

**FREE!!**  
PLEASE TAKE ONE

# YOUR CHIROPRACTOR



**MAY / JUNE 2013**

**ANNANDALE CHIROPRACTIC & OSTEOPATHY CLINIC**

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 AND NATURAL THERAPIES**

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 CLINIC**

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  
 Saturday 8.00am – 12.00pm

**MOOREBANK CHIROPRACTIC & NATURAL HEALTH CENTRE**

25 Maddecks Avenue, Moorebank NSW 2170  
**P:** (02) 9600 9602 **F:** (02) 9600 9940

**Clinic Hours:**  
 Mon – Fri 8.00am – 7.00pm  
 Sat 8.00am – 12.00pm

**CHIROPRACTORS & OSTEOPATHS:**

**Susanne L Kelly** (B.App.Sc.,Chiro)  
**Christopher J Kelly** (B.App.Sc.,Chiro)

**CHIROPRACTORS:**

**Derek Kom** (B.Sc., M. Chiro)  
**Navneet Singh** B.Sc.(Anat) M.Chiro  
**Lindy Schmidt** B.Sc. Chiro, M.Chiro  
**Ellen Gant** B.Sc. Chiro, M.Chiro  
**Sabina Leung** B.Sc. M.Chiro

**PSYCHOLOGISTS:**

**Taryn Bloom** B.Psych (Hons), Doctor of Clinical Psychology (D.C.P.) (Syd Uni), MAPS. Clinical Psychologist

**Michael Costello** (BA, PG Dip (Psych), MPsych (Clinical), MAPS, APS) Clinical Psychologist

**Helen Fitzhardinge** BA (Psych); Grad Dip Appl Psych; MA (CFT); MAPS. Registered Psychologist

**Sara Beresford-Hillier** Accredited Mental Health Social Worker, Counsellor CMCAPA, PACFA Registered

**Dr Anthony M. Nicholas** TCert; BSc; MA; PhD; FAPS, Clinical & Forensic Psychologist

**THERAPISTS:**

**Regina Lasaitis** B.App.Sc., DBM, DRM. Natural Therapist: Herbal Medicine, Iridology, Naturopathic medicine, Massage therapy

**Yvette Standen** (Naturopath, Herbalist, Nutritionist)

**Vicky Martin** (Hypnotherapist)

**Bronwyn Muzzin** (Dip Rem Massage)

**Debbie Mindham** (Dip Rem Massage) Massage Therapist

**Yvonne Croft** (Massage Therapist)

**Anna Hale** (Massage Therapist)

**Brooke Tarantino** (Massage Therapist)

**CLINIC STAFF:**

Janis, Sam, Kathy, Meredith, Rebecca, Denise, Alison, Sarah, Jacqueline.

**CHRIS KELLY, SUE KELLY, NAVNEET SINGH, DEREK KOM, ELLEN GANT, LINDY SCHMIDT, SABINA LEUNG**

## CHIROPRACTIC – MORE THAN JUST BAD BACKS AND SORE NECKS!

Chiropractic goes deeper than the aches and pains that sometimes give us grief. The stress that we are subjected to in daily life and the habits we keep are some of the biggest contributions to Vertebral Subluxation....which can then contribute significantly to poor health.

The key to maintaining optimal health is to keep your nervous system functioning at 100% by being free of interference. When everything is in synch and working at full power, the body can't help but be healthy! But when the system starts breaking down, so does the body.

Research has shown that Chiropractic care has much more to offer than just improved physical wellbeing. By providing your nerve system with an "interference check" and helping it develop better operating strategies, the following has been shown to be achieved:

**IMPROVED PHYSICAL WELLBEING:**

Increased flexibility, more energy, less fatigue, fewer colds and flu, fewer headaches, reduced aches and pain, improved co-ordination, decreased injuries, greater performance.

**IMPROVED EMOTIONAL WELLBEING:**

Positive feelings about oneself, decreased moodiness, less depression and anxiety, more interest in life, improved ability to think and focus, less anxiety and concern over vague fears, improved ability to stay on task, less distress about physical pain.

**GREATER LIFE EXPERIENCE:**

Increased relaxation and well-being, interest in maintaining a healthy lifestyle, feeling open when relating to others, confidence in dealing with adversity, compassion for others, increased vitality.

**POSITIVE LIFESTYLE CHANGES:**

Improved diet, increased exercise, better stress management, reduced use of prescription medications, increased motivation, greater relaxation.

Chiropractic has the power to switch your body back on and allow it to function at its best. This, in turn, provides you with the opportunity to live a life with a body free of interference and full of potential.

Chiropractic....giving years to your life, and life to your years!!



**INSIDE**

- WHEN SHOULD I TAKE MY CHILD TO A CHIROPRACTOR?**
- LAUGHTER IS THE BEST MEDICINE**
- POSTURE WHEN PLAYING INSTRUMENTS**
- GOOD HEALTH ON THE MENU**
- STRETCHING – BEFORE OR AFTER?**
- CLEVER CROSSWORD**

# WHEN SHOULD I TAKE MY CHILD TO A CHIROPRACTOR?

- **When....you want your child to have all the benefits of a nervous system that is working well.** A child's first visit to a chiropractor should be as soon after birth as possible. Babies spines may become subluxated both before and during the birth process. Plenty of pressure goes on the head and neck during contractions and when the baby passes down the birth canal. Assisted deliveries such as forceps or ventouse are especially hard on a baby's spine.
- A Chiropractor should also examine your child regularly for vertebral subluxations during that all-important first year of life. As a baby grows into a toddler they begin to learn to stand and walk, usually having many falls and crashes in the process! They get knocked over, fall off bikes, carry heavy school bags... all sorts of insults and trauma to the skeletal and nervous systems.
- Your child's spine grows almost 50% in length during that first year. It's this kind of tremendous growth and developmental change that make regular chiropractic checkups so important.
- **When....you want to give your child the best start in life.** Chiropractors believe it's much more important to prevent diseases than wait till some illness occurs. Subluxations may or may not cause obvious symptoms. There are some signs that may indicate subluxations such as a baby that is unsettled, colicky, only feeds off one breast or has digestive issues. Children may often suffer from low immunity or get lots of ear infections. As only some subluxations give obvious symptoms all children should be checked regularly.
- Spinal check-ups by the Chiropractor can help keep your children healthy and provide you with peace of mind that they're functioning at their most optimal level....naturally.
- **When....your child hurts themselves.** Kids take a huge amount of falls while learning to walk, riding a bike, playing sports or even just while jumping or running around. But once the tears are gone, underlying injuries often go undetected. After a trauma, things may appear fine on the outside, but it doesn't mean they're OK on the inside!
- **When....your child is struggling or unwell.** Chiropractic can help improve performance on and off the sports field so if your child seems to be struggling with concentration or focus it's a great idea to get their spine checked! The same goes if they are unwell as a Chiropractic adjustment can help boost their immune system and get them back on track! By removing the stress to their central nervous system caused by vertebral subluxation your child will be able to reach their full potential.
- Subluxations are usually easily correctable at a young age and adjusting babies and children is very gentle and safe. Adjustments are made with a very light pressure - in fact, the same amount of pressure as you would use touching your eyeball!
- All children benefit greatly from having regular chiropractic checks, regardless of whether they have obvious symptoms or not. Reducing nerve interference keeps children healthier as they grow and develop. Remember - as parents the decision is yours, but the benefits are theirs!

## STRETCHING — BEFORE OR AFTER?

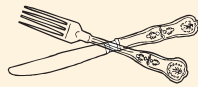
Opinions on whether to stretch or not before exercise change on a regular basis. Stretching has long been promoted as an essential part of a fitness program as a way to decrease the risk of injury, prevent soreness and improve performance.

But should we stretch before we exercise, or after? Much of this confusion comes from not understanding the difference between a warm up and stretching. Many believe that stretching before exercise prevents injuries, even though the clinical research suggests otherwise. A better interpretation is that a warm up prevents injury, whereas stretching improves flexibility and range of motion.

Instead of stretching, many experts recommend warming up with a light jog or sport-specific exercise, like kicking or throwing a ball. This type of light movement increases the heart rate and blood flow to the muscles, warming up the body temperature.

Then, after exercise, cool down and hold a given stretch only until you feel a slight pulling in the muscle, but no pain. As you hold the stretch the muscle will relax and you can then increase the stretch again until you feel the same slight pull.

In addition to improving range of motion, stretching is extremely relaxing and most athletes use stretching exercises to maintain muscular balance. One of the main benefits of stretching may be something that researchers haven't considered yet....it just feels good!



### Good Health on the Menu

#### TANGY MEAT AND RICE LOAF

(Serves 6)

- 500gm lean mince
- 1 cup cooked rice
- 1 egg
- 3/4 cup plain yoghurt
- 1 onion, finely chopped
- 1/2 cup green capsicum, finely chopped
- 1/2 cup mushrooms, sliced
- 1 tb Worcestershire sauce
- 1 tsp salt
- ground black pepper
- tomato and onion slices

Combine beef, rice, egg, yoghurt, onion, capsicum, mushrooms, Worcestershire sauce, salt and pepper. Shape into a round loaf; place on rack in shallow pan. Bake at 150C for 45 minutes. Top with tomato and onion slices and bake for a further 5 minutes.



## LAUGHTER is the best medicine

### Fancy a cup of tea?

One day Mum was out and Dad was in charge of their three-year-old girl, Tiffani. Mum and Dad had given Tiffani a little 'tea set' for her birthday and it was one of her favourite toys. Dad was in the living room, engrossed in the evening news, when Tiffani brought Daddy a little cup of 'tea', which was just water.

After several cups of tea and lots of praise for such yummy tea, Mum came home. Dad made her wait in the living room to watch Tiffani bring him a cup of tea, because it was 'just the cutest thing!' Mum waited and sure enough, Tiffani came down the hall with a cup of tea for Daddy and she watched him drink it up.

Mum said (as only a mother would know...), "Did it ever occur to you that the only place she can reach to get water is the toilet?"

# POSTURE WHEN PLAYING INSTRUMENTS

If you or a family member or friend play a musical instrument, correct posture should not be overlooked in this area. As chiropractors, we stress the importance of posture frequently.

Whether amateur or professional, assessing the posture and understanding potential problems and how to avoid them can make the experience more pleasant overall.

Chiropractors assess posture not only visually through observation but sometimes with xrays. Understanding your posture and your daily activities will help in your overall chiropractic care.

Like sport, playing an instrument carries the integral element of fitness with warming up and cooling down incorporated to the practice or playing of the instrument.

If pain or uncomfortableness is experienced when playing, then listen to your body and ask yourself: How long have I been playing? Do I need a break? Did I warm up properly? Look in the mirror if possible and see if you look comfortable, relaxed or are you tense and forcing things? If you're not sure or don't have access to a mirror, ask someone to observe you. If you have an instrument teacher, they would be best to assess this.

Try to keep tension from building by moving around and lightly stretching during the actual practice or playing when appropriate. For example, dangle your arms, shrug your shoulders or bring your arms over your head to loosen upper body and neck. Don't wait until your body is too exhausted to stop. By moving around even a little bit when you play, the position becomes dynamic rather than static. This is similar advice to sitting too long at a desk in front of a computer. Too long has a greater potential to create problems.

When you come into our chiropractic office, we will be able to determine if the posture you are adapting to is aggravating your complaint. Then with chiropractic adjustments to the appropriate areas we will help free the nerves, align the joints and allow the muscle tension to release.

## COMMON INJURIES:

- Repetitive Stress Injuries (RSI)
- Including but not limited to:
- Carpal Tunnel Syndrome
- Bursitis
- Tendonitis
- Neck Pain
- Headaches
- Wrist and Hand Pain
- Shoulder Pain
- Back Pain – upper, mid, lower
- Calluses

Each instrument is different of course. Playing and practicing for lengths of time requires lots of repetitive motion.

## PREVENTING POSSIBLE INJURIES:

- Having and maintaining good posture
- Warm up properly; stretch before and after playing
- Maintain strength and good fitness levels paying special
- attention to the arms, wrists and hands
- Maintain healthy strong core muscles and diaphragm
- Take breaks and allow adequate rest

To ensure your maximum benefit, be sure to let us know if you play an instrument and you would like some specific tips for assisting in your overall chiropractic care plan. Alternatively, you may have a friend or family member that may benefit from this information regarding posture when playing instruments and chiropractic care. If you have any questions, please feel free to ask.



## Clever CROSSWORD

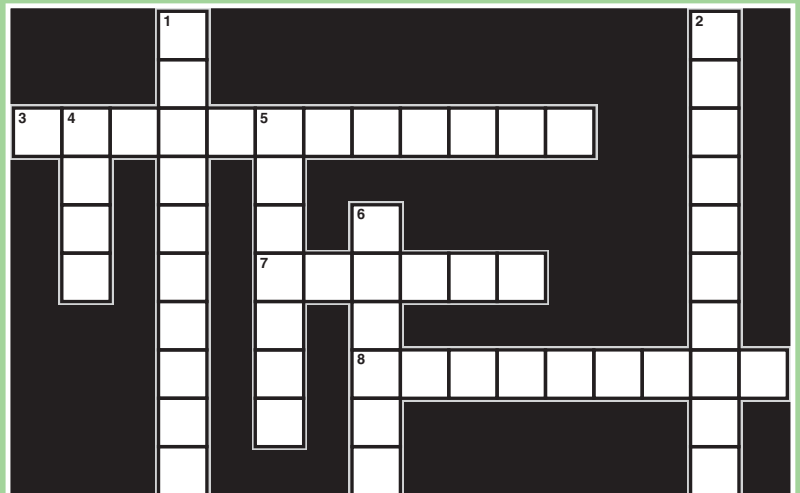
EACH OF THE WORDS CAN BE FOUND  
IN THIS ISSUE OF "YOUR CHIROPRACTOR".  
ANSWERS ARE SHOWN ON BOTTOM OF THE BACK PAGE.

### Across:

3. ...giving years to your life, and life to your years!!
7. Where did Tiffani get the water from?
8. What does the hand have at least 123 of?

### Down:

1. What improves flexibility and range of motion?
2. What can babies spines become both before and during the birth process?
4. What is composed of 29 major and minor bones?
5. What is important when playing an instrument?
6. What is the instrument being played in a picture in this issue?



# HAND IN HAND

The word chiropractic means 'practiced by' (practic) 'hand' (chiro). As we utilise our hands every day in practice, we realise and value our hands. As a patient, you probably value your hands as well, as they are required in most everyday activities ~ around the house, at work, with exercise, driving, etc.

### DID YOU KNOW?

- The hand is composed of 29 major and minor bones?
- 29 major joints
- At least 123 named ligaments
- 34 muscles that move the fingers and thumb:
  - 17 in the palm of the hand
  - 18 in the forearm
- 48 nerves:
  - 3 major nerves

- 24 named sensory branches
- 21 named muscular branches
- 30 named arteries and nearly as many smaller named branches

The brain controls the muscles and nerves which allow us to utilise our hands. The muscles that bend the finger joints are situated in the middle of the forearm and palm of the hand. They are connected to the finger bones by tendons which pull and move the fingers like the strings of a puppet.

This is why the alignment of the bones of the forearm, wrist and hand, in addition to the spine is vital to the proper function of the intricate hand movements. Chiropractors will check the spine, and if you have any arm, wrist or hand complaints, please make sure to mention it, so that we can ensure proper alignment of these important areas.



# CARPAL TUNNEL SYNDROME

Carpal Tunnel Syndrome appears to be a common problem nowadays. You or someone you know may have been diagnosed with Carpal Tunnel Syndrome. That may be the reason you sought chiropractic care in the first place, from a friend or family member that understands how chiropractic care may assist with Carpal Tunnel Syndrome.

The carpal tunnel is the area (tunnel) at the wrist where the Median Nerve passes through the wrist bones (carpals) to the hand. Sometimes this gets confused with common wrist pain which may be related to a number of other causes. This nerve originates at the lower region of the neck (cervical spine). It can get trapped anywhere from this region all the way down to the wrist itself.

Chiropractic care assesses not only the wrist but the other joints above the wrist up to the neck where the nerve actually originates. If there is a misalignment (vertebral subluxation complex) in the lower neck and/or other joints related to the area, the person can experience 1 or more of the following:

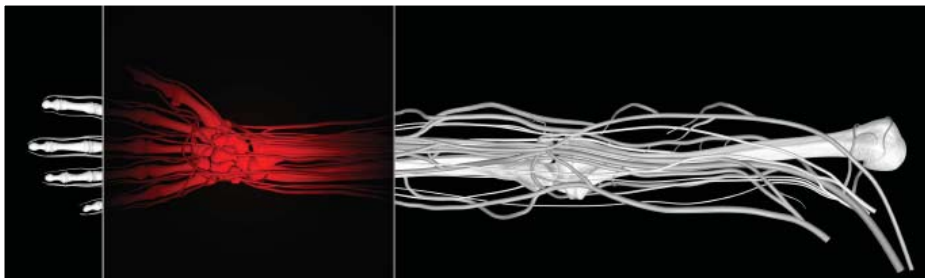
- Wrist pain
- Elbow pain
- Pins and needles in the hands
- Pins and needles in the fingertips
- Numbness in the arms
- Pain in the arms
- Difficulty with hand grip
- Difficulty with grabbing objects

Studies show that chiropractic care is effective in helping patients with Carpal Tunnel Syndrome.

Studies have also shown that most people suffering from Carpal Tunnel Syndrome also had a problem in their neck (cervical spine).

Therefore the most important point is that the whole spine is assessed, so that nothing is overlooked. We will check the whole spine, primarily the neck region and associated structures involved in the nerve distribution leading to the carpal tunnel.

If the neck is not checked and there is an obstruction there, the wrist won't be able to heal properly or completely.



Down: 1. Stretching; 2. Subluxated; 4. Hand; 5. Posture; 6. Violin.  
Across: 3. Chiropractic; 7. Toilet; 8. Ligaments.

# ANSWERS TO CROSSWORD

## WELCOME TO ANNANDALE CLINIC

### GAIL RICE – PSYCHOLOGIST

Gail Rice is a registered psychologist working with individuals and couples. She provides support for people facing major life changes including divorce, childbirth, redundancy, illness and grief, which are often catalysts for people to seek support. Much of her work involves helping clients understand and learn strategies to identify triggers for, and better manage, depression, anxiety and stress

Gail focuses on the particular needs of her clients, using a variety of therapeutic approaches and enjoys working in conjunction with other health professionals. Where appropriate, Gail encourages clients to use mindfulness and writing as therapeutic tools as these have been shown to be effective in treating anxiety and depression.

For the last four years Gail has run writing workshops called **Restoring Our Lives** teaching people how expressive writing can help you shift your focus if you are feeling stuck, anxious or depressed. The next course starts on February 18 2013.

Gail works at the clinic from Wednesday to Saturday, offering evening appointments on Thursdays.

For more information on Gail visit her website [www.intofocustherapy.com.au](http://www.intofocustherapy.com.au)

### BROOKE TARANTINO – MASSAGE THERAPIST

Brooke has a Diploma of Remedial Massage from The Australasian College of Natural Therapies, Sydney.

Brooke is dedicated to her role of assisting others to health. She is passionate about the tactile modalities and how they can help integrate the connections between the mind and body.

She offers several massage modalities including Deep Tissue, Sports Massage, Myofascial Release, Trigger Point Therapy, Reflexology, Lymphatic Drainage and Pregnancy Massage.

She uses an array of massage techniques in order to individualise treatments to best suit each client's health, pain, injury and stress issues.

Brooke looks forward to helping you, using massage to relieve pain and facilitate your body's ability to maintain and improve vitality, health and overall wellbeing.

Brooke is available at the Annandale Clinic on Mondays, Tuesdays and Saturdays.