

PROACTIVE SPINE



FEBRUARY/MARCH 2020 NEWSLETTER

2020 MASSAGE HOURS

Jessica

Monday: 9am-1pm / 3pm-6pm
Tuesday: 9am -1pm
Thursday: 10am - 1pm / 3pm-7pm
Friday: 9am-1pm
Saturday: 8am-12:30pm
Alternate Saturdays with Kiria.

Kiria

Wednesday: All day
Friday: 2pm-7pm
Saturday: 8am-1pm
Alternate Saturdays with Jess.

Massage Styles:

- Remedial Sports (Jess & Kiria)
- Deep Tissue (Jess & Kiria)
- Hot Stone (Jess & Kiria)
- Cupping (Jess)
- Kahuna* (Kiria)

*Kahuna Massage is a rhythmic style of massage. The practitioner uses their hands, elbows, fingers and even their forearms as they rhythmically move around the table. Beneficial for certain emotional problems such as, Stress, Depression, and Exhaustion.



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.



Stress & Illness

Holiday mode is officially over and busyness at work has kicked in. Stress is cumulative and often structural, chemical and emotional in nature. Applied Kinesiology is a chiropractic technique evaluation and removing interferences to you body's ability to cope with stress. Remove one stressor at a time and allow the physical body to return to health strength and optimal vitality. At Proactive we recommend Adrenoplex and Adrenotone. For more information, about both supplements speak to your Chiropractor.

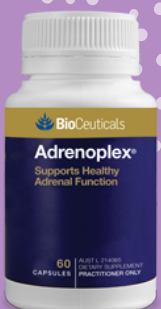
Back to School



School Bag Checklist,

- Ensure BOTH straps of the back pack are always worn and are padded
- The shoulder straps should be adjusted so that the backpack contours to the child's back, rather than hang off their shoulders. If the shoulder straps are too loose, your child will compensate and lean forward when walking, placing unnecessary stress on their body
- When lifting a backpack, this should be done from bench height whenever possible. If they need to lift it off the floor, they should lift the backpack with both hands keeping a straight back, and using their thigh muscles to lift.

If you need help adjusting your child's backpack speak to reception about booking in a FREE school bag check appointment.



facebook.com/
proactive.spine.
sports.medicine



instagram.com/
proactive.spine

The Great Plains Laboratory, Inc.

Raspberry Vanilla Protein Bliss Balls

- 1 1/2 cups Almond meal
- 1 cup desiccated coconut
- 1 serving vanilla protein
- 1 tbsp coconut oil
- 2 tbsp rice malt syrup
- 1/2 Tsb vanilla
- 1/2 lemon zest

Add all into food processor and process until a sticky crumb, then add 1/3 cup of frozen raspberries. Then pulse to combine.

Roll into balls and coat in extra coconut, or leave as is and store in the fridge. Enjoy!

Thank you to our lovely patient Kathleen for letting us share this delicious recipe!

You can follow Kathleen on Instagram for more great recipes!



Pregnancy Massage With Jessica

Being pregnant is one of life's most amazing experiences, however it can also leave you feeling tired, swollen, full of aches and pains and be down right uncomfortable.

The good news is Pregnancy massage is a great way alleviate many of these stresses such as;

- Improving sleep quality
- Decreasing stress and anxiety
- Reducing increased Oedema (fluid)
- Increase overall function and wellbeing
- Reduces nerve tension and pain
- Reduce cramping and increasing circulation

Massage is safe during pregnancy. Every Pregnancy is different, so every massage will be specifically tailored for you and your needs. Making sure you and your baby are super comfortable and in good hands.

Being a mum of twins myself, I had regular massage throughout my pregnancy and experienced many of these benefits keeping me pain free, mobile and still being able to be on the go!

Book your massage today and relax before baby arrives.

Jess :)



A throwback to me at 37 weeks!

SHOCKWAVE THERAPY

Shock Wave Therapy, also known as Extra Corporeal ShockWave Therapy (ESWT), provides a treatment option to patients suffering from a range of chronic tendon conditions.

A handheld probe is pressed on to the affected area and the shockwaves are delivered through the skin to initiate an inflammation-like response in the injured tissue that is being treated, and prompts the body to respond naturally by increasing blood circulation, the number of blood vessels and therefore metabolism in the injured tissue. The basic principles behind shock wave therapy are the high pressured acoustic shock waves that travel through the skin to breakdown calcified tissue and stimulate tissue repair and pain relief.



- Plantar Fasciitis (Heel Spurs)
- Lateral and medial epicondylitis (Tennis Elbow and Golfers Elbow)
- Achilles tendinopathy
- Proximal hamstring tendinopathy
- Gluteal Tendinopathy and Trochanteric Bursitis (Lateral Hip Pain)
- Rotator Cuff injuries of the shoulder
- Calcific tendonitis of the shoulder
- Patella tendinopathy
- Shin Splints
- Muscle strain

Updates

- Danny, will now be working alternate Friday and Saturday mornings. He will still be doing his same hours Monday - Thursday.
- Danny will be away from the 5th of March, returning Wednesday the 18th of March.
- Online booking is available for Massage and Chiropractic. 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.
- We're closed for **lunch between 1-3pm**. If you call during this time please leave us a message and we will call you back when we return.

can't make it to your appointment?

Appointments are valuable. Please keep in mind that there are always patients waiting for a spot, so if you do need to cancel or reschedule letting us know as early as possible means we have enough time to give your spot to a patient that is waiting.

We understand that you may need to cancel or reschedule your appointment occasionally.

Please note that cancellations require at least 6 hours notice prior to your appointment. If a 6 hour cancellation notice is not met you may need to pay a

50% cancellation fee before your next visit.

Thank you,
Team Proactive



TEAL RIBBON DAY

Wednesday 26 February 2020 is Teal Ribbon Day – a day to support Australians living with ovarian cancer, honour those we have lost and raise awareness of this deadly disease to change the story for future generations. Every day in Australia, four women are diagnosed with ovarian cancer and three will die from the disease. Ovarian cancer has the lowest survival rate of any women's cancer – a fact that hasn't changed in 30 years.

It's time for change. It's time to ovary-act. The Proactive team will be wearing their ribbons. You can purchase your teal ribbons for \$3 each on <https://ovariancancer.net.au/>