California, USA, and graduated from Pepperdine University in Malibu with a Bachelor of Science, majoring in Biology.

His interest in chiropractic led him to the University of Western States in Portland, Oregon. In 1985 Michael graduated from their Chiropractic College with a Doctor of Chiropractic.

Dr Trowbridge then practised as a Chiropractic Physician in Sandpoint, Idaho for 17 years. After so many harsh winters he and his family looked for a new place to call home – one with plenty of sunshine.

After visiting Australia during the 2000 Sydney Olympics, they chose Swansea, just south of Newcastle, to be their new home.

Dr Trowbridge was the “best” (and only!) chiropractor in Swansea from 2004 until 2018. He is sad to leave his established clinic and home, but is looking forward to the new challenge of working in Sydney.

He now brings his vast experience to our Annandale clinic, where he works alongside fellow chiropractor Sue Kelly, and our psychologist Gail Rice. We are so excited to welcome Michael to our team and see his journey continue into his 33rd year of practice.

Take me home and give our healthy **RECIPE** a try!