

## AUGUST - SEPTEMBER NEWSLETTER 2014



### Australia's Chiropractic Report Card

Our professional association commissioned a market survey in 2013 with 1000 people across Australia. You may be interested in what Australians had to think of chiropractors in general:

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1 in 2 Australians have been to a chiropractor  
9 in 10 saw a chiropractor for back or neck pain  
1 in 6 saw a chiropractor for postural problems

For back and neck pain, 70% of people said chiropractic was helpful

For posture, 74% of people felt their posture had improved

### Does age matter? ...Yes it does!

Of patients under 30 years of age, 86% felt their chiropractor helped their back or neck pain

For patients over 50 years of age, 63% of patients felt positive benefits from their Chiropractor



A 63% success rate is a significant figure in healthcare outcomes particularly when you consider the fact that senior patients can suffer degenerative problems that are slower to heal or may not be suitable for some forms of treatment

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Our Chiropractors utilise a variety of techniques that are age appropriate and adaptable for the individual needs of your spinal condition  
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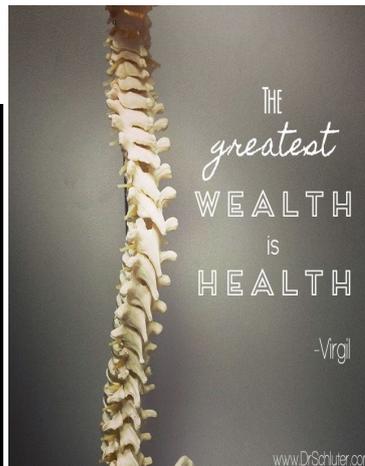
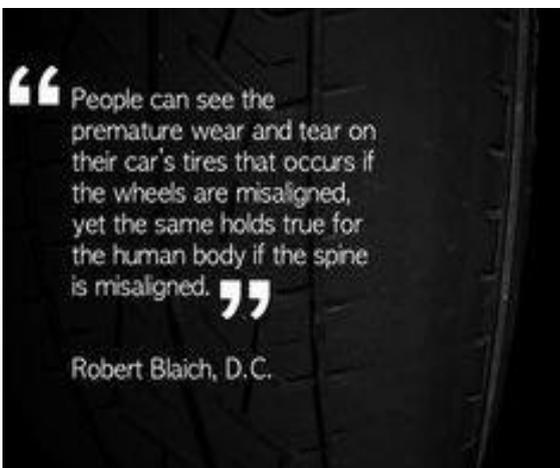
## Winter Weather and Pain

Chronic pain and cold weather seem to be linked although the mechanism isn't fully understood. Arthritis pain is one reason and increased muscle tension and joint restriction is another.

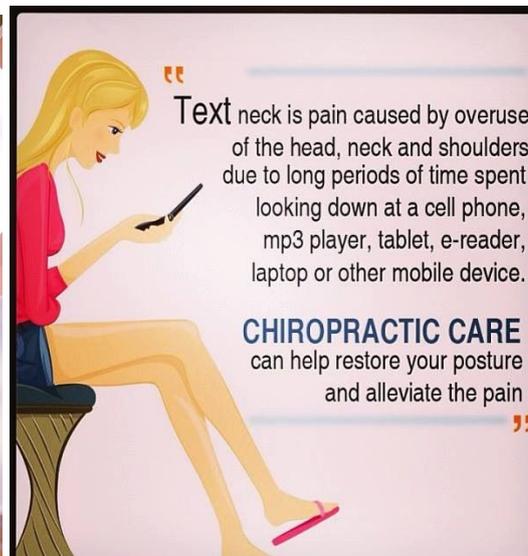
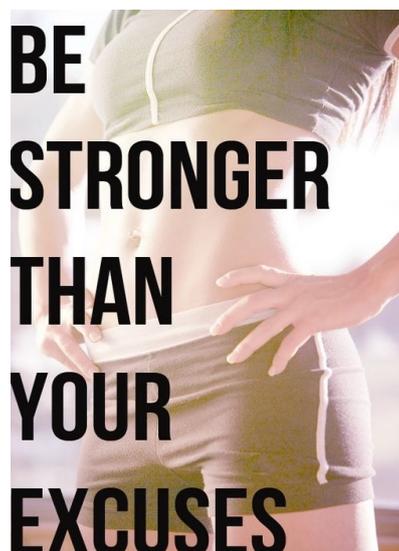
— Here are five tips to counter act this relationship —

- 1) **Exercise:** Pick something you like doing and do it regularly. Dancing, gym, running, joining a sports team and skipping are just a few options
- 2) **Boost your mood:** Once again exercise is a good example, do activities you like doing. Get outside and soak in some sun at lunchtime
- 3) **Stay hydrated:** It is harder to drink two litres a day in during winter. But if you do, it will help loosen up tight muscles
- 4) **Heat therapy:** Heat pads are excellent for those that really feel the cold
- 5) **Chiropractic care:** Keeps your ligaments, joints and muscles from tightening up too much in winter

## Quotes of the month



**'Life is Movement'**



## STAFF NEWS

Andrew's discovered salt tablets and is going to try another marathon

Mark's son Jasper has started hitting the golf range :)

Aidan has opened his new clinic at Yeronga

Matt is counting down the days to his wedding!

Nick is learning Korean Hand Therapy

Marnie is about to go on her big Europe trip!

Sarshia is looking forward to a weekend on the Gold Coast and trying out the light rail.

Jordyn is watching lots of Commonwealth Games action...Go Team NZ!

Perri is going back to Uni and starting a physics degree.

Eli is back from a two week Australian Youth Orchestra intensive

Welcome to the AV team Kara. Kara was previously working for Mark at Corrective Chiropractic

Goodbye to Louise and Meg

We understand that there are emergencies at times, but we appreciate 24 hours cancellation notice for appointments, if possible.