

**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 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*

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

**PSYCHOLOGISTS**

**Zeina Boutros** *BPsych MPsych(Forensic) MAPS*

**Anne Craven** *BA(HonsPsych) (UNSW),  
PGDipSocHealth (Mac)*

**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, Josie, Tiffany,  
Carly & Kristina

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

# YOUR CHIROPRACTOR

MARCH/APRIL 2020



## Lose the pain and improve your game!

Have you ever sprinted for a backhand only to have a back spasm stop you in your tracks? Maybe you've been nursing spinal discomfort but it's affecting your serve and smash? Back pain is common in tennis players; your sport might be causing, or making your pain worse.

It's not surprising when you consider that the pressure placed on the spinal column while serving is a staggering eight times the force generated by running. Serving requires hyperextension, which can compress your spinal joints. Front and backhand shots require sudden side and twisting movements. As you toss, stretch, run, and bend with force, sometimes something gives!

According to the International Tennis Federation, 95% of players who experience low back pain have what's called the 'non-specific' type. That means most problems stem from muscle and spine related injuries, the kind your chiropractor specialises in. The good news is there are ways to enjoy your passion and ease your pain.

These four important steps will help you to strengthen, support and heal your back, and improve your tennis game.

**Warm up:** A sufficient warm up is important to prepare your body. Five minutes of cardio, then taking your joints through their range of motion and practicing your strokes will get you ready for your game.

**Professional advice:** Have a tennis professional check your style, playing posture and the suitability of your racquet. The right amount of knee bend and strong muscles that fire in the correct sequence, reduce dysfunction and discomfort. Strokes performed with the right technique can increase power while lessening pain and chance of injury.

**Practice the bird dog:** The bird dog is a strengthening exercise that focuses on toning the core and back muscles together. Kneel on all fours. Flatten your back and brace your stomach muscles. Lift one arm out straight in front and in line with your ear, at the same time that you extend the opposite leg straight behind. Ensure your posture is stable and then hold for 10 - 30 seconds. Return to the starting position, swap sides and repeat.

**Switch up your serve:** Serving is a serious business that places your back under significant strain. Converting to a lower force option, for example from a kick to a slice serve, will reduce the amount of back arch.

While lower back pain is common in tennis, other injuries can occur too. If your shoulder range of motion is restricted and it hurts to reach up, or to lie on that side, you might have a rotator cuff injury. Pain in the front of the knee, damage to the calf muscle or Achilles tendon, ankle sprains, and elbow and wrist problems are also frequent events. There is even a condition called 'tennis toe', where the toes hit the end of the shoe causing bruising under the nail.

Remember, playing tennis creates significant spinal and joint strain. Protect your game and playing future by caring for your body in health and in injury.

### WHAT'S INSIDE

Your spine and your health

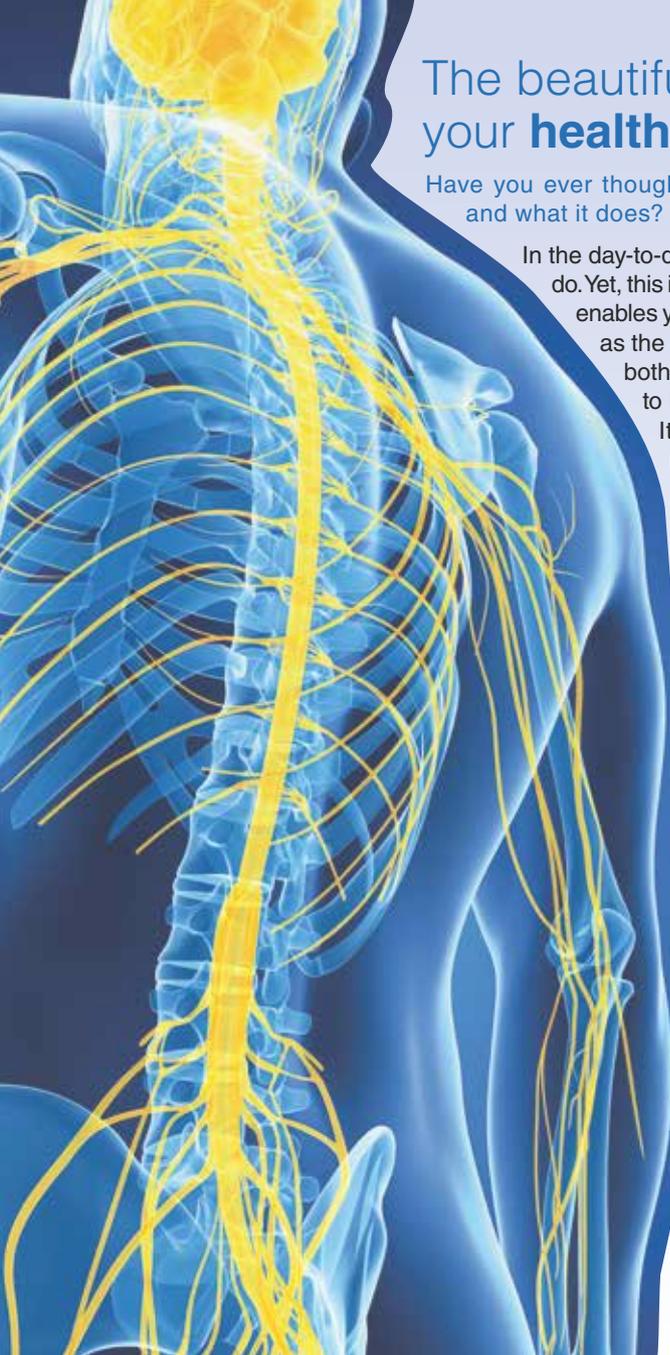
Is there a cure for cracking joints?

Health-harming handbags

The chocolate choice

Crossword corner

Try the delicious, dark chocolate, cranberry, hazelnut and cacao bark ... see recipe inside



## The beautiful partnership between **your spine** and **your health**

Have you ever thought about how your spine works and what it does?

In the day-to-day bustle of life, not many people do. Yet, this incredible piece of living machinery enables you to move, keep upright, and acts as the strong foundation for your body. It both protects and directly contributes to how your nervous system works. Its design, in essence, perfectly matches its function.

The spine consists of many bones (or vertebrae): seven cervical, twelve thoracic, and five lumbar vertebrae, plus the sacrum and the coccyx at the base. Most vertebrae are held together by facet joints, which click together like tongue and groove floorboards, and strong discs.

While the spine is incredibly strong and supportive, it also wields a secret power. It is key to brain function. As researcher and Nobel Prize winner, Dr. Roger Sperry, said, "Ninety percent of the stimulation and nutrition to the brain is generated by the movement of the spine." Motion of the spinal joints enables us to know where we are in space and contributes to movement control and co-ordination.

The spinal canal surrounds and encloses our spinal cord, protecting the delicate nerve tissue that is critical for the brain

and body to communicate. At each vertebral level, a pair of nerves exit. These spinal nerves stimulate muscles, skin, and the fight and flight and rest and relax systems. This enables us to move, feel, respond to threats, and to relax and recuperate.

Muscles attach one vertebra to the next and act to stabilise the spine, maintain posture, and enable movement. Ligaments also secure one bone to another, and provide mobile strength. The fascia provides another piece of the spinal puzzle. The fascia is a strong tissue that modulates tension and stiffness, and adds strength.

With its involvement in nervous system function, its support of the body, and the effect it has on wellbeing, it's no wonder chiropractors focus on caring for the spine! As spinal joints become jammed and underperform, muscles in the back become stressed and strained from poor posture, function decreases, and injury can occur with profound effects on your health.

As you can see, it's important to look after your spine. Daily exercise, a variety of fresh, nutrient-rich whole foods, maintaining an ideal weight, and being smoke-free are fundamental elements for spine health. Correct posture, appropriate lifting techniques, and strengthening and stretching muscles are also essential preventative steps.

Chiropractors offer a customised, drug-free, hands-on approach to spinal care. As well as helping with existing spinal health issues, they can assist you in maintaining healthy spinal practices that will improve your overall wellbeing.

## Can **cracking joints** be cured?

Do your knuckles or ankles make a 'popping' noise? Maybe you click your joints through habit, or while trying to find relief from pain or restriction.

People often believe that cracking joints indicates underlying arthritis, or that popping our joints causes damage. Luckily, this is usually untrue. There are several reasons for this noise, most of which are not harmful.

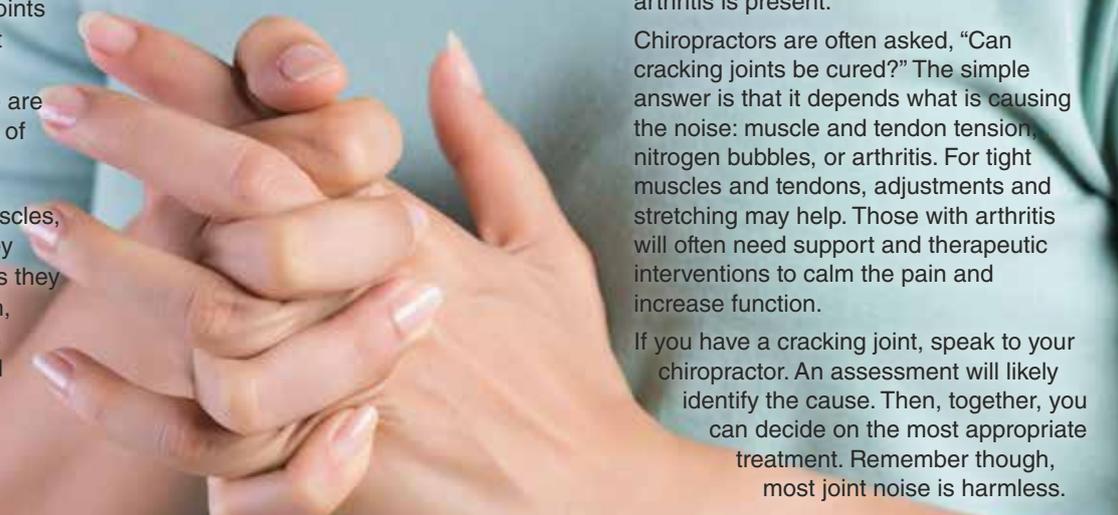
Tendons, the fibrous ends of our muscles, pass over bone. When we move, they sometimes snap against the bone as they move back into their original position, causing a click as they do so. This is common at the ankle, hip, knee, and in our shoulders. Tight muscles and tendons can be the cause of this, so stretching and practicing good posture are important.

Other times the popping sound is produced from inside a joint. As the involved joint moves, the pressure of the gases within it changes. This occurs from the popping of nitrogen bubbles found in the joint space and is the usual cause of the clicks from our knuckles and spine. It is a perfectly safe part of normal joint motion.

Sometimes though, joint noise can indicate arthritis. Technically called crepitus, it may be accompanied by pain and limited function in the involved joint, pain in the nearby muscles, stiffness, swelling and weakness. If you have a joint that cracks and causes pain, it's important to seek professional advice. Appropriate testing can help to identify whether arthritis is present.

Chiropractors are often asked, "Can cracking joints be cured?" The simple answer is that it depends what is causing the noise: muscle and tendon tension, nitrogen bubbles, or arthritis. For tight muscles and tendons, adjustments and stretching may help. Those with arthritis will often need support and therapeutic interventions to calm the pain and increase function.

If you have a cracking joint, speak to your chiropractor. An assessment will likely identify the cause. Then, together, you can decide on the most appropriate treatment. Remember though, most joint noise is harmless.



# Is your **handbag** harming your **health**?

The bag you casually throw over one shoulder could be hurting your spine, altering your gait, and causing back, neck and shoulder pain.

For many of you this may have been a lifelong habit, and perhaps one that you haven't given much thought to, but it can lead to serious issues for your body.

As fashion collides with convenience, large handbags come ready to carry numerous items, from laptops and phones to cosmetics and drink bottles. Each item adds additional weight, creating imbalance and strain on your body.

When you carry your bag on one side of your body, it immediately creates an imbalance; even a light bag can create a problem. In order to stop the bag from slipping off, one of your shoulders tilts higher than the other one. Over time, this imbalance can create a distortion in your upper back, shoulders and neck, as well as postural alterations throughout your spine. A heavy bag can result in muscle contraction on the side opposite to the bag, and your spine can curve incorrectly to stop you from toppling over.

Choosing a suitable bag is an important first step. Consider switching your handbag for a small backpack, as these evenly distribute the load on both shoulders. There are plenty of chic choices. Opt for equal load distribution, comfortable straps and cushioning between it and your spine.

If you really must have a handbag, carry it in your hand and exchange sides regularly. If, at times you must use your shoulder, try alternating sides. Keep the weight as light as possible and regularly unpack unnecessary items. While it is amazing what you can fit, sometimes it can be months before you realise that you are carrying around half your house in your bag!

It may seem like such a small thing but correcting this habit can help protect your spine and body from unnecessary stress and pain. So, take the challenge and note over the next few days how you are carrying your handbag. You may be surprised! For a start, avoid

hanging it on your shoulder, before too long you will have broken the habit, and be carrying your bag in a healthier way.

Chiropractors play a crucial role with their focus on the health of the spine and correcting postural distortions. They can assess the weight of your bag and evaluate your posture to detect any areas of concern, provide advice, and if necessary, appropriate spinal care.



## ACROSS

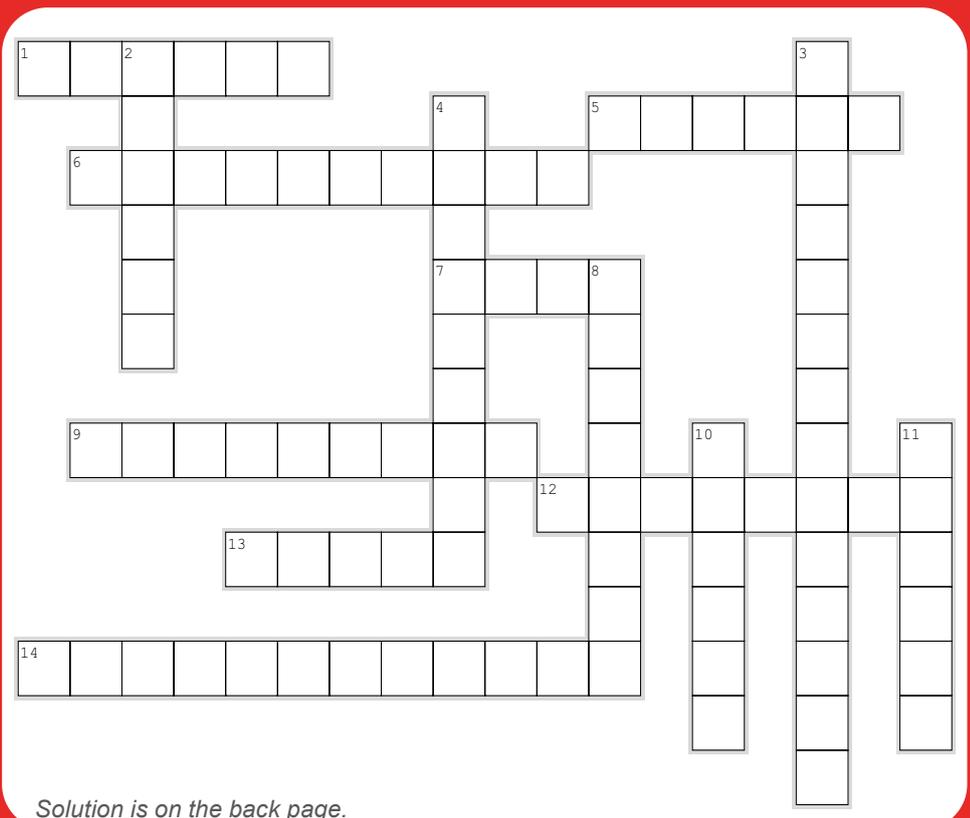
1. Strong tissue that modulates tension and stiffness.
5. A small triangular bone at the base of the spinal column.
6. An essential amino acid found in proteins.
7. Stylish and elegant.
9. Spine.
12. Tough fibrous tissue that connects bones or cartilages at a joint or supports a body part.
13. The joint that connects the leg bones with the highest bone in the foot.
14. Chemical compounds that neutralise harmful free radicals.

## DOWN

2. Tension or stress.
3. The movement of a limb beyond its normal range.
4. A food made from cocoa beans.
8. The grating sound heard when damaged ends of a bone rub together.
10. A triangular bone at the base of the spine that joins to a hip bone on each side and forms part of the pelvis.
11. Steady or firm and not liable to move.

# CROSSWORD CORNER

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



Solution is on the back page.

# Dark chocolate, cranberry, hazelnut and cacao bark

*This is easy to make, looks elegant, and makes a special gift for any occasion.*

## Ingredients

- 280g good quality dark chocolate, chopped
- 2/3 cup coarsely chopped unsalted roasted hazelnuts
- 1/4 cup coarsely chopped dried cranberries
- 1/4 cup chopped freeze-dried plums or cherries
- 2 Tbsps pumpkin seeds
- 1 Tbsp cacao nibs
- 1/4 tsp coarse sea salt (optional)

## Instructions

- Line an oven tray with baking paper.
- Gently melt the chocolate in a large bowl over a pot of boiling water.
- Remove from heat and spread evenly and thinly on the tray with a spatula.
- Sprinkle over the rest of the ingredients, and leave at room temperature to set.
- Break or chop into shards, and store in a sealed container in a cool place.



## The chocolate choice

Chocolate: considered a delicacy for thousands of years, it's indulgent, sophisticated, delicious... but is it really good for you?

Chocolate is made from cocoa beans, the seeds from the cacao tree - an evergreen tree native to the tropical area of South America. After harvesting, the beans are fermented, dried, roasted and crushed, resulting in cacao nibs. These nibs are then ground into non-alcoholic liquor ready to be made into chocolate.

Not all chocolate is created equal; to reap the benefits you need to choose the highest quality dark chocolate, raw cacao powder, or cacao nibs, as these products usually have less added sugar and are higher in nutrients.

Generally, the darker the chocolate the higher the cacao (cocoa) content, so choose your chocolate carefully and enjoy:

- Antioxidants:** those chemical compounds that neutralise harmful free radicals – chemicals that cause damage in the body.

- Vitamins and minerals:** dark chocolate is rich in iron, selenium, zinc, magnesium, vitamins A, D, E, and a range of the B vitamins. Great for energy and all-round health.
- Flavonoids:** good for heart and cardiovascular system health, these chemicals help to regulate blood clotting and even lower blood pressure.
- Good mood chemicals:** chocolate contains tryptophan, phenyl ethylamine and other chemicals which give you that feel-good factor, and even a mild caffeine buzz.
- Lower cholesterol:** dark chocolate can increase the amount of HDL cholesterol: the good, protective kind, in the blood, which in turn decreases the amount of LDL cholesterol, the kind that causes vessel disease.

Be careful how much you have though, chocolate contains high levels of fats, and usually has added sugar, which makes it high in calories.

If you're looking for a sweet snack, a square or two of carefully chosen quality dark chocolate is a great choice.

## 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

Genevie 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. Genevie 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 1. FASCIA 5. COCCYX 6. TRYPTOPHAN 7. CHIC 9. VERTEBRAE  
 DOWN 2. STRAIN 3. HYPEREXTENSION 4. CHOCOLATE 8. CREPITUS  
 10. SACRUM 11. STABLE

**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