



WHAT CONDITION AM I?

WE'VE HELPED GET YOU GET BACK ON TRACK...WHAT ELSE CAN AV CHIRO HELP YOU WITH?

Here at AV Chiro we aim to deliver optimal and personalised health care. Pain in one part of the body can refer to another and cause grief for the patient as a whole. Though our most common complaint is back pain, once treated, secondary concerns can arise. See if you can guess this one...

SIGNS & SYMPTOMS:

- One of the most common causes of back and knee pain
- Reason for over 12% of running injuries and 25% of cycling injuries
- Most commonly present in active athletes
- Causes stabbing and stinging outside of the knee
- Swelling on the outside of the knee
- Tight outer hip
- Acute pain walking down stairs
- Pain after activity

ANSWER: ITB SYNDROME

The Iliotibial Band (ITB) is a long piece of fibrous connective tissue in the outer thigh. ITB Syndrome starts as a nagging pain on the outer part of your knee and can eventually refer all through the leg. With repetitive movements in exercise and a lack of stretching, the ITB can become tight and irritated...

CHIRO CAN HELP!

Many patients know chiro can help their back or neck pain. But did you know we may be able to help with your knee/elbow/shoulder/finger pain?! Treatment for ITB Syndrome will have your chiropractor going through activity modification, activating & strengthening the surrounding muscles whilst correcting abnormal joint mechanics. We discuss your walking, running, and bicycle set up as we personalise your care. Andrew, Mark, and Matt may also recommend massage or an orthotic review. We have a list of health practitioners we refer patients to for complementary treatment. Ask our staff for more information if this sounds like you!

STAFF NEWS

ANDREW

is trying to learn German with Louise...ja, stimmt!

MARK

had a relaxing trip with his family in Port Douglas

MATT

and Selina are expecting their second baby in March '19

NICK

is currently doing fasting for his health

LOUISE

is over the moon about Isaac's engagement to Hayley. But still missing Eli.

KARA

is looking forward to nice weather and taking Leo to the beach

JASMINE

is enjoying having weekends free for adventures and learning more about chiro from Andrew

OLLIE

is back from prac and looking forward to having more time for surfing

KATHRYN

is excited to join the team!

GIVE THE GIFT OF HEALTH THIS CHRISTMAS

Give your loved ones a voucher for an Initial Consultation or Remedial Massage. Ask our staff for more details.



Whilst we understand circumstances can change, we do appreciate 24 hours notice for cancellation of appointments, if possible.



AV Chiro Holiday Opening Hours

Saturday 22/12

9:00am to 12:00pm

Sunday 23/12 to Wednesday

26/12

Closed

Thursday 27/12 + Friday 28/12

7:00am to 6:00pm

Saturday 29/12 to Tuesday 01/01

Closed

Wednesday 02/01

Resume normal hours

TYPES OF HEADACHES

Migraine



Hypertension



Stress



Christmas music
in November



2019 AV Chiro Fee Schedule

If you have any queries about
your fee please speak to your
Chiropractor.

Andrew's fees

Initial Consultation \$150

Adult \$75

Concession \$65

Mark's and Matt's fees

Initial Consultation \$140

Adult \$70

Concession \$60

COCONUT LEMON BLISS BALLS

INGREDIENTS

- 1 cup raw cashews
- 1 cup desiccated coconut
- Zest of one large lemon*
- Juice of half a lemon
- 1/2 tsp of natural vanilla extract
- 2 tbsp maple syrup
- Pinch of salt
- Extra desiccated coconut to roll in

METHOD

- Place the ingredients into your processor in the order listed above and blend until the mixture resembles a sticky crumb.
- Use your hands to shape the mixture into balls.
- Roll the balls in the extra coconut and place in the fridge to set.
- Serve. Eat. Enjoy!

*If you LOVE lemon, you can add more zest!



SUDOKU PUZZLE

			2	6		7		1
6	8			7				9
1	9				4	5		
8	2		1					4
		4	6		2	9		
	5				3		2	8
		9	3				7	4
	4			5			3	6
7		3		1	8			

ANSWERS

9	5	2	8	1	4	3	6	7
6	9	7	5	7	1	3	2	4
5	1	6	3	2	6	8	7	4
8	9	7	4	3	6	2	8	5
3	7	4	6	8	2	9	1	5
8	2	6	1	9	5	3	4	7
1	9	7	8	3	4	5	6	2
6	8	2	5	7	1	4	9	3
4	3	5	2	6	9	7	8	1

NEW PATIENT TIMES AVAILABLE DAILY

P: (07) 3221 1346

E: ADMIN@AVCHIRO.COM.AU

F: (07) 3221 1601

W: WWW.ANDREWVINCENTCHIROPRACTIC.COM.AU