

brisbane water chiropractic centre

WINTER NEWSLETTER 07

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THIS ISSUE

BEST CHOICE
SPINAL CARE

LAZY BACKS

KIDS &
BACKPACKS

FUN FACTS

THE BEST OPTION FOR SPINAL CARE? YOU DECIDE...

Chiropractic care has been proven to be the safest and most effective care for the relief of back and neck pain, headaches and other musculo-skeletal conditions. Chiropractors use skill to conduct safe, gentle adjustments which are well within the normal range of body motion. With the neck for example, the range of motion used for adjustment is less than that required to turn your head when backing up a car.

In relation to the treatment of neck and back pain, studies have shown that a course of chiropractic care was **much safer** than a course of anti-inflammatory drugs. A number of anti-inflammatory drugs carry risk of contributing to gastro-intestinal irritation and ulcers as well as disruption to normal blood clotting mechanisms.

Chiropractic care is proven to be more effective and economical and have longer lasting results for disorders of the spine than other forms of health care.

In addition, chiropractic benefits overall health and wellbeing because it promotes the proper functioning of a healthy nervous system.

It's a fact that those people who make over 200,000 visits to Chiropractors in Australia each week understand very well.

**MASSAGE
THERAPY
NOW HERE!!
BOOK IN
TODAY**

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.

Member of the Chiropractors Association of Australia.

Administration Staff: Jill Tweedie

★ **Massage Therapist: Michelle Lockman**
Providing General, Relaxation, Therapeutic, Remedial, Sports and Trigger Point Therapy Techniques.

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

Scientists in New Zealand have discovered a cow that naturally produces low fat milk. The fat content of the milk is about 1% and high in Omega 3 oils, which is said to be good for the heart. Scientists are hoping to produce more of these cows in an effort to one day have a herd of low-fat milkers...



In Australia, spinal pain is the leading musculoskeletal cause of health system expenditure, with an estimated total cost upwards of \$700 million annually.

LAZY LIFESTYLE LEADS TO LONG TERM TROUBLE

Office workers who rarely exercise are at increased risk of back injuries, according to researchers working on a European study.

The study monitored 20 healthy, young men who spent 56 days lying in bed. This prolonged inactivity actually shrunk the deep muscles that protected the mens' backs.

In some cases it took six months to recover but even then the muscles did not return to their normal size. Surface muscles closer to the skin, stomach and back became overactive, a condition which persisted for up to a year after returning to normal activity levels.

"If you sit around too much long-term, such as a desk job with no sport in your spare time, the muscles can slowly change in a bad way, giving you a bigger risk of hurting your back," Dr Belavy, one of the researchers said. He said short-term inactivity such as sitting at a desk for a couple of hours was not a major risk.

But a long-term habit of driving to work, working a desk job, going home watching TV and then going to bed would increase the chances of back problems.

So make sure your workspace is well set up so that you can sit with good posture and concentrate on sitting well. This with regular attention to posture and regular exercise such as walking and jogging can help to keep all your joints and muscles fit and functioning. Regular spinal check ups by your chiropractor optimises the function of your spine and nervous system- book in today to help keep your spine in top form.

BACKPACK WEIGHT A DRAG ON STUDENTS

An unsuitable backpack can carry a checklist of problems- Primary school children risk stunted long bone growth, while their high-school siblings regularly report lower back pain and neck pain. There is also potential for problems of the heart, lungs, posture and nervous structures from repeatedly carrying heavy loads, according to recent studies.

Chiropractic research suggests that people shouldn't carry more than 10 per cent of their body weight in a bag. But during research on high school students not only were their backpack loads too heavy, most of the items they were carrying were those required by schools which taught up to eight subjects every day. It has been suggested that heavy textbooks being lugged around by senior high school students in particular should be replaced with multimedia CDs and DVDs. "We can drop bag loads by 95 per cent overnight," principal researcher Anthony Vitiello said.

A good backpack is currently the best protection against back problems for school children, and should have a **well-padded and supportive hip belt, wide shoulder straps and will curve to the wearer's spine** to redistribute weight from the shoulders.

Another study carried out in South Australia supported these ideas. "We need to foster sensible load carrying habits in schools and support healthy practices at home and in the classroom." said Karen Grimmer, of UNI SA. Up to 40 per cent of adolescents experience spinal pain at one time and many of these students are likely to carry problems into adulthood unless they become more aware of the factors that promote healthy spines.

"If we are serious about reducing the problems caused by spinal pain, we need to encourage the development of self-care strategies for people before damage is done," Professor Grimmer said.