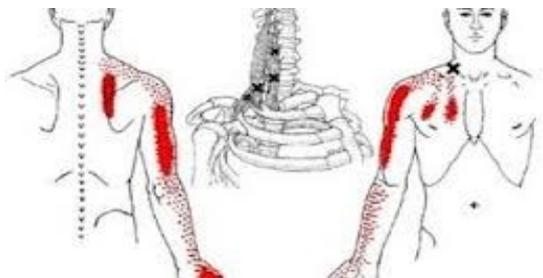


FEBRUARY-MARCH 2014 NEWSLETTER

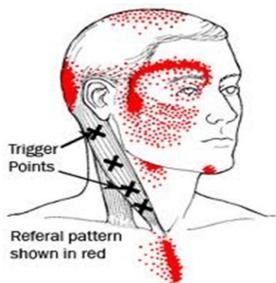
Referred Pain

Pain is a warning signal that something is wrong. Damage to our body from direct trauma, inflammation, or tissue under too much stress triggers pain receptors in our nervous system, signaling us to change behaviour or to seek help. Pain is normally localized to the affected area but sometimes our central processor (our brain) gets overloaded/confused, muddling up the location. **Referred pain** is pain which is felt in a location away from the cause. Fortunately, many regions of the body have typical referral patterns, making diagnosis a lot easier for your healthcare practitioner.



Two common Referred Pain problems seen by Chiropractors:

1. **Headaches** affect over 47% of the population each year. Over 60% of sufferers will have reductions in their social activities and work capacity.
2. **Sciatica** is pain in the buttock and leg caused by irritation of the sciatic nerve which originates from the lower back. 40% will suffer this in their lifetime.



Does this look familiar?

We can Help!

Chiropractic care has shown to be very effective in these potentially debilitating conditions.

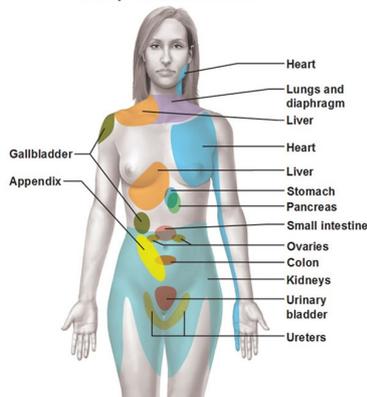
Relief. Stabilise. Rehabilitate. Maintain.



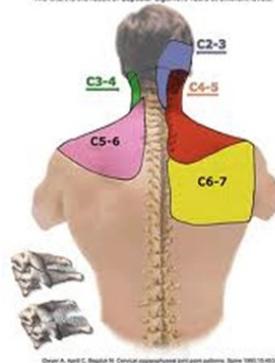
Sources of Referred Pain

Referred pain often comes from **problematic joints, muscles, discs and nerves**. Less commonly it can arise from our organs. There are typical patterns of referral for the different structures. A thorough history and examination will aid in its accurate diagnosis.

A Map of Referred Pain



Referred **Pain** Chart
Why patients have continued pain from areas involved.
The chart is the result of Capsular Ligament Tears at different levels.



Have you resolved to read more and be healthier?

You can't go past:

The 4 - Hour Body *Timothy Ferriss*

"A cookbook of minimalist methods for rapid body transformation - a practical crash course in how to reinvent yourself"
www.fourhourbody.com

Congratulations to Wendy Messer the winner of the Christmas Hamper!

The correct answer was: Disc Problems, Shin Splints, Wrist Injuries, Migraines, Knee Pain & Tennis Elbow!

Well done to everyone who got it right!

STAFF NEWS

Andrew is enjoying trips interstate to see Eli play music.

Mark is looking forward to a big year of gigs with his band.

Aidan is looking forward to his boys starting Year 1 and Kindy.

Matt is looking forward to his engagement party this month.

Nick hosted a fantastic party for the team recently.

Marnie is looking forward to seeing the Lion King in Sydney

Sarshia is looking forward to visiting friends in Melbourne.

Congratulations Jordyn on your engagement!

Perri is enjoying coaching her high school cross country team.

Meg is halfway through her braces treatment. Hang in there!

Eli is looking forward to performing with James Morrison in Adelaide.

Nina - farewell and we will miss you! Enjoy the start of your new career!

Lou - welcome back! We missed you and congratulations on little Elyssa.

Massage Offer!

Rebook your massage on the day and receive **\$10 off your next massage***



*Applies to 60 minute massages only. \$5 off 30 minute massages. Other conditions apply.