

brisbane water chiropractic centre

SPRING NEWSLETTER 07

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THE COLOUR OF SPRING

The flowers are blooming, the grass is growing and there is so much to do!! Take some time out to read and learn some interesting facts about what is new in health research, tips on spinal care and case studies from our clinic.

A CASE OF NEUROGENIC CLAUDICATION

Graham is a fit & healthy 66 year old who was complaining of strong pain in his leg and hip. The pain was 'like a knife' from the calf into the side of his foot with a dull ache around the hip. This had been happening for 1 week and he was wondering what was causing this pain that was interrupting his regular walks?---An old work injury had damaged Grahams spine many years previously and caused general arthritis and a bony spur close to his sciatic nerve. This had been **compressing** his nerve as it passed between his spinal bones on its way down his leg. His sciatic nerve was being 'choked' by his spine (see picture right).

A course of treatment with the aim of gently increasing the space between the joints of the spine (stretching, mobilisation and adjustment) followed. After 4 weeks of care Graham now has a 'spring' in his step, the pain in his leg is gone and he can now enjoy his regular walking. His advice to anyone in the same boat- 'Give Chiro's a try- it works!'



Arthritic spine "choking" nerve fibres

Jane Tweedie Chiropractor BSc MChir ART

Jane has a degree in Science majoring in Anatomy and Physiology, a Masters of Chiropractic and is a fully accredited A.R.T.(Active Release Techniques) Provider. She is also an accredited Activator Methods Technique provider. She provides general and sports chiropractic and has a special interest in overuse and repetitive injuries.

Administration Staff: Jill Tweedie

CAA Member



Stacey Brown Naturopath BSc, Adv Dip Naturopathy, Dip Nutrition

Stacey is an accredited Naturopath with the ATMS (Australian Traditional Medicine Society) and has been in practice since 2003. She is a general Naturopathic Practitioner with special interests in womens and childrens health.

The **Brisbane Water Chiropractic Clinic** has undergone a complete refurbishment and provides two fully-equipped treatment rooms. The HICAPS facility at the front desk enables Health Fund claims and payment to be processed at time of consultation.

INSTANT SPINE SAVERS

1. Check your mirror.

It's easy to slouch on long car trips or tense up on stressful ones. Angle your rear-vision mirror just slightly too high so that every time you check it, you remember to relax your shoulders and sit up straight.

2. Steal a towel.

Sitting for long periods pummels the discs in your lower back. A rolled-up handtowel tucked between the small of your back and chair or car seat will help reduce the pressure. Keep one towel at your desk and one in the car.

3. Lose the laptop.

It's designed for portability, but produces poor posture because the keyboard is connected to the screen.

If you can't work without one, opt for a cordless keyboard.

4. Know squat. Whenever you lift something off the floor, remember to squat down and lift with your legs. Never bend at the waist.

5. Take the time. Short cuts abuse backs. Take the extra time you need to correctly lift a spadeful of dirt or walk a message to a co-worker instead of e-mailing it.

And always take frequent breaks when hunched over a household task.

<http://au.blogs.yahoo.com/mens-health/671/instant-spine-savers/>

Literature Review Shows Spinal Manipulation Beneficial for Neck Pain

Whilst no surprise to many of our existing patients, a new literature review finds evidence that patients with chronic neck pain enrolled in clinical trials reported significant improvement following chiropractic spinal manipulation. March/April 2007 report in the *Journal of Manipulative and Physiological Therapeutics* (JMPT).

According to Howard Vernon, DC, PhD, the review's chief author, "The results of the literature review confirm the common clinical experience of doctors of chiropractic: neck manipulation is beneficial for patients with certain forms of chronic neck pain."

As part of the literature review, Dr. Vernon and his colleagues reviewed nine previously published trials and found "high-quality evidence" that patients with chronic neck pain showed significant pain-level improvements following spinal manipulation. No trial group was reported to remain unchanged, and all groups showed positive changes up to 12 weeks post treatment. No trial reported any serious adverse effects.

Researchers also found that mobilisation therapy was beneficial in improving patients' pain levels, with many achieving full recovery after six to seven weeks of treatment.

<http://www.coca.com.au/newsletter/2007/sep0708a.htm>

Benefits of good posture

- Keeps bones and joints in alignment so that muscles are being used properly
- Helps decrease abnormal wearing of joint surfaces that can result in arthritis
- Prevents backache and muscular pain
- Decreases the stress on ligaments holding the joints of the spine together
- Prevents the spine from becoming fixed in abnormal positions
- Prevents fatigue because muscles are being used more efficiently, allowing the body to use less energy
- Prevents strain and overuse problems
- Contributes to a good appearance.

