



FEBRUARY 2018 NEWS WITH AVC

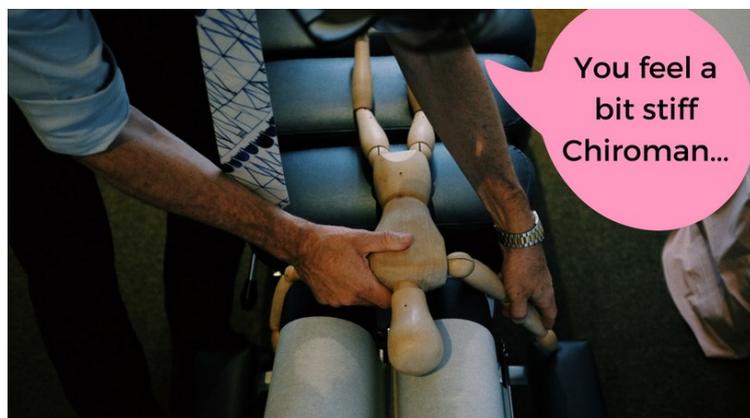
Welcome back to another year at AV Chiro...and another year of us
having your back!

Back Pain is one of the most common complaints for adults in Australia. It is also a major reason people take long periods of time off work or retire early. Month after month, we mention how effective Chiropractic care can be for Back Pain. However, what you may not know is how else we can help you manage your health concerns outside of the clinic.

At AV Chiro, patients will often present with low back pain. From time to time, however, we have patients that come in complaining of pain in the middle of their back (thoracic) and have tried almost everything to relieve it.

Signs and symptoms to look out for include pain in between the shoulder blades, referring pain to the shoulders and ribs and/or general stiffness in this area. Often we find that the patient has a degenerative disc condition or has suffered trauma to the area. If this is the case, Chiropractic can be of great help to relieve stiffness and restrictions, and improve poor postural issues related to thoracic pain.

Chiropractic can help by using specialised manipulations called "adjustments" to free restricted joints, relax muscles and provide customised exercises and stretches.



You feel a
bit stiff
Chiroman...

If the desired result is not occurring within the planned schedule of treatment, x-rays or other diagnostic scans may be ordered to help in planning an alternative treatment style. Patients may also be referred to other medical practitioners for an opinion.

As treatment progresses, patients with improved mobility can also be advised of how better to manage their concerns outside of the clinic. Chiropractors are able to offer advice on workplace ergonomics, body mechanics (the way we move), postural devices, nutrition, exercise and general wellbeing. All of this, combined with tailored Chiropractic treatment, can have you moving and feeling better!

We have quite literally "got your back" and look forward to being able to assist in all of your health concerns over the course of 2018!

Last minute Valentines?

AV CHIRO HAS GOT YOUR BACK!

Vouchers are available for 30 or 60 minute remedial massage. Ask our friendly staff for more information.



STAFF NEWS

Andrew achieved his holiday fishing goal and caught (and released) a flathead with his new fly rod.

Mark is happy he no longer has to taxi his son around because he got his P's! 🎉

Matt will be celebrating Mila's first birthday

Nick will start a 5 week program to grow a new body and mind...

Kate is never going back to uni!

Louise has caught the de-cluttering bug and is searching for empty lifeline bins.

Jasmine is preparing for her return to uni!

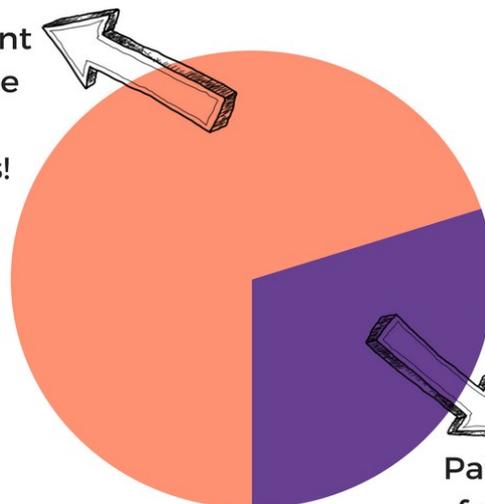
Sarah is relaxing while watching everyone going back to uni!

Ollie is dreading his return to uni!

Michelle is looking forward to going back to full time uni!

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

7/10 Patients noticed improvement or complete relief of symptoms!



3/10 Patients require further care or are referred for further tests.

*Taken from Progress Exam Statistics at AV Chiro from 2012-2016. For full stats see staff.

Katalyst Nutrition's Summer Turkey Burgers

A tasty, simple, and healthy addition to the BBQ this summer!

Ingredients

- 500g Turkey mince
- 2 tbsp almond meal
- 2 tbsp crushed macadamia nuts
- 1 egg
- 1 bunch flat leaf parsley, finely chopped
- 1 tbsp crushed garlic
- 1 tsp garlic powder
- 1 tsp onion powder
- Salt & pepper (to taste)
- Parmesan cheese (if required, to taste)

Method

- 1 Place the mince, parsley, macadamias, spices, almond meal, egg, and Parmesan (if using) in a large bowl. Using your hands, mix everything together really well so that the flavourings are evenly distributed through the mince.
- 2 Divide into patties. Should make 1-12.
- 3 Cook in large frying pan over medium heat in extra virgin olive oil or coconut oil. Add the patties and fry for about 4-5 minutes each side until nicely golden and cooked through.
- 4 Serve burgers up with your favourite ingredients. Try going 'naked' and use lettuce instead of a traditional burger bun.