

Your Chiropractor

July – August 2011

FREE!
Please
take one

Back In Shape Chiropractic



Mount Riverview

76 Rusden Road
Phone: 4739 3893

Monday 9.00am – 8.00pm
Wednesday 9.00am – 8.00pm
Thursday 9.00am – 8.00pm
Friday 9.00am – 8.00pm



Leura

165 The Mall
Phone: 4739 3893

Tuesday 10.00am – 8.00pm

Chiropractor:

Richard J Bock
BSc M.Chiro

Clinic Hours

Consultations at Mt Riverview and Leura as above are by appointment.

Your health is our concern but your responsibility. If you are unable to keep your appointment, please let the clinic know as soon as possible, and be sure to make up your missed appointment.

Appointments

Your appointment schedule is designed specifically to obtain the best possible results. Please be sure to make up any missed appointments. Should you wish to change an appointment, we would appreciate as much notice as possible so that other patients can be offered your time.

Given that a generous half-hour is dedicated to each appointment, an administration fee of \$25 will be applied to appointments cancelled within six hours (or without any notice).

What exercises are best for my spine?

For many years now health practitioners of all backgrounds have agreed that movement and exercise are essential to spinal health. The idea that prolonged back rest can help chronic low back pain is an idea of the past and returning to normal daily activity when possible is universally encouraged. Here are some examples of exercise commonly used to improve spinal function.

Flexibility

The use of stretching to prevent injury, off-set muscle soreness, and improve performance has been widely accepted and promoted in sports. However, research suggests the 'truth has been stretched' when it comes to flexibility exercise.

A 2003 University of Minnesota study shows that general fitness, rather than stretching, is a more important risk factor in injury prevention. While movements of muscles and joints and general cardiovascular exercise may be useful preparation for sporting activity, over stretching may create joint laxity and even possible injury.

Strength

Strength training involves the use of weights, resistance or gravity in order to improve the strength (and sometimes the endurance) of muscle contraction. This has many benefits as increased muscle tone improves the capacity of your muscles to support and move your spine. Improved muscle strength relates directly to improved bone strength, so this type of exercise is important in the prevention and management of osteoporosis.

Cardiovascular

This type of exercise improves the capacity of the heart and lungs to provide oxygen and nutrients to the cells of the body. This system works most efficiently when operating in an aerobic phase (burning fat) rather than anaerobic phase (burning sugar). Aerobic activity involves exercise of moderate intensity over a sustained period of time.

As a guide keep your heart rate at 80% of your Maximum Aerobic Heart Rate (mAHR). Your mAHR can be calculated by the following formula: $180 - \text{your age} = \text{mAHR}$

If you are 40 years old your mAHR would be 140bpm. The safe range would have your heart rate at 112bpm.



Core Stability

The *Core Muscles* are those involved in stabilising the body, in particular the spine, pelvis, and shoulder blade regions. They hold our body together so as to provide a solid foundation for the bigger muscles (mobiliser muscles) to move the extremities, the result being more efficient movement, less stress to tissues within the body, and as an added bonus, improved performance.

Core Stability isn't just about strength. Some of the core muscles contract continuously in the background with very low force, and as such training for those particular muscles focuses on improving *brain to muscle control*. Think about it, if a muscle is strong but doesn't switch on when it is supposed to, then its strength is somewhat redundant. Core muscle activation and endurance are more important than core strength alone.

Your chiropractor will assist with recommending the best type of exercise programs for your body.

Ref: *Minn Med.* 2003 May;86(5):58-61.

Back In Shape Chiropractic

READERS!
Enter our competition
and **WIN!**
Details inside

Inside:

- Reducing your risk of chronic LBP
- Chiropractic and pregnancy
- Chiropractic – How it all started



Antibacterial effects of honey

There has been interest in the medicinal value of honey for years, and now the evidence is starting to build to support it. Its use could extend to all kinds of ailments, for example, slathered on wounds to prevent infection and speed up the healing process.

Honey is made up of carbohydrates, amino acids and vitamins as well as compounds that function as antioxidants, which help the body fight damaging free radicals. It's been found to kill some of our most deadly enemies, such as *Staphylococcus aureus* or 'golden staph' which is resistant to *methicillin* (a penicillin-based antibiotic), *Candida albicans* (the 'thrush' organism) and *Salmonella*. Honey produces hydrogen peroxide at high enough levels to kill harmful micro-organisms but not high enough to damage our skin. In fact, the

antibacterial and antiseptic properties kill the germs and help heal broken skin.

This is why we're often told to drink honey and lemon when we have a cough or cold. The honey can kill bacteria in the throat and soothe the dry feeling by providing a protective barrier and a moist environment; the same reason it's used in many common cough medicines.

When it comes to serious infections, Manuka honey has much better antibacterial activity than regular table honey. The Unique Manuka Factor (UMF) is a rating system that measures the non-hydrogen peroxide antibacterial properties of Manuka honey. Manuka honey is tested and scored on a scale of 0 (no activity) through to 30 (extremely high activity).

READER COMPETITION

Be in the running to WIN a \$50 shopping voucher

1) Just answer the following question: Which article did you like best in this issue of Your Chiropractor?
.....
.....

2) Tick the box next to your preferred voucher below:

- Coles Myer Ltd
- Target Australia Ltd
- K Mart Australia Ltd
- Dymocks Book Stores
- JB Hi Fi

3) Post with your name and address on the back of the envelope to:
Your Chiropractor Voucher Competition
Unit 5/1 Almondbury Road
Mt Lawley WA 6050

Must be received by latest post marked 31/07/2011 to be in the running

The winner of the competition in *Your Chiropractor's* May 2011 edition was M. Green, Peregian Springs, QLD.

THAT'S IT! GOOD LUCK!

Good Health on the Menu

Honey Soy Chicken Wings with Chinese Five Spice

Ingredients (serves 4)

- 1 kg chicken wings
- 1/3 cup ketchup manis (or normal soy sauce if you'd prefer)
- 3 tablespoons honey
- 1 garlic clove, crushed
- 1/4 teaspoon Chinese Five Spice powder
- 1/2 teaspoon sesame oil

Method

1. Preheat oven to 200°C and lightly grease a roasting pan.
2. Cut chicken wings into 3 at the joints and discard wing tips (or you can purchase 'wingettes' which should already be cut for you). Combine ketchup manis or soy sauce, honey, sesame oil, garlic and spice in a bowl. Add chicken and toss to coat.
3. Arrange chicken in roasting pan in a single layer. Roast for 25 minutes or until crisp and cooked through.
4. Serve with any sides of your choice.

Note: This dish can be served hot or cold, and can be cooked on the BBQ if you'd prefer. For a more intense flavour, coat the chicken in the sauce and marinate overnight before cooking. Keep the balance healthy by eating with a delicious side salad.

Rib Ticklers

Philosophy from the world of silly thinkers!

1. "I am" is reportedly the shortest sentence in the English language. Could it be that "I do" is the longest sentence?
2. Why do you press harder on the buttons of a remote control when you know the batteries are dead?
3. Why is it that when you're driving and looking for an address you turn down the volume on the radio?
4. Why is it that the only people who can get a bank loan are the people who can prove that they don't need one!
5. Why is it that you never find something you have lost until you have replaced it?

Across: 3. Core; 4. Palmer; 5. Anaerobic; 6. Manuka; 7. Mannaka; 8. Lordosis
Down: 1. Affrentation; 2. Methicillin; 5. Aerobic.



Reducing your risk of chronic low back pain

It is estimated that 80% of people in the Western World will experience a significant bout of low back pain (LBP) at some stage in their lives for a period of two weeks or longer. So regardless of the risks most of us will come to understand what having LBP is all about.

Chronic LBP will last much longer, and may range from very mild to debilitating. There are various risk factors that increase the likelihood of chronic LBP.

Risk factors that you cannot change include:

- Being middle-aged or older
- Being male
- Having a family history of back pain
- Having had a previous back injury
- Being pregnant – a woman's back is significantly stressed by carrying a baby
- Having had previous back surgery
- Having spine problems since birth (congenital spine problems)

Risk factors that you can change with lifestyle changes or chiropractic care include:

- Lack of exercise
- Smoking
- Frequent long periods of sitting, lifting

heavy objects, bending or twisting, repetitive motions, or constant vibration (such as using a jackhammer).

- Being overweight. This may be related to increased load on the spine or due to general lack of muscular conditioning.
- Having poor posture. For every 2-3cm the head moves forward this doubles the load on the cervical spine (neck).



- Being under stress. Stress and other emotional factors are believed to play a major role in low back pain, particularly chronic low back pain. Many people unconsciously tighten their back muscles when they are under stress.
- Depression – especially if you are unhappy in your work environment.
- Using medicines long-term that weakens bones, such as corticosteroids.

Myth & Fact

Myth

Chiropractic is all about joints, not muscles.

Fact

Chiropractic is really all about the spine as a whole and how it influences the nervous system, rather than it is about individual joints or muscles.

Both deep spinal muscles and joints are very rich in nerve receptors that, through the action of gravity and movement, are constantly firing sensory nerve messages to different parts of the brain. These sensory nerve messages literally activate the brain in a process called *afferentation*. When the spine loses its proper balance this alters normal sensory activation and is known as *dysafferentation*.

Chiropractors call this spinal imbalance a *Vertebral Subluxation*.



The brain has an influence directly or indirectly on virtually every function in the body. If nerve messages going into the brain are altered, then this changes the nerve messages coming out (*efferentation*). This may change muscle tone and impact body health in a variety of different ways.

The symptoms that arise from vertebral subluxation may include back pain, neck pain, headaches, referred pain, numbness, pins and needles, fatigue and many other presentations.

Chiropractors use a range of different techniques that will vary depending on age and patient presentation. Many of these focus on muscle, disc and joint procedures. The ultimate goal is to restore spinal and nerve system balance, and thereby improve health, wellbeing and vitality.

Clever

CROSSWORD

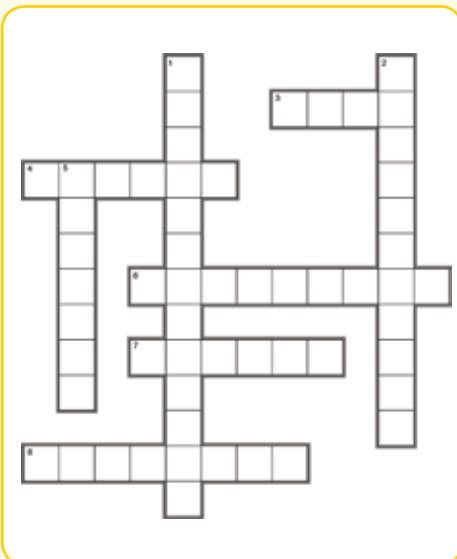
Across:

- These muscles are involved in stabilising the body, in particular the spine, pelvis and shoulder blade regions
- He is known as the "Father of Chiropractic"
- Sugar is burnt during this phase
- This type of honey has better anti-bacterial activity than regular table honey
- Lumbar curve

Down:

- In this process, sensory nerve messages literally activate the brain
- A penicillin-based antibiotic
- Fat is burnt during this phase

Each of the words can be found in this issue of "Your Chiropractor". Answers are shown on bottom of inside left-hand page.





Chiropractic and pregnancy – a natural combination

The changes that occur both physically and hormonally in a pregnant mother make chiropractic care an invaluable part of pregnancy and post partum care. Here are five reasons why:

1. It's been shown to be safe for mother and foetus.
2. With a growing foetus we see postural changes with a mother's spine. Most obvious is the increase in the lumbar curve (lordosis) leading to a sway back. This, along with ligament laxity, is a common source of low back pain in pregnant women.
3. Very few drugs have been shown to be safe during pregnancy. Chiropractors use gentle techniques to ease the body discomfort so common with pregnancy, helping you remain active.
4. Improving pelvic balance may help make delivery more comfortable and reduce the need for analgesics.
5. One study showed that regular chiropractic care reduced labour time by 24%.



Ref: Fallon J. Proceedings of the World Fed of Chiro 1991:24-31.

Chiropractic – How it all started



Care of the physical frame with a focus on the spine dates back thousands of years to Hippocrates who said, "Look well to the spine for the cause of disease." Modern chiropractic though, had its beginnings much later with the 'Father of Chiropractic', DD Palmer.

Palmer worked as a magnetic healer in Davenport, Iowa in the late 1800s. In September 1895 a janitor working in the same building as Palmer, Harvey Lillard, explained to Palmer that he had lost most of his hearing and was almost completely deaf. Lillard added that he, "Could not hear the racket of a wagon on the street or the ticking of a watch." When asked how he had become deaf he explained that, 17 years before, while bent over in a cramped, stooping position, he heard something 'pop' in his spine and immediately lost most of his hearing.

Palmer offered to take a look at Lillard's spine. He hypothesised that because the hearing loss had followed an injury to the spine, then his hearing could be returned by correcting the spinal misalignment.

The amazing result was that Lillard's hearing did return after treatment. Both Palmer and Lillard later went on to start schools of chiropractic. The original Palmer school still operates in Iowa today.

In Palmer's time, knowledge of anatomy and physiology was limited. Consequently, some of Palmer's ideas seem scientifically primitive by today's standards. However, given this was 116 years ago, Palmer was a true visionary of his time. From his early teachings spawned one of the largest natural healing professions in the Western World.

Today universities and colleges across the world offer Degree and Masters courses in chiropractic. Students are very well trained, usually requiring a minimum 5-year undergraduate training before qualifying as a chiropractor.

Practice Update

Our Practice:

This is a traditional family practice committed to providing professional, friendly and comprehensive care to all patients. The Chiropractor is experienced in a broad range of problems.

Phone calls:

The Chiropractor may be contacted by phone during office hours. A message will be taken if the Chiropractor is with another patient and your call will be returned when the Chiropractor is available.

Feedback:

We are here to serve you. Please speak to your chiropractor or the staff about any concerns you may have. We see your constructive comments as helping us to help you and others.

Veterans Affairs:

The chiropractors have satisfied the training requirements of the Department of Veterans Affairs, and the clinic therefore has DVA approval for treatment.

Being Healthy:

Do you realise that being healthy is more than having NO aches & pains. Sick stomachs or headaches? The World Health Organisation (WHO) and Chiropractors define health as "a state of complete physical, mental and social well-being", not merely the absence or disease or injury. Health can be improved simply by eating a balanced diet, adequate sleep, regular exercise and by keeping the bodies structural frame and nervous system functioning at their best. A chiropractor is the best person trained to do this. So the great news is, YOU can choose to be healthier, simply by choosing a healthier lifestyle.

Free Spinal Examinations for Children:

Existing patients of this Clinic are able to bring their children in for a free spinal examination. These examinations must be booked specifically with reception, as they require a longer appointment time. We provide this free service as our contribution to better family health, as a child's spine is the most neglected part of the health and quite often, spinal problems are inherited.

Chiropractic is preventive health care and if any problems do exist in children, they are usually easily and quickly corrected thus allowing the child to reach their optimal health potential.

YOUR CHIROPRACTOR is a service to patients of Back in Shape Chiropractic. Each edition of the newsletter will contain information on health issues relevant to you and your family, plus news about the clinic and its services. By keeping a copy of each edition you can build a valuable library to help you to get healthy and stay that way. Tell us of any topics you would like to see in future editions.