

## ANNANDALE CHIROPRACTIC & ALLIED HEALTH

Annandale NSW 2038

P: (02) 9660 7688

By appointment only

## 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 7:15am – 7:00pm

Wednesday Closed

Saturday 7:15am – 11:30am

## SEVEN HILLS CHIROPRACTIC & ALLIED HEALTH

188 Prospect Highway, Seven Hills NSW 2170

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](http://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*

**Cheyenne Lay** *B.App.Sc.(Ex&Sp.Sci), M.Chiro*

## PSYCHOLOGISTS

**Zeina Boutros** *BPpsych MPsyCh(Forensic) 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)*

**Genevieve Ribbons** *(Dip Rem Massage)*

## NATUROPATH

**Regina Lasaitis** *MHSc (Herbal Med), BAppSc (Biomedical Sc), AdvDipNat*

## ACUPUNCTURIST

**I-Li Ho** *BHealthSci(TCM) DipHolisticCounselling*

## DIETITIAN

**Sue Jones** *BSc(Hons) DipNutrition & Dietetics*

## CLINIC STAFF

Kathy, Meredith, Katie, Mel, Josie, Tiffany, Carly & Emma

• CHRIS KELLY • SUE KELLY • DEREK KOM • SABINA LEUNG • CHEYENNE LAY •

# YOUR CHIROPRACTOR

FREE!!  
TAKE ME HOME

## SEPTEMBER/OCTOBER 2019

## The benefits of being flexible

Most people know they should stretch their muscles before they exercise, but what happens if you stretch all the time?

If you make a conscious effort to stretch all your muscles throughout the day, not just before or after you exercise, you may discover some surprising benefits.

### Fewer injuries

Stretching can decrease the risk of muscle-related injuries during physical activity. You'll develop strength, flexibility, and muscle balance. Balancing your muscles enables your body to withstand more physical stress, and is achieved by stretching all of your muscles correctly.

### More strength

As you become more flexible it's important to build your strength as well. This ensures your muscles will have the correct amount of tension so they can provide enough strength to support you, and all your movements. This means you will become fitter in whatever you do.

### Less pain

Do you experience stiffness and aching muscles after carrying out activities or physical tasks you don't normally do? If you

make an effort to open and lengthen your muscles, you may be able to reduce that discomfort.

### Better balance

Better balance and improved posture are also surprising benefits that may help you in every area of your life. With regular stretching, your body may correct any imbalances in your alignment. Your range of motion will improve, helping with everyday movements such as sitting and standing.

### A positive mind

Finally, stretching can even pave the way for a positive state of mind. You may find it easier to unwind and relax with a body that's free of aches and pains.

Getting rid of tension and loosening your muscles can have some amazing benefits. However, be wary of starting any stretching exercises if you suffer from an injury or chronic condition. Talk to your health professional if you have any health concerns.

## The power of the hamstring

Surprisingly the hamstring muscles are not very active when you're walking or standing, but they play an extremely important role in other activities.

The hamstring muscle has long been known as one of importance, even in ancient times. Knights used to slice their enemies across the backs of their thighs with a sword, rendering them immobile. Prisoners were also subjected to similar treatment to hinder escape attempts!

Hamstrings are the tendons that attach to the muscles at the backs of your thighs, and hamstring muscles are the large muscles that pull on these tendons. They allow you to straighten your hips and bend your knees; and are vital in activities such as running, jumping, and climbing.

Hamstring injuries are muscle injuries, and range from a minor strain to a severe rupture, with a grading of I, II, and III. Grade I is minor, II is a partial rupture, and III is a complete rupture. An injury can occur over time from overuse, or from one sudden movement.

Grade I injuries can heal on their own and cause minimal aggravation, especially in

those who don't actively use those muscles. Grade II and III injuries are usually caused by vigorous activities. For an athlete, a grade III rupture can sometimes mean the end of their career.

When you experience a strain or rupture, you may notice a sudden jerking or a 'pop', followed by pain. Spasms, tightness, swelling, and bruising may develop.

It is very important to treat and repair your hamstring injury correctly to avoid re-injury.

Home remedies such as rest, ice, compression, and elevation, (RICE), may provide some relief. Splinting and crutches may also be necessary for severe strains. Your chiropractor may examine your feet, knees, hips, pelvis and lower back, as imbalances in these areas can all contribute to hamstring injuries.

You may not realise the importance of hamstrings until you injure them. Spend time stretching and warming up before you exercise, and take care not to overwork them.

Try the Lemon & Ricotta Dip recipe

# C L E V E R C R O S S W O R D

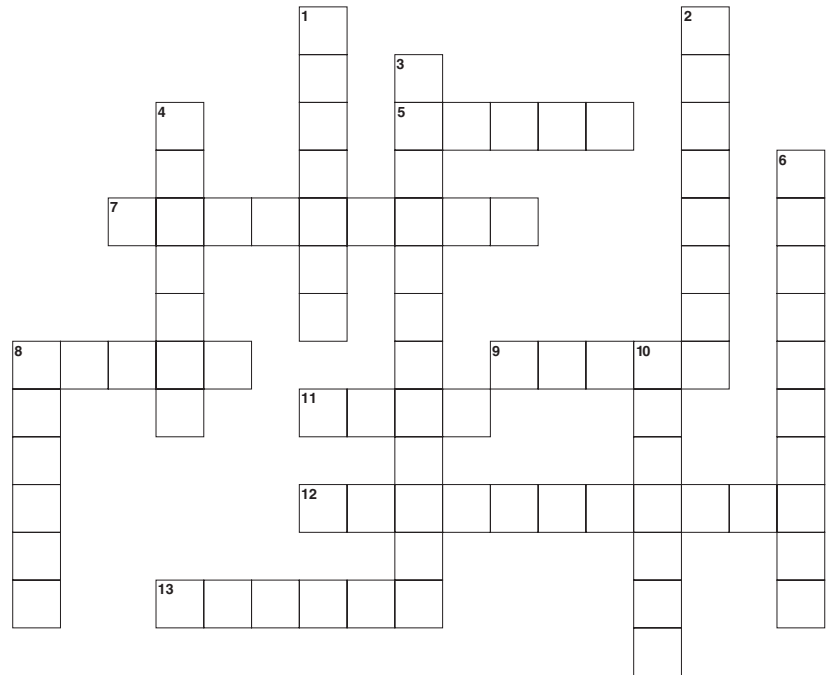
## ACROSS

5. An involuntary sudden muscle contraction
7. Correct positioning
8. Backbone
9. Plant matter that is found in grains, fruits, and vegetables, and aids digestion
11. The central or middle part
12. Failure to function normally
13. The plant group that includes oranges, lemons, limes, grapefruit, and pomelos.

## DOWN

1. A long-term and prolonged illness or condition
2. Able to bend, supple
3. A disease in which the bones become very porous and break easily
4. A natural activity you can do easily every day to benefit your health
6. Tendons that attach to the muscles at the backs of the thighs
8. A painful injury to the ligaments of a joint caused by wrenching or overstretching
10. To break, burst, or tear apart.

Answers to clues can be found in this edition of Your Chiro.



Solution is on the back page.

## Can an orange a day keep the doctor away?

**Everyone knows the age-old adage of “An apple a day keeps the doctor away”, but what about citrus fruit?**

The beautiful arrangements of oranges, lemons, limes, mandarins, and grapefruit in your supermarket may be appealing, but these citrus fruits have more to offer than mere looks.

They're a lunch box staple, a beverage, and a pick-me-up when you're feeling a little under the weather. Furthermore, they're plentiful in Australia throughout most of the year. The studies on how citrus fruits can benefit your health will surprise you.

### Vitamins and minerals

Citrus fruits offer an abundance of B and C vitamins; one orange alone can provide as much vitamin C as you need in a day. They also contain minerals such as potassium, phosphorus, magnesium and copper; all of which play important roles in your body processes.

### Fibre

They don't lack in the fibre department either; one large orange offers around 18 percent of your recommended daily requirement. Fibre is crucial for improving your digestive health, and lowering your cholesterol.

### Preventing disease

These fabulous fruits are rich in plant compounds that provide anti-inflammatory and anti-oxidant effects. They may reduce the risk of heart disease, possibly boost your brain function, and lower the chance of kidney stones. If that's not enough to convince you, then the widely accepted studies on their protective effects against cancer, just might.

### Weight loss

If you're trying to lose weight, then citrus fruit may help. Their fibre and water content help to fill you up, and they are low in calories. A 2015 study, conducted over 24 years, showed a link between consuming citrus fruits and weight loss.

*Citrus peel extracts are used in many perfumes – especially tropical, summery scents.*

### Are there any downsides to citrus fruits?

As with any food and beverages, ensure you consume citrus fruit in moderation. Their acid content can erode tooth enamel, which increases your risk of cavities. Also, consuming citrus in juice form can lead to increased sugar intake. Grapefruit can also have adverse effects with some medications.

Overall, citrus fruits are nourishing, versatile and convenient to eat. Add them to your regular diet and enjoy the sweet burst of flavour and subsequent health benefits.







## Biking and your back

**Biking is a fun form of exercise, but is it helping or hurting your back?**

There are few things as refreshing as heading out for a ride on your bike. You can feel the wind on your face, the blood pumping through your veins, and a burst of energy as you power through the gears.

Riding a bicycle has many positive points, but many riders are unsure if this form of exercise is suitable if they suffer from back problems.

### Pros

Biking can often involve less jarring on the spine than the likes of jogging, especially stationary cycling. Sometimes, the positioning of your body on the bike can be favourable as well. If you have lumbar spinal stenosis, leaning forward towards aerodynamic, or low handlebars can be more comfortable than other positions.

### ...and cons

Biking can still cause back and neck pain for some. Your back muscles may not be strong enough for the riding position, or your posture may cause strain. Although you may be leaning forward, this position can also cause you to arch your neck backwards, causing strain to the neck and upper back. Rough terrain may increase the risk of spinal jarring or compression, especially if the bike is unsuitable.

### Prevention of back injuries

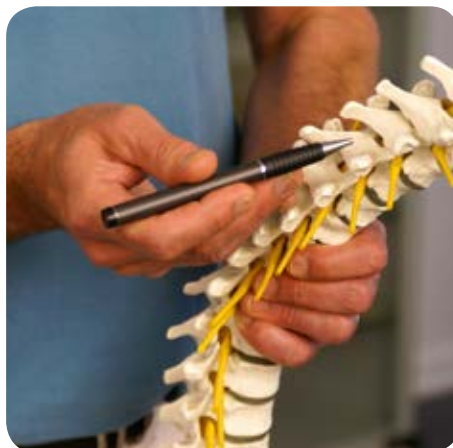
There may be ways you can prevent back and neck injuries from occurring while riding your bike. Whether you are a commuter, off road enthusiast or occasional cyclist; the first thing to do is select a bike that's fit for purpose.

It's worth getting advice from a bicycle professional on the right bike and accessories, and how to adjust your riding position to suit your body.

As you ride, gently lift and lower your head regularly to reduce the risk of neck strain. Biking isn't greatly effective for strengthening back or abdominal muscles, therefore you may need to strengthen these in other ways to support your body and avoid lower back pain.

If you are trying to find forms of exercise that won't cause or worsen back pain, biking could be the answer; however, it's advisable to ask your chiropractor if it would be suitable for you.

*"Lumbar spinal stenosis is a condition that occurs when the spaces within your spine narrow, putting pressure on the nerves and causing pain. It frequently occurs in the lower back and neck, and is most commonly caused by wear-and-tear in the spine related to osteoarthritis."*



## Strong, lean and healthy

**Do you think that strength training isn't suitable for you? Find out why it is an essential part of an exercise plan for everybody.**

Strength training is not just for body builders; as well as building strength it can help burn calories, reduce body fat, improve tone and lean muscle mass, and increase overall wellbeing.

**How does strength training help weight management?**

Lean muscle mass reduces with age, and fat can take its place if you don't strengthen your muscles. Building muscle indirectly increases your metabolism as muscle burns a higher percentage of calories than fat, even at rest.

**Develop strong bones**

Many of us don't know that strong muscles lead to strong bones. The pulling and pushing on bone from strength training and other weight bearing exercise puts stress on the bone which responds by building new cells. Strong bones can help reduce your risk of osteoporosis, and strong muscles can improve balance and stability, therefore lessening the risk of injury from falling.

**Help with chronic conditions**

Strength training can also help reduce the symptoms of many conditions such as back pain, arthritis, depression and diabetes. Being stronger can increase your energy and improve your ability to do everyday activities which can help keep you mobile and independent.

**Do I have to go to the gym and lift weights?**

Strength training isn't all about lifting weights at the gym. Although free weights and weight machines are commonly used, you can also use resistance bands and balls, and your own body weight. Leg squats, pull-ups, push-ups, yoga, and Pilates are all low impact activities that use bodyweight resistance, and can be performed easily at home.

**How do I start?**

Before you get started, make sure that strength training is right for you. Check with your doctor if you're over 40, have a chronic condition, or if it has been some time since you exercised.

It is advisable to work with an exercise professional to help you choose the right level and weight, and to learn the correct training techniques. It's also important to warm up beforehand and have rest days in between workouts.

Strength training doesn't require hours of weight lifting every day; with a balanced and regular routine you will see improvement in your strength, muscle mass and overall health. See your chiropractor for advice on strength training options for you, and how to lower the risk of injury.

## Lemon and ricotta dip

- 2 lemons, juiced
- 1 cup ricotta
- 3 Tbsp mayonnaise
- 1 Tbsp mint, finely chopped
- 2 Tbsp chives, finely chopped
- 1 clove garlic, crushed
- 1 tsp Worcestershire sauce
- ¼ tsp cayenne pepper
- Salt and pepper to taste
- Selection of raw vegetables for dipping.



Combine all the ingredients. Spoon into a serving dish and serve with sliced vegetables.

## Say no to knots

**Muscles knots can be extremely painful, but there are many ways you can both prevent and treat them.**

Muscle knots are muscles fibres that are tight and tense, even when your body is at rest. They may be sensitive to touch, and feel swollen and lumpy. Muscle knots commonly occur in your back, shoulders and neck, and are also known as trigger points. They can cause additional conditions such as headache, toothache, jaw pain, and lower back pain.

Muscle knots can happen for a variety of reasons. Common causes are poor posture, overuse or injury of a muscle, stress, dehydration, and a sedentary lifestyle.

### Posture

Firstly, take a look at your posture. If you spend hours at your desk, are you sitting correctly and taking enough breaks? Slouching causes muscle stress which can lead to back pain, so try keeping your back straight, and your head upright in a neutral position.

### Keep moving

Moving regularly through everyday activities, or following an exercise plan, helps to keep muscles strong, flexible, and free of tension.

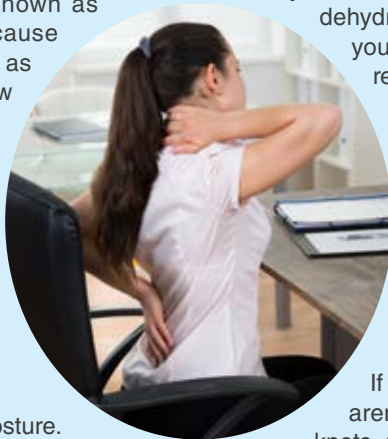
Including gentle stretching into your daily routine will also release tension in your muscles. Activities such as swimming can be beneficial by working the muscles in your neck and shoulders, and improving circulation to these areas.

### Stay hydrated

If you're not drinking enough water, dehydration may be the cause of your muscle knots. Your water requirement varies depending on factors such as your age, and the amount of exercise you do, but health authorities commonly recommend seven to nine glasses a day. There are many apps you can use to remind you to drink water, and track your daily intake.

If these preventative measures aren't working for your muscle knots, then it may be time to seek professional help. Chiropractors may use chiropractic adjustments to address the underlying cause, improve posture and reduce tension in your body. They can also use or recommend other therapies such as massage to relieve immediate pain.

A combination of approaches can not only help immediate symptoms of muscle knots, but also correct the cause and prevent them from occurring again.



## WE WELCOME CHEYENNE LAY TO OUR MOOREBANK CLINIC

Cheyenne completed her Bachelor degree in applied science, majoring in exercise and sports science. She then went on to attain a Masters degree in chiropractic at Macquarie University.

After her chiropractic studies, Cheyenne joined 'Hands On India', a non-for-profit organisation, where she provided chiropractic and basic medical care to hundreds of men, women, and children in the poorer parts of India.

After private practice in Sydney, Cheyenne worked in Singapore as an associate in a busy practice

Cheyenne utilises many Chiropractic techniques including diversified, gonstead, drop piece, activator, myofascial trigger points, activator, postural and functional rehabilitation.

Cheyenne loves playing basketball, and plays weekly in a mixed competition. She loves being active, and knows and encourages the benefits of physical activity for herself and her patients.

Cheyenne also has a strong interest in music. She's been playing the piano since she was four years old, and previously taught kids and adults in her spare time.

Cheyenne has two passions: Health and Education.

She is currently studying teaching part time, while continuing her passion in health through chiropractic care. She believes patient education is key in improving and maintaining her patients' health.

Cheyenne holds a current AHPRA registration, and rebates are available for those who are covered under private health insurance, DVA and approved Medicare EPC referral.

## WE WELCOME GENEVIE RIBBONS TO SEVEN HILLS CHIROPRACTIC AND ALLIED HEALTH

Genevieve is a fully qualified licensed massage therapist. She graduated with a Diploma of Remedial Massage at TAFE NSW Blue Mountains and Nepean Kingswood. She is also a member of Association of Massage Therapists. Genevieve specialties include Swedish relaxation massage, Remedial massage and Pregnancy massage. She is available Tuesday and Thursday afternoons at the Seven Hills clinic, from 2:00pm to 7:00pm.

- ACROSS 5. SPASM 7. ALIGNMENT 8. SPINE 9. FIBRE 11. CORE
- 12. DYSFUNCTION 13. CITRUS
- DOWN 1. CHRONIC 2. FLEXIBLE 3. OSTEOPOROSIS 4. WALKING
- 6. HAMSTRINGS 8. STRAIN 10. RUPTURE



**Disclaimer:** The information provided in this newsletter is for educational purposes only, and is not intended as a substitute for sound health care advice. We are not liable for any adverse effects or consequences resulting from the use of any information, suggestions, or procedures presented. Always consult a qualified health care professional in all matters pertaining to your physical, emotional and mental health.

Take me home to complete our PUZZLE