

## 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 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](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*

**Navneet Singh** *B. Sc.M.Chiro*

## PSYCHOLOGISTS

**Tony Monaghan** *BA(Psych,Soc),  
GDipHR Mgt, GDipAppSportPsy, Accredited The  
Richards Trauma Process (TRTP)(hypnotherapy)*

**Mechelen D'Souza**

*B.Psych (Hons.), M.Prof.Psych, MAPS*

**Rebecca Nakhoul**

*B.Psych( Hons.) M.Psych (Clinical) MACAP*

## MASSAGE THERAPISTS

**Yvonne Croft** *(Dip Rem Massage)*

**Rachel Godwin** *(Dip Rem Massage)*

## ACUPUNCTURIST

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

## CLINIC STAFF

Paul, Melissa, Isabelle, Brianna, Ellie,  
Victoria and Ben

# YOUR CHIROPRACTOR

JULY/AUGUST 2023



**COLLAGEN  
BREAKDOWN**



**UNDERSTANDING  
PRONATION**



**PROTECT YOUR  
ROTATOR CUFF**



**WHY FIBRE IS  
ESSENTIAL**

## Snap, crackle, pop: decoding the mysterious noises in your neck

Does your neck pop, crack, or grind when you move? If you're worried these noises might signal a problem like arthritis, read on for more information.

When your neck makes crackling sounds, it can happen for different reasons. Some noises are harmless, while others indicate that there may be something wrong with the joints in your neck. It can be difficult to tell the difference between the two, so how do you know?

The audible sound that happens during normal motion is called crepitus. It can come from your joints, ligaments, or tendons sliding over a bone. Usually, the latter is nothing to worry about, but noises from joints and ligaments can suggest a problem. Let's take a look.

Popping or cracking noises can happen in a healthy spine. It's thought to be gas escaping from the facet joints at the back of the spine. When it occurs only occasionally it's likely to be normal, and it is common.

People who are very flexible may experience joint noises due to hypermobile ligaments.

This can cause clicking sounds when the joints move. While being flexible can be beneficial for certain activities, such as dancing or gymnastics, it can also lead to problems. Joint hypermobility syndrome, also known as double-jointedness, may result in pain, muscle strain, fatigue, digestive issues, and fainting.

Joint noises can be a sign of arthritis, which means inflammation in the joints. Osteoarthritis is a type of arthritis that happens when the cartilage in the joints wears down over time, commonly due to aging or overuse. This can cause rough bones to rub together, creating a 'bone-on-bone' creaking or crackling sound. An X-ray can help determine if arthritis is causing the noise in your neck.

As you can see, there's no one-size-fits-all answer. If you're concerned about the sounds your neck makes, talk to us. We can examine your spine, investigate the potential causes of crepitus and determine whether there could be a problem. Don't hesitate to reach out to us with any questions you have about your neck health.



*Our newsletter is free - please take a copy with you*

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

## Are you 'out of step'? Understanding over pronation and its impact on your body

You may not think about how your feet are hitting the ground when you walk or run, but the way you step matters, especially if you enjoy sports, like running. If your feet twist inwards, or you have fallen arches, you could be excessively pronating. Let's investigate this and what it means for your body.

Pronation and supination of the ankle and feet allow your feet to adapt to uneven ground, absorb shock, and walk. Technically, pronation refers to the combined movements of your foot and ankle - turning outward, moving away from your body, and bending upwards.

But sometimes pronation can be excessive, which is called over pronation. It's common and tends to be more prevalent with age, obesity, and in women. High-impact sports like basketball and ankle injuries can cause or contribute to over pronation. It can also affect more than just your foot and ankle motion; other areas of your body may become strained.

Over pronation changes mechanical function, so your bones and muscles can become stressed. Foot, arch, and heel pain can result, but it may also affect your pelvis and spine.

When your foot rolls inwards, it causes your legs, knees, hips, and spine to twist and shift. This may also cause other problems, for example back pain is common in over pronators.

Fortunately, there are ways to treat over pronation. Wear shoes that provide proper support and stability, like arch support and motion control. In some cases, orthotics (custom-made shoe inserts), may help to correct pronation and provide additional support.

Exercises to strengthen your feet and core are essential. For example:

- walking on the inside and outside borders of your foot.
- grabbing small items, like marbles, with your toes and moving them from place to place.
- strengthening the muscles of your abdomen and spine.

We are trained in the diagnosis and management of musculoskeletal conditions, which includes assessing and treating issues related to foot mechanics. We can discuss with you different options to help with over pronation, which may also prevent further damage to your body.



### 3 easy ways to identify over pronation

1. Look at the soles of your shoes - excessive wear on the inside might be a sign.
2. Check your feet in a mirror while standing; a collapsed arch or inward-rolling ankle may indicate the condition.
3. Step in water and then onto a piece of dry paper. A wet footprint without a visible curve between your big toe and heel could indicate over pronation.

### Improve balance, foot and ankle strength

Stand and lift one foot, when you feel balanced, you can increase the difficulty. Stand on one foot, bend your knee, and balance. Hold the pose. If you're steady you can try this with your eyes closed.

## Pear and apple crumble

### INGREDIENTS

- 4 pears, diced
- 4 apples, diced
- 1 cup ground almonds
- ½ cup oatmeal
- ¼ cup coconut oil, melted
- 2 Tbsp honey or maple syrup
- 1 tsp cinnamon
- ¼ tsp ground ginger

### METHOD

1. Preheat oven to 180 degrees.
2. Mix pears and apples and place into a large baking dish, leaving room for the topping.
3. Combine remaining ingredients in a bowl, then sprinkle over the fruit.
4. Bake for approximately 30 minutes until golden and bubbling. Allow to cool for 10 minutes before serving, as the fruit will be very hot.

### Options

- Add a handful of frozen berries into the fruit mix for some pops of colour.
- Add rhubarb to the fruit.
- Mix chopped walnuts through the topping.





# Shoulder savvy: understanding and protecting your rotator cuff

Your shoulder can be easily injured due to its complexity and vast range of motion and injuries are common, particularly in your rotator cuff. In this article, we explore what the rotator cuff is, how injuries can occur, and what you can do to keep your shoulders healthy.

The rotator cuff is a group of four muscles and tendons that are situated in your shoulder joint. They work together to stabilise your shoulder and enable you to move your arm, allowing you to perform essential everyday activities such as lifting, reaching, and throwing.

## Curious about collagen?

Collagen is the most abundant protein in your body. It's particularly important as a building block for your connective tissue – this is the stuff that makes your body supple, resilient and stretchy where it needs to be.

Collagen is an essential component of our bones, skin, muscles, and cartilage. It's found in meat and fish which contain connective tissue, but we can also get the basic ingredients to make collagen in our own bodies by eating a healthy varied diet, including plant-based.

You produce less collagen as you age, which is one of the reasons why your skin becomes less elastic and more lined. However, collagen production is affected more by your lifestyle. Collagen decreases due to overexposure to sun, smoking, a poor diet (too much sugar, processed food, and alcohol), and lack of sleep and exercise. The use of collagen supplements is on the rise, with claims they can improve bone and joint health, and reduce the signs of aging – but do they really work?

### Are collagen supplements, creams and lotions effective?

Research on the benefits of extra collagen in the diet has found that it may improve joint mobility and decrease joint pain, or slow the collagen loss that comes with aging. However, more comprehensive human studies are needed to support these results.

Also, collagen supplements can vary in quality. If you are thinking of taking a collagen supplement it's important to know exactly what's in it, as it may be combined with other ingredients that might require more caution.

Topical preparations – creams and lotions that we rub into our skin – that contain collagen are thought not to be very useful, as collagen is not absorbed through the skin.

Adding collagen to the diet through collagen supplements may have some benefits, but most people make enough collagen naturally by following a healthy diet and lifestyle. To give your body the best chance to make its own collagen, make sure you're getting plenty of low fat protein, whole grains, nuts, fruit and vegetables.

### How do injuries occur to the rotator cuff?

Rotator cuff injuries can be due to various reasons, including trauma, overuse, or age-related degeneration.

Traumatic injuries can result from a fall, a direct blow to your shoulder, or sudden excessive force on your shoulder joint. Overuse injuries happen when your rotator cuff muscles and tendons are repeatedly overworked, such as during repetitive overhead activities like throwing, swimming, or weightlifting. Age-related degeneration occurs naturally over time as the tendons lose their elasticity and become more prone to tears.

### How do injuries affect general health?

Rotator cuff injuries can have a significant impact on your body and your wellbeing. They can cause pain, weakness, limited mobility, difficulty performing daily activities, and even affect your sleep and mood.

If left untreated, rotator cuff injuries can lead to long-term pain and muscle imbalances. Moreover, the movements or postures you may adopt to avoid shoulder pain can lead to issues in other parts of your body, affecting overall musculoskeletal health.

### Can rotator cuff injuries be prevented?

Fortunately, there are preventive measures that you can take to keep your rotator cuff healthy and prevent injuries:

- Maintaining proper posture helps align your shoulder joint, reducing stress on your rotator cuff muscles and tendons.
- Warm-up and stretching exercises before any physical activity can help prepare your body for the upcoming stress and reduce the risk of injury.
- Regular strength training exercises that target the rotator cuff muscles can help improve their strength and stability, reducing the risk of injuries.
- Practice proper lifting techniques when lifting heavy objects. Use your legs and avoid lifting with your shoulders to reduce strain on the rotator cuff.
- Take regular breaks if you perform repetitive overhead activities to avoid overuse of your rotator cuff muscles.

Taking preventive measures can go a long way in keeping your shoulders healthy and reducing the risk of injuries. Remember to pay attention to your body, and talk to us if you experience any issues with your shoulders. We provide personalised advice based on a professional diagnosis.



## Test your health knowledge

Can you fill in the blanks in the following sentences?

1. \_\_\_\_\_ is an essential component of our bones, skin, muscles, and cartilage.
2. The \_\_\_\_\_ is a group of four muscles and tendons that are located in your shoulder joint.
3. Rotator cuff injuries can be due to various reasons, including trauma, \_\_\_\_\_, or age-related degeneration.
4. \_\_\_\_\_ changes mechanical function, so your bones and muscles can become stressed.
5. If your feet twist inwards, or you have \_\_\_\_\_ you could be excessively pronating.
6. Foot, arch, and heel pain can result, but it may also affect your \_\_\_\_\_ and \_\_\_\_\_.
7. Fibre is found in plant products, like \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.
8. There are two types of fibre which your body needs daily: \_\_\_\_\_ and \_\_\_\_\_.
9. The audible sound that happens during normal motion is called \_\_\_\_\_.
10. Joint noises can be a sign of \_\_\_\_\_, which means inflammation in the joints.

Hint: these sentences can be found in the articles in this newsletter.

## APPOINTMENT REMINDER

Your next appointment is on \_\_\_\_\_ at \_\_\_\_\_  
Date Time

## Fibre is essential for good health: here's why

You probably know eating fibre is important for your health, but do you know why?

Fibre's main function is to maintain digestive system health, but it can also aid weight control, diabetes management, and decrease the likelihood of certain diseases.

A high-fibre diet can stabilise blood sugar and cholesterol levels, reducing the risk of various conditions such as type 2 diabetes and heart disease. Fibre promotes healthy digestion, regulates bowel movements and helps to control appetite, all of which help to prevent conditions such as colon cancer, haemorrhoids, constipation, and obesity.

Additionally, fibre-rich foods are typically high in essential nutrients like vitamins and minerals, which are necessary for optimal health.

### What foods contain fibre?

Fibre is found in plant products, like fruits, vegetables, and cereals. There are two types of fibre which your body needs daily: soluble and insoluble. Most plant foods contain a mixture of both.

Insoluble fibre is part of plant cell walls which helps to keep your bowels regular. Good sources are found in the skin of fruit and vegetables, whole grains, nuts, seeds, and beans. Insoluble fibre helps to add bulk, and to prevent constipation and associated problems such as haemorrhoids.

Soluble fibre mainly exists in plant cells and one of its major roles is to lower LDL (bad) cholesterol levels. You can get plenty of soluble fibre from fruit and vegetables, peas, lentils, oat bran, seeds, and soy products such as soy milk. Soluble fibre can also help with constipation by acting as a sponge, making bowel contents softer and easier to move.

Eat a variety of nutritious food to get each type of fibre, drink plenty of fluid to help it work efficiently, and enjoy the benefits of better health. and enjoy the benefits of better health.

### 5 ways to get more fibre

- Check the fibre content on packaging and choose foods with at least 4g fibre per serve.
- Replace white bread with wholemeal or wholegrain bread.
- Eat wholemeal crackers topped with avocado and tomato.
- Try brown rice, cauliflower 'rice', or quinoa instead of white rice.
- Use wholemeal flour to thicken sauces and casseroles.



## TEST YOUR KNOWLEDGE

1. COLLAGEN 2. ROTATOR CUFF 3. OVERUSE
4. OVER PRONATION 5. FALLEN ARCHES
6. PELVIS AND SPINE 7. FRUITS, VEGETABLES, AND CEREALS
8. SOLUBLE AND INSOLUBLE 9. CREPITUS 10. ARTHRITIS

**Disclaimer:** The information in this newsletter is not intended to be a substitute for professional health advice, diagnosis or treatment. Decisions relating to your health should always be made in consultation with your health care provider. Talk to your chiropractor first.

## WELCOME

We would like to welcome Clinical Psychologists Rebecca and Mechelen to our Moorebank clinic.

### Mechelen

Mechelen is a Registered Psychologist who is passionate about supporting people with a range of presenting concerns. Mechelen has experience supporting clients who have experienced trauma, grief, loneliness, chronic pain, anxiety, depression, conflict, personality disorders, and relationship conflicts.

Mech has a special interest in improving communication skills with her clients and empowering them to manage a variety of stressors that may emerge across their lives. Mech employs a variety of therapeutic approaches that are tailored to each individual client, ensuring that her clients remain the experts of their own lives. On her days to herself, Mechelen enjoys spending time out in the sun as much as possible. She is an avid traveller, enthusiastic cook, and loves live music.

### Rebecca

Rebecca is aware it can be confronting to speak with someone about the things upsetting us. It is for this reason she makes it her job to ensure individuals feel comfortable and confident in the therapy process. She does so by being warm and empathetic whilst maintaining an evidenced-based approach.

Rebecca is a clinical psychologist who has worked with diverse populations in both private and public settings. These workplaces include private practice, Headspace, Westmead Hospital, Ramsay Inpatient Hospitals and even the quarantine hotels in Sydney's CBD.

She has worked primarily with adults who have presented with a variety of concerns from diverse backgrounds. Whether it be suicide, trauma, anxiety, workplace stress, depression or grief, Rebecca's approach is consistent, evidenced-based and compassionate.

Rebecca has experience practicing numerous therapy modalities including Cognitive Behaviour Therapy (CBT), elements of Dialectical Behaviour Therapy (DBT), elements of Schema Therapy, Motivational Interviewing (MI) and Mindfulness Based Stress Reduction (MBSR).

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