

## 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

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## PSYCHOLOGIST

Tony Monaghan *BA(Psych, Soc),  
GDipHR Mgt, GDipAppSportPsy, Accredited The  
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## MASSAGE THERAPISTS

Yvonne Croft *(Dip Rem Massage)*

Rachel Godwin *(Dip Rem Massage)*

Genevieve Ribbons *(Dip Rem Massage)*

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## CLINIC STAFF

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# YOUR CHIROPRACTOR

MAY/JUNE 2022



CARE FOR BABIES AND CHILDREN



TIPS FOR BETTER SPINE HEALTH



WHY IS ZINC IMPORTANT?



APPLYING ICE & HEAT THERAPY

## Tight hamstrings: the chiropractic perspective

Do your hamstrings feel tight and touching your toes just a pipe dream? If you've ever thought inflexible hamstrings could play a role in back pain and spinal health, and vice versa – you're right.

### WHAT DO THE HAMSTRINGS DO?

The hamstring is the name given to a set of three muscles; together, they form the muscle group at the back of each thigh. These muscles originate at the pelvis and attach to the lower part of your knee. Think of them like an elastic band. As the band is pulled tighter, your thigh is drawn backward and your knee is bent. In anatomical terms, the hip is extended and the knee is flexed.

This muscle group is used often. Gentle contraction enables you to stand and maintain an erect posture. Your hamstrings help to support a straight leg and upright pelvis. Stronger contraction allows you to put your leg into action: to walk, jog, run, jump, squat. But you cannot use this muscle group without an effect on your pelvis. After all, the two are connected.

### HOW DO TIGHT HAMSTRINGS AFFECT THE SPINE?

From a biological and chiropractic perspective, the pelvis and spine are closely linked to the hamstrings. We know that hamstring tension changes how quickly the muscles in your lower back turn on and off. This affects function. Tense hamstrings lead to an altered lumbar curve and can trigger low back pain. Lumbar and pelvic adjustments may help increase hamstring flexibility.

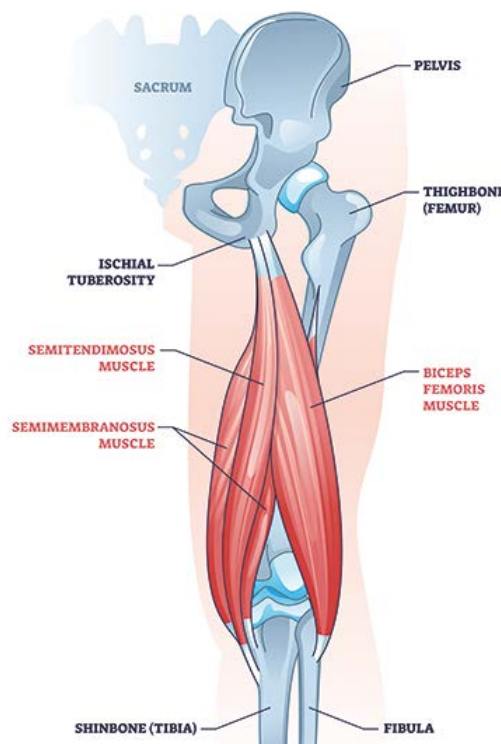
In short, when your hamstrings are too tight or your spinal joints aren't working well, pressure on both increases. Dysfunction and injuries can occur. That's why the term 'back-related hamstring injury' was coined. But, when spinal dysfunction and "stuck" joints are corrected, these muscles relax. Injury may recover or, better yet, be prevented.

### WHY DO HAMSTRINGS BECOME TIGHT?

Overuse, lack of stretching, poor posture, and individual anatomy each play a role. Different muscles designed to stabilise your body, including your spine, can also become weak. This may lead to hamstrings seeking to compensate. These weakened muscles can also stress spinal joints which, as already discussed, can then affect hamstring tension. Yes, it is a complicated web!

So, how can you know if your hamstrings are too tight? As a simple test, sit in a chair. Push your bottom to the back. Keep your spine upright and face forward. Now, straighten your left knee and pull your toes toward your body. Then, perform on the right. On either side, do you feel tightness in the back of your thigh? If you do, speak to us. While this is a basic test, it's a good starting point.

Hamstring tightness is a significant problem. Linked to low back pain, injury, and a dysfunctional spine, it should not be ignored. The sooner you begin appropriate care, the sooner this problem can be corrected.



Our newsletter is free - please take a copy with you

# Roast pumpkin, spinach and chickpea salad

Toasted nuts and seeds, and a lemony dressing add crunch and flavour to this tasty salad – plus it provides a healthy amount of zinc!

## INGREDIENTS

- |   |                                  |
|---|----------------------------------|
| 700g butternut pumpkin, peeled, chopped into 2-3cm chunks | 2 Tbsp pumpkin seeds             |
| 400g can chickpeas, drained and rinsed                    | 1 small red onion, sliced thinly |
| 2 tsp olive oil   | 150g baby spinach leaves         |
| 2 tsp grated lemon rind                                   | 100g feta, crumbled              |
| ¼ cup pistachios or cashew nuts                           | 2 Tbsp finely chopped parsley    |

## Lemon and honey dressing

- |                    |             |
|--------------------|-------------|
| 1 Tbsp olive oil   | 1 tsp honey |
| 3 Tbsp lemon juice |             |
- Combine dressing ingredients in a jar with a pinch of salt and shake well.



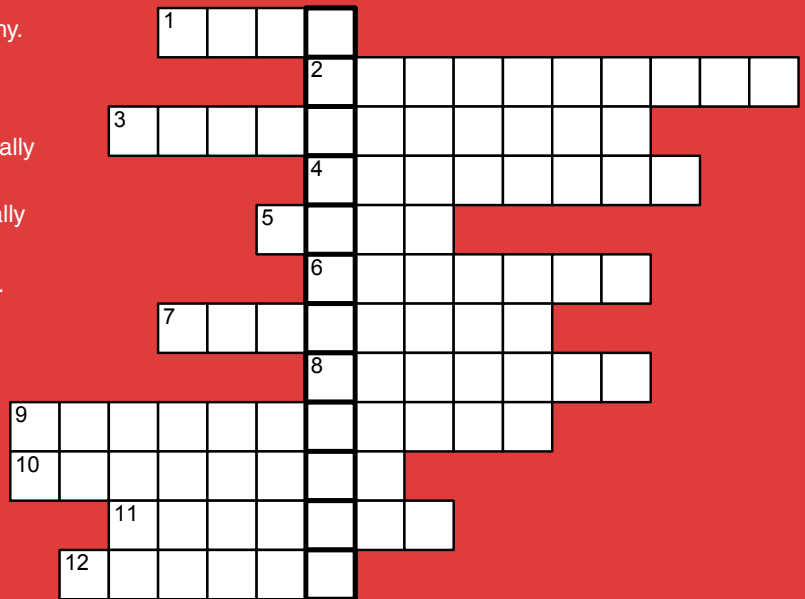
## METHOD

- Preheat oven to 220°C.
- Combine pumpkin and chickpeas with oil and lemon rind, season. Arrange on a lined baking tray. Roast about 20 minutes until golden and tender, add nuts and pumpkin seeds for the last two minutes.
- In a large bowl combine pumpkin, chickpeas, nuts and seeds, toss gently with onion, spinach leaves and dressing. Serve salad sprinkled with feta and parsley.

# HIDDEN WORD

Find the hidden word in the bold squares by filling the answers of the clues in the puzzle. Answer is on the back page.

1. One of the trace minerals we need in our diet to stay healthy.
2. The name for the muscle group at the back of each thigh.
3. Capable of bending or being bent.
4. Actions or movements of your body that happen automatically in reaction to something.
5. A disease that causes painful swelling of the joints especially in your toes.
6. The way in which you hold your shoulders, neck, and back.
7. A very bad headache.
8. The middle part of your body that contains the stomach and other organs.
9. An irregularity or failure of a part of your body to function normally.
10. The ability to move.
11. The physical structure of your body.
12. Related to your lower back



# Should I apply ice or heat?

We're often asked about when ice and heat therapy should be used. As a basic 'rule', ice may be useful for injury and heat for muscle tension. But this isn't as straight forward as it sounds; rules rarely are.

## Which is better - ice or heat therapy?

Ice therapy, often in the form of a cold pack, reduces blood flow, swelling, and the perception of pain. That's why shivering footy players hit the wintery sea to boost recuperation. In the first three to six hours following exercise, cold therapy can aid rapid recovery. But when used more than 24-hours afterward the benefits disappear.



Interestingly, heat therapy is also effective when it comes to the relief of post-exercise soreness. However, applying warmth continues to work beyond the 24-hour mark. It's beneficial for longer.

With that said, ice therapy has a range of other benefits. Use this therapy to gain pain relief after surgical procedures, following muscle and bone injury and dysfunction, from gout, and to reduce acute pain.

Heat therapy has a variety of potential benefits, too. Use to increase blood flow, improve muscle function and strength, and enhance flexibility. Apply to reduce pain from rheumatoid arthritis, migraine, muscle knots, and more.

## How do I apply each therapy correctly?

Use ice repeatedly in an on-and-off fashion. Twenty minutes on and an hour off is one traditional recommendation. To benefit from heat, warm packs or wraps can be applied for hours at a time.

When used correctly, ice and heat are safe, cheap, and easy to use. Do note, though, that either treatment could injure tissues if extreme temperatures are applied; for example, an ice burn. If you have any questions, please ask. We're happy to discuss which approach is right for you.





# Babies and children: the top four questions about chiropractic care

We each have an incredible spine designed to carry us through our lifetimes. It provides protection, strength, mobility; and acts as a super highway for our nervous system. Our spines are essential for our overall health, yet its importance can be overlooked in the lives of our precious young ones.

Chiropractic care has been provided to children and babies for over a hundred years. On behalf of the Victorian Government, a review was undertaken in 2019 by Safer Care Victoria (SCV) on the practice of chiropractic spinal manipulation on children under 12 years. It found that 98% of parents or guardians reported that their child improved after chiropractic spinal care.

We often get asked about chiropractic care for children and babies, so let's answer some of the common questions you might have.

## Why might a child need chiropractic?

Colliding with objects and falling can cause little and big injuries. According to research published in the journal, Psychological Science, an average toddler "takes 2368 steps, travels 701 metres and falls 17 times per hour." That's a lot of bumps! Just like adults, little people can hurt their spines too. If you've noticed any significant thuds or signs of pain, you may like to arrange a chiropractic assessment.

## What does an examination involve?

This depends on the age of your little one and what problems they're experiencing. First, we'll chat with you about your child's history and your concerns. Then, a careful examination will be performed. This may include checking reflexes, range of motion, observation, measuring angles, moving joints, assessing posture, and feeling the spine.

## How does care differ from adults?

Because babies and children are small, so are their adjustments. Depending on your child and their condition, specific techniques will be chosen. These are appropriate for young people and gentle, naturally.

## Is it safe?

The SCV review found no patient complaints or practitioner notifications about significant harm following a spinal adjustment on a child.

Our main concern is about the health and safety of our clients. Any plan would be discussed fully with parents or guardians, and always includes information about the risks and benefits of any proposed treatment.

Please ask us if you have any questions or concerns about chiropractic care for your child.

[www.bettersafecare.vic.gov.au/publications/chiropractic-spinal-manipulation-of-children-under-12](http://www.bettersafecare.vic.gov.au/publications/chiropractic-spinal-manipulation-of-children-under-12)



## Sore Neck?



## Consider a Chiro

Everyday necks can be put in all kinds of positions, especially when looking at screens or mobile phones, and even while sleeping. Neck pain can spread and might also come with muscle tightness or spasms.

Chiropractic care is a natural, drug-free way to manage and relieve swelling and discomfort caused by neck pain.

## Simple tips for a healthier spine

A healthy spine is the key to your wellbeing – keeping you pain-free, strong, and flexible. It's the centrepiece of your body from which your limbs hang, your head rests, and your ribcage and abdomen attach. However, because you can't see it, it's often forgotten until you have pain. Here are some helpful tips to keep your spine healthy.

### Good posture

Poor posture is common and will strain your back – especially if you spend significant time at a desk, couch, or staring down at a screen. When you sit or stand, your shoulder should be in line with your ear. Your spine should maintain a neutral position. The natural curves of your neck and back should be maintained to protect against injury and help movement.

### Strengthen your core

It may sound strange but to support your back you must strengthen your front – your core, that is. The core muscles help move, stabilise, and support your spine. Weak core muscles can place an extra load on spinal joints. This can create pain and dysfunction. A strong core may reverse these problems.

### Sleep comfortably and supported

Do you sleep on your stomach? It's time to stop. This position twists and strains your spine. Lie on your side or your back, and place a pillow under your knees when lying on your back, or between your knees when lying on your side to ease any strain. Choose a supportive and comfortable mattress and pillow that keep your spine in its ideal position.

### Lift sensibly

Your spine wasn't designed to lift heavy weights, so make sure that the object you're picking up is manageable for you, and stick to these sensible rules. Come close to the item, bend your knees and squat down. Grasp securely with both hands, keep the item near your body. Maintain the forward curve in your lower back and brace your core. Move your feet, don't twist. If it's too heavy, place it down and get help before you injure yourself.

Chiropractors know spines inside out. From back pain relief to improved function, chiropractic care has much to offer in pursuit of a healthy spine. If you'd like more information about getting – and keeping – a healthy spine, talk to us.

## APPOINTMENT REMINDER

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

## The importance of zinc

Zinc is one of the trace minerals we need in our diet to stay healthy. We only require it in small amounts, but it has many important functions in our bodies.

Zinc is essential for supporting our immune system; we need it to help fight infection. It's also important for normal growth and development, wound healing, maintaining our eyesight and sense of taste and smell.

In Australia the recommended dietary intake (RDI) of zinc per day for adults is 8mg for women and 14mg for men. Men have a higher requirement than women because it plays a crucial role in the regulation of male sex hormones, especially testosterone.

The RDI is slightly higher during pregnancy to help the baby develop normally, and also when breastfeeding.

### 5 ways to include more zinc in your diet

- Add whole grain oats to apple crumble topping
- Toss some seeds and beans into your salad or stir-fry
- Roast some chickpeas along with your vegetables
- Add milk or yoghurt to your smoothie
- Make some mini meatballs to snack on

#### How to tell if you're lacking zinc

When we don't get enough zinc, we call that zinc deficiency, and can begin to experience health problems. Signs of a zinc deficiency include:

- hair loss
- loss of appetite, changes in taste
- problems with sexual function, particularly in men
- worsening eyesight
- wound healing problems

These signs can also indicate other problems; therefore it's best to get a medical assessment to determine whether you might have a zinc deficiency.

#### How much zinc do you need?

We can't make or store zinc, so it's essential to consume it daily. The amount we require differs according to age, sex, and nutritional needs.

#### Where can you get zinc?

Red meat and certain types of seafood such as oysters, crab and mussels are excellent sources of zinc. Dairy products are also high in zinc. Some dairy alternatives and cereals are fortified with zinc, among other nutrients.

There are also good plant-based sources; these include cashew nuts, pumpkin seeds, chickpeas, lentils, kidney beans, and whole grain oats. The absorption of zinc from plant sources is less reliable than from animal foods, so those on strict plant-based diets may need to consider this when planning a balanced diet.

Zinc is available in supplements, but taking too much could cause side effects and interfere with other nutrients you need. Eating a healthy balanced diet that includes zinc-rich foods should meet most people's requirements.

## YOUR FIRST VISIT

Your first visit is all about you!

We are going to talk in-depth about you and any health concerns or challenges you may have. We will also talk about your health goals and your reasons for seeking health care. We want to know exactly what is going on with you, so that we can determine the best treatment for you.

## ON ARRIVAL AT THE CLINIC

Please see the receptionist upon arrival. This eliminates the possibility of you being overlooked and enables us to have your information ready.

## APPOINTMENTS

Your appointment schedule is designed to obtain the best possible results specifically for you. Please be sure to make up any missed appointments.

If you need to change your appointment, we would appreciate as much notice as possible so that other patients may be offered that time.

## WAITING TIMES

Despite our best intentions, we sometimes run late! This is because someone has needed unexpected urgent attention. Be assured that when it comes your turn the chiropractor will not rush to catch up but will give you the time you require. Thank you for your patience.

## OUR COMMITMENT

This practice is committed to providing the best possible care to all patients. Our practitioners do their utmost to stay current with the latest developments in health care and are active members of their respective associations.

## FEEDBACK

We are here to serve you. Please speak to your chiropractor or the staff about any concerns you may have. We see your constructive comments as helping us to help you and others.

## THANK YOU FOR YOUR REFERRALS

We can't say thank you enough for your referrals to our clinic. Our reason for being here is to make our community as healthy as possible. We can only do that with your referrals and we appreciate every one.

## HIDDEN WORD

The hidden word is CHIROPRACTOR.

**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.

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