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TAKE ME HOME



YOUR CHIROPRACTOR



MARCH / APRIL 2017

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

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CHIROPRACTORS
Derek Kom *B.Sc. M. Chiro*
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Navneet Singh *B.Sc. (Anat) M. Chiro*

PSYCHOLOGISTS
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MASSAGE THERAPISTS
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Rachel Godwin *(Dip Rem Massage)*

NATUROPATHIC THERAPIST
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• **CHRIS KELLY** • **SUE KELLY** • **DEREK KOM** • **SABINA LEUNG** • **NAVNEET SINGH**

CREATING A BACK-FRIENDLY WORKSPACE

Does your back ache after a long day at work? You're not alone. Back pain is the primary cause of disability worldwide and is one of the leading workplace health complaints.

Sitting for extended periods places a heavy strain on joints, muscles and soft tissues. Unfortunately, if you work at a desk all day, you don't have much choice; however, the UK's National Health Service has some helpful guidance on reducing the strain on your body.

Adjust your seat
Maintaining good posture can be difficult when you spend a lot of time sitting but a well-adjusted chair can help. Adjust the backrest to sit at the curve of your lower back and use a lumbar cushion for extra support if necessary.

Adjust the seat height so that your elbows rest comfortably at right angles on your desk. The arm rests should be low enough to support your elbows without causing you to hunch your shoulders.

The seat of your chair should tilt forward a little, with your hips sitting slightly higher than your knees to prevent slouching. If you can't comfortably rest your feet on the floor, use a footrest to provide support.



Optimise your computer station
To avoid stretching, straining or tilting your head, make sure the top third of the computer screen is at eye-level and at an appropriate distance for you to read the screen.

You should be able to reach your mouse easily. Keep your arm bent and rest your forearm on the desk while using the mouse and avoid gripping it when you're not using it.

Your keyboard should be about six inches in front of you, with enough room to rest your wrists and keep your arms at right angles.

If you work on a laptop, you can avoid strain by raising the screen to eye level with a stand and using a USB mouse and keyboard.

Rearrange your desk
Keep your most commonly used items within easy reach and clear your desk of any clutter that might cause you to adopt awkward or uncomfortable positions.

Placing documents between yourself and the keyboard causes you to bend your neck at a rather uncomfortable angle. Move the keyboard to the side instead or invest in a document stand.

When using the phone, alternate between both hands and avoid cradling the handset in the crook of your neck. If you use the phone a lot, consider using a hands-free headset to reduce the strain.

Take a break
Whether it's going for a walk, making a drink or doing the photocopying, get up and move around every 20–30 minutes to give your back a break.

Proper hydration is essential for good spinal health, so try to drink plenty of water throughout the day to keep back pain and stiffness at bay.

What next?
If your workspace is causing or worsening your back pain, your HR representative can arrange a workstation assessment. Your chiropractor can also help by assessing your seating posture and advising you on adjustments and exercises specific to your working habits. Speak to your chiropractor today to find out more.

HEADACHES – CAN YOUR CHIROPRACTOR HELP?

We all suffer from headaches from time to time. For most of us they are rare and pass quickly, but for others headaches are a serious problem. Sufferers are left exhausted, frustrated and struggling with everyday activities due to constant pain.

If this sounds familiar, you have undoubtedly tried many solutions. But did you know that chiropractic may be able to help?

Headaches have a number of causes and some, such as dehydration, sinus problems and tiredness, can be easily remedied. Tension, migraine and cluster headaches, however, are often more complicated.

Tension headaches

Tension headaches are the most common. Along with a constant, dull pain across your head, you may experience a tightening sensation in your facial and neck muscles



and pressure behind your eyes. They typically subside within a few hours but can last days at a time.

Common causes are thought to be stress, incorrect posture and sedentary activities like reading or desk work. Straining the muscles in your jaw, neck, shoulders and upper back irritates the joints and nerves in these areas and refers pain up into the head.

Migraines

Migraines are severe headaches typically accompanied by visual disturbances, nausea, dizziness and difficulty speaking. They can attack quickly with little warning and can be rather debilitating, sometimes lasting for as long as 72 hours.

While the exact cause of migraines is unclear, researchers do know that changes in blood flow to the brain and nerve signal interference both contribute.

Cluster headaches

Cluster headaches are sustained periods of intense headaches, beginning without warning and occurring repeatedly for days or weeks. They're often described as unimaginably painful.

Due to their spontaneous nature, researchers have struggled to identify causes and effective treatments. Medications are generally unhelpful,

so sufferers often have little option but to endure the pain.

How can chiropractic help?

There is some preliminary research to support the theory that misalignments in the neck and spine can cause headaches. Misaligned vertebrae are thought to place pressure on the surrounding nerves, joints and blood vessels, restricting blood flow and leading to headaches and migraines, among other symptoms.

You chiropractor can perform a spinal adjustment, a technique used to realign the vertebrae in the neck and spine. It may be effective in relieving certain types of headaches as it relieves muscle tension and alleviates pressure on the nerves and joints.

Spinal adjustments may also be able to relieve migraine symptoms and cluster headaches by freeing restricted nerves and blood vessels, restoring normal signalling and blood flow to the brain.

If you're experiencing chronic headaches and migraines, you don't have to suffer alone. Speak to your chiropractor today and find out if chiropractic care can provide relief.

Reference

PMID: 22257946

Clever CROSSWORD

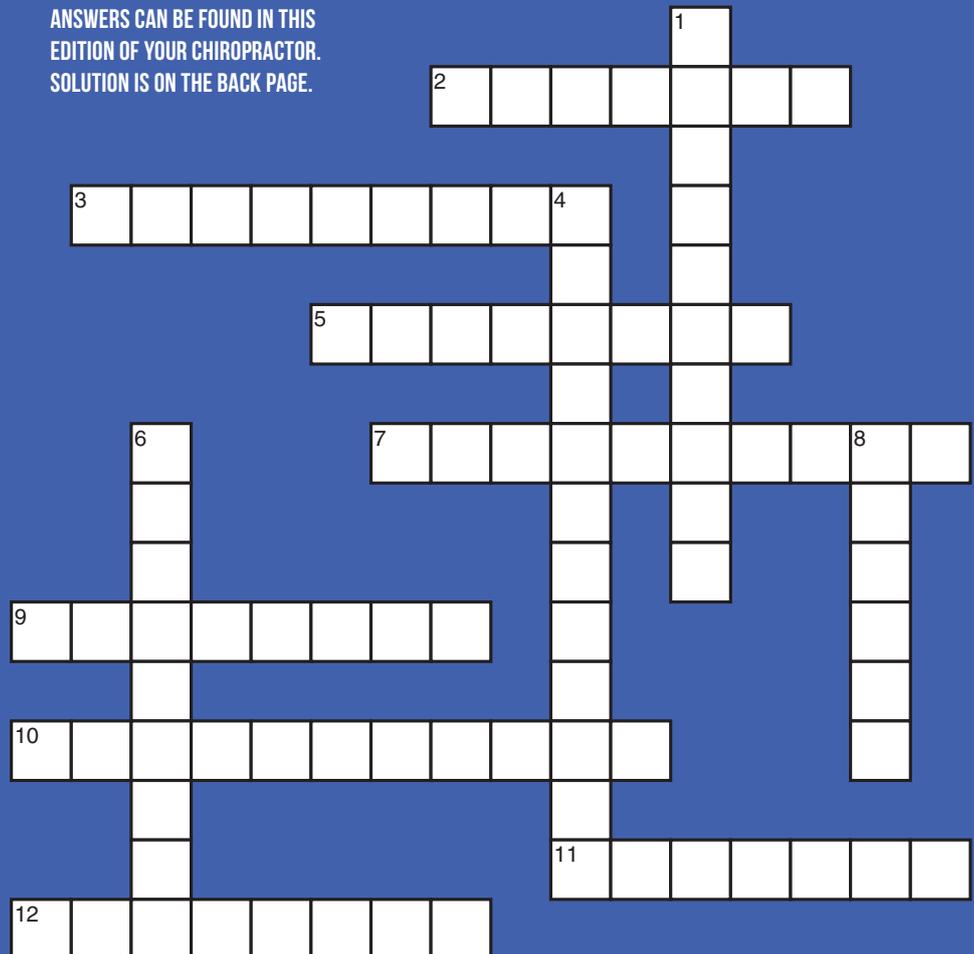
ANSWERS CAN BE FOUND IN THIS EDITION OF YOUR CHIROPRACTOR. SOLUTION IS ON THE BACK PAGE.

ACROSS

2. The longest and thickest nerve in your body.
3. Chiropractors use spinal manipulation to realign the _____.
5. Use this instead of a handbag to distribute the weight evenly across both shoulders.
7. A lifestyle factor that can aggravate a chiropractic condition.
9. Avoid this type of motion when stretching as it can cause injury
10. One cause of headaches.
11. Doing this for extended periods, places a heavy strain on joints, muscles and soft tissues.
12. Severe headaches typically accompanied by visual disturbances

DOWN

1. Doing this regularly increases the blood flow to the muscles and keeps them long, lean and flexible.
4. Before beginning a treatment plan, discuss these with your chiropractor.
6. The seat of your chair should tilt forward a little to prevent this.
8. Carrying this type of heavy item in a handbag, may lead to back pain.



WHAT YOU NEED TO KNOW ABOUT STRETCHING

We know that stretching is an important part of a safe and effective exercise routine but for most of us, it stops there. However, experts believe that stretching is essential to your health and should be done on a regular – even daily – basis, whether you exercise or not.

Regular stretching increases the blood flow to the muscles and keeps them long, lean and flexible. This protects us from pain and sprains, improves balance and helps us to maintain a healthy range of motion in the joints.

Stretching used to be considered a warm-up, but experts now advise against stretching cold muscles. To avoid injury, it's recommended that you do 5–10 minutes of light activity first to get blood and oxygen flowing to your muscles.

There are various types of stretching that can benefit you depending on the stage of activity. Dynamic stretches, such as lunges and squats, are most effective at the beginning of your exercise routine or activity. They take the joints through a full range of motion and safely prepare the body for the movements to come.

Static stretching involves pushing the joint through a specific range of motion to the point of tension and holding the stretch for around 30 seconds, increasing the stretch as the tension subsides. This form of stretching is most effective as a post-exercise or rehab routine.

It may take some time to see the benefits of your stretching routine. For best results, you need to stretch regularly and consistently, at least three to four times a week.

Your stretching routine should be designed around your lifestyle and health and be sure to stretch both sides to avoid imbalances.

When stretching, avoid using a bouncing motion as this can cause injury. Instead, use a smooth motion to move to the limit of the stretch and hold your position. You should go far enough into the stretch to feel a slight pull, but not far enough to cause pain.

If you do feel pain when stretching, try releasing the pressure slightly. If this doesn't help, you may have an injury or damage to the soft tissues. In this case, you should stop immediately, rest the muscle and seek medical advice.

Your chiropractor can advise you on safely incorporating stretching into your health routine. If you'd like to learn more about the benefits of stretching and how it can improve your health, speak to your chiropractor today.



Good Health on the Menu

STUFFED CAPSICUM WITH COUSCOUS AND VEGETABLES

A simple dish packed with the goodness of vegetables

Ingredients

- 4 red capsicums
- 2 tbsp olive oil
- 1 onion, diced
- 2 cloves garlic, crushed
- 1 tbsp dried oregano
- ½ tsp cumin
- 2 tbsp tomato paste
- 2 tomatoes, seeded and diced
- 1 zucchini, diced
- 2 cups cooked couscous
- 1 tin chickpeas, drained
- ½ cup chopped parsley
- Salt and pepper to taste
- Feta, for topping



Method

1. Preheat oven to 180 degrees Celsius.
2. Cut the tops off the capsicums and keep to one side.
3. Remove the seeds and slice the bottom of each capsicum so they sit upright and fairly flat on a baking tray.
4. In a pan heat olive oil and cook onions until soft.
5. Add garlic, oregano and cumin and stir for 2 minutes.
6. Add tomato paste, tomatoes and zucchini.
7. Add couscous, chickpeas and parsley and stir until combined.
8. Season with salt and pepper.
9. Spoon stuffing evenly into capsicums.
10. Sprinkle over some feta and finish with the top back in place.
11. Bake in oven for 30 minutes.

SCIATICA AND CHIROPRACTIC TREATMENT

The sciatic nerve is the longest and thickest nerve in your body, beginning in the lower back and extending through the gluteal area and down to the feet. Occasionally, this nerve can become inflamed, leading to a painful condition known as sciatica.

The most common symptom of sciatica is a painful sensation radiating from the lower back and hip area, through the buttocks and down into the legs, usually on just one side. The level of pain can vary from mild to intense and is often accompanied by numbness, tingling, burning, weakness and fatigue.

The vast majority of cases are caused by a herniated disc placing pressure on the sciatic nerve. This compression interferes with the nerve function and causes painful inflammation, which travels down the nerve path into the legs.

Sciatica can last from a few days to several months. Depending on the severity and the cause, treatments range from self-care, such as heat packs and exercises, to physical therapy and even surgery.

Chiropractors regularly treat sciatica using a technique called spinal manipulation. This involves applying pressure to the affected area to realign the vertebrae, relieve the compression on the sciatic nerve and restore healthy function to the back and hips.

The effectiveness of chiropractic as a treatment for sciatica is supported by research. One such study looked at patients who had failed to see results from standard medical treatments and were considering surgery.

Of the patients who were treated with chiropractic, 60% showed results at the same level of success as their counterparts who went on to have surgery. The benefits reportedly lasted up to a year, suggesting that chiropractic may be an effective alternative to surgical treatment for many people.

Chiropractors may also be able to treat sciatica using a form of massage called trigger point therapy. The sciatic nerve runs beneath the piriformis muscle, which sits underneath the glutes. When this muscle gets tight, it pinches the nerve and causes pain, numbness and tingling. When pressure is applied to the trigger points in the piriformis and the surrounding area, the muscles relax and loosen, relieving the pressure on the nerve.

Exercise is commonly recommended to treat mild cases of sciatica. Movement can help to relieve tightness while increasing blood flow to the affected area and helping to relieve inflammation. Chiropractors can recommend a program of gentle stretches and strengthening exercises to help restore healthy muscle and joint function and reduce the risk of future injury.

If you're suffering from sciatica, there are many ways in which chiropractic may be able to help. Speak to your chiropractor today to discuss your symptoms and create a treatment plan to help relieve your pain.

Reference
PMID: 21036279

EXCESS BAGGAGE: HOW YOUR BAG CAN DAMAGE YOUR BACK

Back pain is one of the most common health complaints today. As a complex condition, it has many different causes, including stress, posture and even wardrobe choices. That's right! As strange as it sounds, your bag could be the reason behind your aches and pains.

Many of us today regularly carry a handbag or shoulder bag of some sort. Keys, accessories, phones, tablets, gadgets, beauty products and stationery can all add up to a significant weight. It's no surprise that this extra weight can have an impact on the back. Because these bags are usually only carried on one side, the effects can be even more pronounced.

Carrying a heavy bag on one side can place an uneven strain on your spine and core, forcing you to work certain muscle groups harder to maintain your balance. Your gait can also be affected by the uneven weight distribution of handbags and shoulder bags. You may find that you put more weight on one foot and place

it down harder when you walk, putting excess strain on one knee and hip.

If you must carry a bag, there are steps you can take to minimise the impact on your body.

The most important is to travel light; experts recommend no more than 10% of your body weight. It's easy to accumulate and carry things you don't really need day-to-day, so take some time every few days to sort through your bag and make sure you're only carrying the essentials.

If you can, consider using a backpack or rucksack instead of a handbag. The two straps allow you to distribute the weight evenly across both shoulders, reducing the strain on your back. If you'll be carrying it for long periods of time, a waist strap and padded back panel can provide extra support.



If you decide to stick with your handbag or shoulder bag, try to swap shoulders regularly or even carry it across your body to distribute the weight more evenly. Choose a bag with wide, padded straps to avoid digging in your shoulder muscles.

If you're suffering from back pain as a result of carrying heavy bags, chiropractic may be able to help. Speak to your chiropractor today about pain relief techniques and spinal readjustment to restore balance to your musculoskeletal system.

5 QUESTIONS TO ASK YOUR CHIROPRACTOR TODAY

Chiropractic is most effective when you're fully informed and involved in your treatment. Get your chiropractic care off to the best possible start by asking your chiropractor these five important questions.

1. Can chiropractic help me?

There are many applications for chiropractic care and people typically report positive results. However, it's important to note that chiropractic isn't a cure-all solution. Before beginning a treatment plan, discuss your expectations with your chiropractor to make sure chiropractic is right for you.

2. Which treatment(s) do you recommend?

Chiropractors are trained in multiple treatment techniques and some treatments will be more effective in treating your condition than others. Ask your chiropractor which technique/s they intend to use for your treatment, how it works and how it can benefit your particular condition.

3. Is this treatment safe?

It's normal to have some concerns about any course of treatment. It's important that you feel comfortable discussing them with your chiropractor and asking questions about your

treatment plan. Your chiropractor can offer you the reassurances you may need and will happily discuss the safety and effectiveness of any techniques in your treatment plan with you.

4. What caused my condition?

To effectively treat a problem, it's vital to look at the underlying cause and not just the symptoms. As well as treating your pain and discomfort, your chiropractor will try to help you get to the root of the issue, address contributing factors such as misalignments and give you guidance on preventing further problems.

5. What can I do to manage my condition?

Many conditions are aggravated by lifestyle factors like stress, working habits and inactivity. Your chiropractor can help you to figure out if these factors are contributing to your pain or discomfort and can advise you on how to reduce their impact. This might involve postural adjustments, home exercise routines, workplace assessments or stress relief techniques.

Reference
PMCID 4307916

GET TO KNOW ... DEREK KOM – CHIROPRACTOR SEVEN HILLS

1. What is your idea of perfect happiness? Being able to wake each day knowing you can contribute to society in one way or another and getting a smile back in return for your trouble.
2. What is your greatest extravagance? My automatic coffee machine. And maybe my monthly subscription to Netflix!
3. What do you consider the most underrated virtue? Respectability, especially when it is unjustifiably earned.
4. Which words or phrases do you most overuse? "Look here you two ..." and "This is going to hurt you more than me!"
5. When and where were you happiest? Any time of the year I finish work knowing I have a break to look forward to, particularly a break lasting more than three days!
6. Which talent would you most like to have? X-ray vision. Of course for good not bad!
7. If you could change one thing about yourself, what would it be? That's a tough one. It would be a tie between being taller (I was always half a foot short of dunking a basketball in high school) and being able to grow a beard in less than 12 months. Some of us actually start November much earlier!
8. What do you consider your greatest achievement? Graduating from uni twice and in the time I planned to.
9. If you were to die and come back as a person or a thing, what would it be? T-Rex. No one messes with a T-Rex!
10. Where would you most like to live? Anywhere I can get access to a beach and a good golf course, and where heavy traffic is nonexistent!
11. What is your most treasured possession? My 7 iron. It's a good weight to swing around and hit balls with on the golf course, and because my daughter may be dating in a few years time.
12. What do you regard as the lowest depth of misery? Loneliness
13. What is your favourite occupation? Mine of course! Followed closely by professional sport. But it has to be a sport where I can still eat Krispy Kreme doughnuts and not get into any trouble.
14. What is your most marked characteristic? If you ask my son then it would have to be my receding hairline!
15. What do you most value in your friends? Companionship, camaraderie and being able to share a laugh, even if it's just a little inappropriate!
16. Who are your favourite writers? I don't have any favourites but I am a sucker for biographies and true crime.
17. Who is your hero of fiction? Jason Bourne, just because he wears his undies underneath his pants!
18. Which historical figure do you most identify with? Albert Einstein. Not because of the brains, but because I used to get bed-hair that looked like his. Back when I had lots of hair of course.
19. What is your motto? I haven't got a personal motto but I have a favourite one from the EPL team (Everton FC) I passionately follow. It is "Nil Satis Nisi Optimum" which is Latin for "Nothing but the best is good enough".

ABOUT OUR REFERENCES

The National Center for Biotechnology Information (NCBI) provides a search function across 39 databases, offering a digital index of biomedical literature as well as life sciences journals, and online books. Each piece of literature is assigned a Unique Identifier (UID) pertinent to its primary database.

Where appropriate, articles throughout this publication provide references to relevant literature, in the form of an assigned UID, to acknowledge source/s and to give validity to information contained within the articles.

Further information on these sources can be gained by utilising the search function on the National Center for Biotechnology Information's website, <https://www.ncbi.nlm.nih.gov/gquery/> entering the UID.

ACROSS: 2. SCIATIC 3. VERTEBRAE 5. BACKPACK 7. INACTIVITY
9. BOUNCING 10. DEHYDRATION 11. SITTING 12. MIGRAINE
DOWN: 1. STRETCHING 4. EXPECTATIONS 6. SLOUCHING 8. TABLET

ANSWERS
CROSSWORD