

AV Chiro News: August-September



Low Back Pain (LBP) and Sciatica

Sciatica is the name given to pain caused by the irritation of the largest nerve in the body. The pain can range from the lower back to down behind the knee.

Chiropractic can assist your recovery quickly and safely. Our approach identifies the cause of the problem, what you need to do to help it and how to prevent it happening again.

Chiropractic Plan of Action

1. Detailed history and examination.
2. Immediate treatment, focused on fast results.
3. Explanation of your condition and advice on home and work management techniques.
4. Longer term advice, retraining exercises and postural review.

Why is LBP a problem?

Aside from the obvious pain and discomfort to those suffering from it, lower back pain causes much more than soreness and decreased mobility.

The World Health Organisation (WHO) has identified lower back pain as the leading cause of disability in the Western World.

In Australia, low back disability is the single biggest reason people retire earlier than planned; on average 4 years. In monetary terms, LBP results in lost income, savings and superannuation, combined with the potential increasing costs of expensive treatments.

It can therefore be seen that the hidden cost of low back pain is massive, and steps should be taken to minimise this problem many years before its onset.

Disc Injury Treatment

New research* shows that chiropractic management is safe and effective for disc protrusions and herniations.

Up to 90% of the patients studied reported relief after 3 months and no patients were made worse.

Disc injuries are complex and do take a longer time to resolve but these positive results indicate that there are options other than rest, medication and/or surgery.

*References available on request



We are happy to offer SMS or email reminders of upcoming appointments as a courtesy, but please remember these are only a prompt and should not be used in place of you dialling your own appointment. Sometimes a software glitch causes a failure in their transmission. This may result in a missed appointment which, in the case of a massage, incurs a \$15 missed appointment fee.

Get Moving!

A few tips on how to maintain a healthy spine and act early in preventing its degeneration:

1. Don't smoke
2. Maintain a healthy weight
3. Drink in moderation
4. Exercise
5. Stretch
6. GET ADJUSTED!

It's not rocket science! The spine is a dynamic structure that needs good rest, nutrition and should be kept healthy- just like your heart!

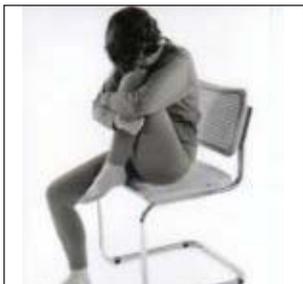
As the Chinese proverb goes; "You're only as young as your spine is flexible."

Random Acts of Fitness

Exercise and stretching are two of the best things you can do for your spine, but many people find it almost impossible to find the time!

Below are a few quick ideas to get you moving that you can easily work into your daily activities or while sitting at your desk. Better still, see your Chiro for a customised and more effective plan.

Whenever you need to walk somewhere, such as to lunch or for a coffee break, walk faster than you usually would.



Always consider whether you can use the stairs instead of the lift.



Do as many half push-ups (leaning against a bench or wall) as you can in 30 seconds.



If you need to have a meeting with someone in person or on the phone, walk around the block while you do it!



Practice getting up and down, fast, as often as you can from your chair in 30 seconds without using your hands.



Buy a skipping rope. Try to skip continuously for 1 minute, once a day.



STAFF NEWS

A big welcome to our two newest staff members, Noelene and Kate!

ANDREW and LOUISE are off to Melbourne in August to watch Eli play more music and celebrate his 21st!

MARK has retired his Holden Apollo after 19 years and 324 000km and is loving how things work on his Holden Cruze.

MATT loved his Europe trip and is now looking for a house.

AIDAN has a new family 4WD, and will be "going bush" more often.

NICK is happily tired with his new baby boy, Maximus.

SARSHIA is looking forward to the cool breezy mornings on the ferry coming to an end with the end of winter.

KARA is looking forward to heading to America on holiday at the end of August.

FELICITY is preparing to participate in the Bridge to Brisbane fun run, and running up lots of hills in the process.