

brisbane water chiropractic centre

SUMMER NEWSLETTER 07 08

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SUPER SUMMER EDITION

Welcome to our summer newsletter. Our focus this edition is on the exceptional and uplifting. Kick your summer off with our superstar success story, insights on the latest research news and Chiropractic tips for extending your summer health. Read on, and ENJOY!

SOCCKER PRO SUCCESS STORY

Stuart is a 23 year old semi professional football player with a chronic hip condition- this is his story.

I had been struggling for many months with a serious and long term groin muscle injury causing pain and serious weakness at the injured area. I was unable to jog and certainly couldn't kick a ball. Football is my love and primary source of income, so it was vital to start playing again. With pre-season due to start in a few weeks I was desperate for some progress and thought I'd give Chiropractic a go.

Treatment involved a series of muscular release techniques, adjustments of the hip and spine and muscle strengthening exercises. I noticed results immediately, and after a short course of treatment I had completely recovered- a massive relief after months of getting nowhere. Through the strengthening exercises I was given, I managed to get through the whole season without re-injuring the area- which was just as vital.

I was previously unaware of the range of benefits of Chiropractic and would recommend others give it a go!



The benefits of Chiropractic Care extend far beyond the traditional syndromes of neck and back pain that we are most well known for. The focus of Chiropractic Care is to help you be as healthy and vibrant as you can be. Ask your Chiro or reception if you would like more information.

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

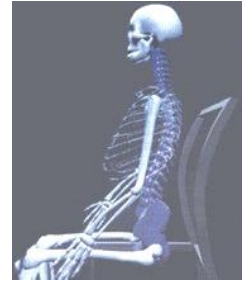
CAA Member

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.



You and Your Posture

When we slouch, our head and shoulders drop forward, our belly flops and our bottom sticks out. With time, our muscles weaken, our joints tighten and the natural curves of our back increase. This sends the wrong messages to our brain, which then tells us we feel tired, sore, and weak.



Tired, weak muscles make us slouch more. Sometimes poor posture causes pain, sometimes it doesn't. Improve the posture - postural pain goes away. Ignore the bad posture - the pain can get worse.

Surprisingly, some teenagers have incredibly awful posture and yet experience no pain. These kids are often less motivated to change. No one knows why some people naturally have better posture than others. Bad posture becomes a bad habit. But, with effort and exercise we can reverse this and learn to stand tall, look good and feel better.

What can you do

1. Starting today, you can watch what you're doing wherever you are:
 - When you are sitting in a chair, have your thighs and lower back supported. Have your feet flat on the floor and if there are arm rests, use them.
 - When sleeping, as your muscles are relaxed, your bed should support your natural curves. Your bed should be firm, but not like concrete. Waking up stiff and sore in the morning means your bed isn't right for you.
2. You can hold your back straight with your tail tucked under and your shoulders open. You can stand with your hands behind your back, not folded across your chest.
3. The most important message of all is to keep fit. Fitter, stronger muscles can hold the body straighter. Make exercise a way of life. Remember, only one thing make muscles stronger - exercise. Remember, only one thing keeps muscles strong and well-toned -exercise. Find some determination, use your imagination and have fun! Exercise is not only for athletes, it's important for everyone.
4. You can watch your weight. Hauling around a big body takes strength and energy. When your muscles are tired and weak this becomes increasingly difficult. Keeping your body weight down within manageable levels will allow you to hold good posture with less effort.



The longer bad posture continues the harder you will need to work to correct it. It is much easier to correct a bad habit at a younger age. So if you're a teenager, now is the time to work at it. If you are the parent of a teenager, gently encourage them. Nagging won't work, especially with teenagers.

Remember, when you are learning anything new it takes a while to get it right. Your muscles may ache because they are not used to doing this work. They will tire quickly.

Standing the right way will feel wrong to start with. As the days pass, this will change. Muscles will no longer feel tired and joints will no longer ache. Soon, wrong will feel wrong and right will feel right. Enjoy the new you!
(http://www.spinecarefoundation.org/spinalhealth/your_posture.html)

Research by the British Chiropractic Association found that 32 per cent of people spend **10 hours or more** sitting each day - and 50 per cent don't leave their desks at lunchtime. "Take regular breaks," chiropractor Tim Hutchful says. "Never sit in the same position for more than 40 minutes, less if possible. Walk around and stretch a little."

-A study has found back pain patients on medium-firm mattresses suffered less pain in bed and during the day than those sleeping on very firm mattresses.

-Spanish researchers found softer mattresses put less pressure on the shoulders and hips and allow the spine to be kept straight.

-The research, published in the medical journal *The Lancet*, puts to bed long-held beliefs that hard mattresses and even sleeping on the floor was best for bad backs.

It appears we have become so blasé about posture that **80 %** of us can expect to suffer from back pain at some point in our lives.

And experts say most of this trouble can be avoided with preventative care.

SO...Stand up straight, shoulders back, chin up!!