

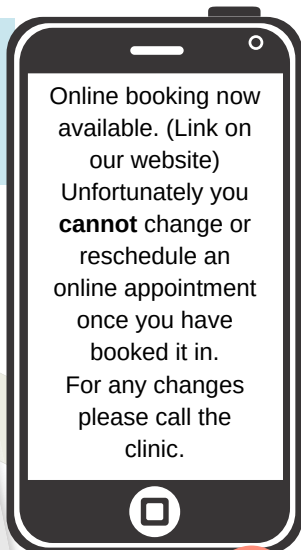
PROACTIVE SPINE

OCTOBER / NOVEMBER 2019 NEWSLETTER



APPOINTMENTS

Your appointment schedule is designed to obtain the best possible results specifically for you. We understand that you may need to cancel your appointment occasionally. Should you wish to change an appointment we would appreciate as much notice as possible so that other patients waiting for an appointment may be offered that time.



Online booking now available. (Link on our website)
Unfortunately you **cannot** change or reschedule an online appointment once you have booked it in.
For any changes please call the clinic.



Kirlia Saunders
Massage Therapist

WELCOME

We are excited to welcome Kirlia to team Proactive!

Ask reception for a copy of Kirlia's hours.

Jess will be updating her days/hours.

Relief from neck pain?

Discomfort, soreness and stiffness can make it hard to turn your head and difficult to get comfortable while doing almost anything. To put it simply, neck pain can be a real pain in the neck! Even minor neck pain can affect your quality of life – but relief is available, and it doesn't come from a bottle. While most neck pain is related to emotional stress like worrying about a deadline, physical stress is also a contributing factor. Here are a few ways to reduce physical stress on your neck.

1. Take frequent breaks from sitting in front of a computer. Keep your head aligned with your spine and relax your jaw—the same goes for when you're texting.
2. Sleeping on your stomach can stress your neck. Try a side or back position with a supportive neck pillow. Proactive recommends the complete sleeprr pillow. \$95 In stock now.
3. Move. Shrug your shoulders up and down. Pull your shoulder blades together to prevent the neck from stiffening.
4. Make regular chiropractic care a part of your routine.

Updates

- Mark will be taking some time off from Wednesday the 16th of October – Wednesday the 23rd of October
- James will be on holidays from the 12th–26th of October
- Danny will be at a seminar in Melbourne from Thursday the 14th of November and will be back on Monday the 18th of November.
- Matthew will be taking time off for his wedding from the 7th of November return to work Monday the 9th.

BIKING IS A FUN FORM OF EXERCISE, BUT IS IT HELPING OR HURTING YOUR BACK?

Riding a bicycle has many positive points, but many riders are unsure if this form of exercise is suitable if they suffer from back problems.

Pros

Biking can often involve less jarring on the spine than the likes of jogging, especially stationary cycling. Sometimes, the positioning of your body on the bike can be favourable as well. If you have lumbar spinal stenosis, leaning forward towards aerodynamic, or low handlebars can be more comfortable than other positions.

Cons

Biking can still cause back and neck pain for some. Your back muscles may not be strong enough for the riding position, or your posture may cause strain. Although you may be leaning forward, this position can also cause you to arch your neck backwards, causing strain to the neck and upper back. Rough terrain may increase the risk of spinal jarring or compression, especially if the bike is unsuitable.

There may be ways you can prevent back and neck injuries from occurring while riding your bike. Whether you are a commuter, off road enthusiast or occasional cyclist; the first thing to do is select a bike that's fit for purpose. It's worth getting advice from a bicycle professional on the right bike and accessories, and how to adjust your riding position to suit your body. As you ride, gently lift and lower your head regularly to reduce the risk of neck strain. Biking isn't greatly effective for strengthening back or abdominal muscles, therefore you may need to strengthen these in other ways to support your body and avoid lower back pain. If you are trying to find forms of exercise that won't cause or worsen back pain, biking could be the answer; however, it's advisable to ask your chiropractor if it would be suitable for you.

Including calcium-rich food in your diet such as chia seeds, soy milk, almonds, dried figs, and white beans, can reduce the risk of osteoporosis-related fractures, or the condition itself. Even just two tablespoons of chia seeds can offer as much as 179 mg of calcium, while one cup of white beans has 161 mg. They are also low in fat, rich in iron, and are versatile for use in salads, side dishes and soups.

What are Practitioner Only Supplements ?

Practitioner Only Supplements as the name suggests refers to those supplements which require a recommendation from an accredited health professional. The reason that these products require a health professional is that they are of a much higher quality and in most cases a more concentrated dosage than over the counter medications. These products have undergone rigorous testing and clinical trials to ensure that they are both effective and safe.

Which supplement companies do we use?

We have teamed up with all of the leading practitioner only supplement companies such as:

- Metagenics
- Bioceuticals
- ATP Science



By teaming up with these leading brands we can ensure that we can bring our patients the very best of products for all of their supplement requirements. Our practitioners also attend regular meetings with these companies to keep up to date with the latest information and to be made aware of any scientific breakthroughs in relation to nutritional supplements.

DVA Cards: (Department of Veteran affairs) Chiropractic Care is Available through Allied Health and Veteran's Affairs (DVA) referrals.

EPC Plans: (Enhanced Primary Care) enable GPs to plan and coordinate the health care of patients with chronic pain. Speak to your General Practitioner to see if you're eligible for an EPC plan and Chiropractic Care.

Workers Compensation Claims: To claim, you must first have a current workers' compensation certificate signed by a medical practitioner to cover chiropractic services. Your insurer will then pay for up to 5 visits including your initial consultation. If further chiropractic care is required for your work-related injury, it must first be approved by your insurer.



Help us reach 800 likes

Current likes count : 695

facebook.com/proactive.spine.sports.med



Help us reach 600 followers

Current follower count : 472

facebook.com/proactive.spine.sports.medicine

Q T A A W E T F G F V U L T G A M
H E Z D R O T C A R P O R I H C F
S S Z D D D P I U Q Y T D E Y W X
A D J U S T W P M T R Z Z N R E G
R U R S X K G Q O S P F D B N Z O
F L S L H C E E A E Y R O T C O D
U S S H Q M S Q W V E L G A N U G
T N S E C R T D C R Y L Z S Z R J
J B E A I I N N C E I S C B I K S
Z D Q L B B I M R N E A M S R D L
P Q Q T N L O N P N T E Q I U D P
Z J H H I L J W O V Y T L O K M J
E C N A L A B B I W H O J Y I B Q
D U S F Y V L T I W Z O S C Y T V
S K B T X O Z B H V M G V A I S G
U J B M X P Y O X Z H S P I N E D
D O E B D Y I C R J R O Y O W C J

Balance
Adjust
Doctor

Joints
Health
Chiropractor

Nerves
Bones

Muscle
Spine

Springtime Green Apple Juice

With a mixture of fruits and vegetables, this juice is a great way to start your day. Like all juices, you get the blast of nutrients in a just a few sips. As they are quickly absorbed into your body, you'll be left feeling energetic and happy all day long.

Ingredients: 1 green apple, cored 4 celery stalks 1/2 medium cucumber 1/2 inch fresh ginger

Wash all ingredients thoroughly and cut into sizes that will fit within your juicer. Put all ingredients through the juicer and mix with a spoon before drinking.

Be sure to enjoy your juice slowly. Sit down. Relax. Pure bliss. Happy Spring!



"The purpose of chiropractic treatment is to help the body to heal itself without surgery or drugs"

How can Chiropractic care help with headaches? This is a very common question many patients ask and many are surprised when told yes.

So how can chiropractic help with headaches ?

The first step at Proactive Spine & Sports Medicine is to determine what is causing your headaches. We always assess whether there is a sinister cause of your headaches and exclude it before we continue with any chiropractic care. A very common cause of headaches can be dysfunction of the upper cervical spine neck. The nerves from the upper neck communicate with the nerves in the head and so any irritation or dysfunction of these joints can potentially contribute to headaches. If the neck is found to be contributing to the headaches the aim of treatment would be to improve function and stability of the neck and correcting any muscle imbalances. Very effective treatment options include spinal manipulation muscle release techniques. dry needling and corrective spinal and postural exercises. We also assess patients for other potential triggers of their headaches which can include diet and nutrition stress levels sleep posture water consumption jaw TMJ problems and sinus issues. Correcting as many of the potential triggers generally gives patients great results within weeks and long term relief from their symptoms.

