

Spring 08



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It's all happening so fast!

Could it possibly get any colder? Hopefully the cold weather hasn't dampened our spirit for exercise too much—thank goodness for treadmills!

Thankyou to all for your concern for my wife, Trudy, following her surgery. The 2 pregnancies took their toll on her stomach muscles, requiring them to be surgically repaired.

Her inability to lift for several weeks after the surgery meant the children had to be billeted out to their grandparents over a 4 week period. The girls thought it was just an extended holiday, and no-one wanted to give Mitchell back!

Tayla and Monique turn four this August, and Mitchell is hitting 7 months. Mitchell is about to cut his two top teeth. It's amazing to think that it won't be long before the girls start school!

Soon, they will be star attractions at a family wedding at Tumby Bay, as the flower girls.

They are very excited!

Here at the practice, we have been very busy moving towards being almost entirely computerised, which will soon negate the need for paper patient files. A very slow proc-

ess indeed as we transfer all the necessary data onto computer.

Late in August we will have finalised the removal of our x-ray unit, to free up more room here. Patients will continue to be referred out when necessary. The extra space (mostly for storage) will be very welcome.

The repainting of the front of the practice is almost complete. I don't think to many people will be sad to see the old 'pink' frontage gone—though it was certainly recognizable!

We're very excited to now have the foot scanning system allowing us to prescribe custom-made pelvic stabilisers. (These are different to orthotics). Read on for more info.

A special "Thankyou" to those of you who have been referring friends, family and work colleagues in. As we are a referral-only practice, we greatly appreciate your recommendations.

Since our last issue, Chris has been back to Geelong, lecturing for the Animal Chiropractic university course once again. This is now his 8th year lecturing for the uni.



Turning 4 already!
We'll be buying school uniforms before we know it!

Chris has an extensive background in lecturing, practicing on animals (over 14yrs), and interest in Neurology. As a result, he is an important asset for the course.

In the reception area, instead of cluttering the area with more displays for the products we sell (vitamins, pillows etc), we decided it best to install an LCD screen which will run a series of informative slide-shows.

This way we can communicate information to you, including about different products, using the least amount of space possible. This will be installed over the next month or so, and Chris will likely be designing the Powerpoint-style presentations himself.

Hope you enjoy the read!

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Visit our website for the colour version of this newsletter

Motto for Procrastinators

*Do what you LEAST want to do.....
FIRST!*



**Health Fund
Rebates, plus
12mo Warranty!**

Finally! Pelvic Stabilisers are here!

Finally! We are very excited to announce the arrival of the "Pelvic Stabilisers" by FootLevelers. Whilst these stabilisers have been around for some time, new technology makes it a great deal simpler to assess and order custom-made 'pelvic stabilisers' for patients, by chiropractors.

Being the foundation for the rest of our skeleton, including the spine, poor foot "posture" can have very negative effects on the ankles, knees, hips and pelvis, and the rest of the spine.

Chiropractors have often found that patients with better foot posture, tend to hold their adjustments longer, and have less associated knee, foot and leg pain.

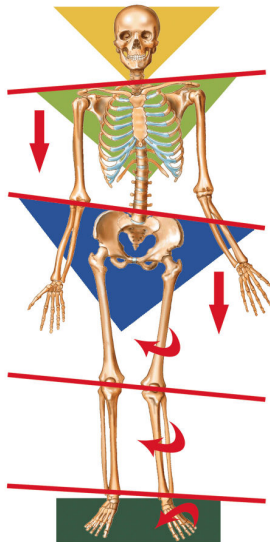
Now, by taking a weight-bearing scan of the feet, we can assess and correct foot posture problems all

under the one roof, giving chiropractors greater control over patient outcomes.

The stabilisers, different to orthotics, were first designed by a chiropractor back in the '60's. In fact, he designed & patented the foot casting system now used (in a modified way) by podiatrists. FootLevelers are the biggest manufacturer of orthotic-style devices in the U.S. Technology now lets chiropractors in Australia utilize their manufacturing facilities, and still have a fast turn-around.

Up until recently, we have been referring patients out to be scanned and the need for stabilisers determined.

**For more details about Pelvic Stabilisers, including participating health funds, please visit our website:
www.clovellyparkchiro.com**



Why do I need Pelvic Stabilisers?

The arches in the feet are maintained almost completely by ligaments. This is why strengthening exercises for the muscles of the arches have not been found successful in re-developing a poorly formed arch.

Unfortunately, when ligaments are overstretched, they don't shrink back to their original length—so they become permanently longer. In other words, once you've lost your arches, you've lost them for good.

When the 3 arches of the feet collapse, the constant impact of body weight rolls the foot inward, causing rotation of the lower leg, and a knock-kneed appearance. In response, the pel-

vis tilts forward disrupting the base of the spine.

In addition, the workload of muscles of the lower leg is increased substantially to cope with the abnormal forces. This often leads to symptoms of pain and soreness in the feet, legs and back.

The individually customized Pelvic Stabilisers support all 3 arches (orthotics only support one) to provide anatomically correct support for the feet. The result is better foot and leg 'posture' and fewer symptoms.

Children from the age of 5 and up should be scanned at some stage to assess the status of their feet.



Free Scan!



Here's how it works.....

- The first step is to let us know you'd like to have a FREE scan. We need to make a separate, or longer, visit.
- On your scan visit, you will receive a colour printout of your scan results, which will be explained to you, and any recommendations based on your results.
- In some scenarios, your feet may then be strapped for temporary support, then re-evaluated in a week or so.
- We then determine the style of stabilisers that will best suit your footwear, and activity levels.
- Finally, ordering the stabilisers is easy. The scan results are emailed off, along with your style selection, and they arrive back in around 2weeks, fully customized for your feet.

Research—Effectiveness of workplace Training in Lifting Techniques

A systematic review published in the February 1 online issue of the British Medical Journal shows no evidence to support use of advice or training in lifting techniques in the workplace, with or without lifting equipment, to prevent back pain or consequent disability.

The review found that either the advocated techniques did not reduce the risk of back injury, or training did not lead to adequate change in lifting and handling techniques. The findings challenge current widespread practice of advising workers on correct lifting technique.

The authors suggest that the commonly given advice to patients to stay at work and physically active as possible, may not be appropriate for people whose work involves heavy lifting and who have a history of recurrent back pain and several periods of sick leave.

The interesting point that this study reveals is something that is commonly seen in chiropractic practices. No matter how technically correct someone is at lifting, if they themselves are not appropriately built or pre-

pared for the job, then they'll eventually run into problems. For example, different cranes are designed for lifting different loads. No matter how technically correct the crane driver operates the crane, if his crane is lifting a load greater than it was designed for, then there will be inevitable problems.

In my experience, most patients who hurt themselves performing lifting activities or similar, more often than not are underpowered for the job. If the heaviest item you would lift in a day is 20 kg, then your body won't be prepared to lift any loads greater than that with any safety. So when the weekend comes, and it is time to do some heavy gardening most people get into trouble.

The solution is to make sure that your exercise regime includes *strength* training as well as stamina training. Whilst going for regular walks is a good starting point, it is generally not enough to prepare you for the heavier activities of living. So make sure that your exercise program includes a component for building strength particularly in those muscles designed for lifting.

Mythbusters—Neck Manipulation and Stroke Risk

Earlier this year, a major study published in the highly regarded 'Spine' journal, concluded that the likelihood of chiropractic patients suffering a stroke, or similar events, following neck manipulation, is no greater than in the wider population, confirming the safety of Chiropractic care. Whilst these events are nonetheless rare, many research studies have confirmed that there is no test or examination procedure that can predict these rare events reliably.

This research should help to clarify for chiropractic patients, the safety of chiropractic procedures, and any suggestion that there are stroke-like risks is a myth. (Unfortunately, this research also confirms that the small number of chiropractors taken to court for apparently causing strokes in patients (mostly in the U.S.), have been wrongly accused).

The key risk factors for strokes include being overweight, smoking, high blood pressure/cholesterol, being unfit, and a family history of cardiovascular disease. They are not truly spontaneous, as it takes some time for the right circumstances to develop before they happen.

Monkey Business

Recently, Chris had the opportunity to do some chiropractic work on one of the Siamang gibbons at the Adelaide Zoo. Irian managed to get into a scrap with one of the orangutan's in their exhibit, winding up with a broken arm and badly injured neck and shoulder.

Generally the animals are anaesthetized whilst the vets work on them, as was Irian. Here you can see the vet tending to his broken arm, whilst Chris is working on the shoulder and neck.

Whilst the anatomy of primates is similar to our own, there are still some subtle differences, and unfortunately, anatomy texts on these animals rarely covers the sort of detail that Chris is used to working with. As a result, he has to be very reliant on his palpation skills to assess where the problems are.

It's quite likely that having a chiropractor working in with the vets at a zoo is an Australian first, and will hopefully open up similar doors at other zoos.

Next on the list are some of the koalas at the Cleland Wildlife park, some of whom are suffering from arthritis.

Even more exciting will be the arrival of the Panda's at the zoo next year— Chris will be looking forward to the opportunity of working with them, amongst other animals.



**CLOVELLY PARK
CHIROPRACTIC
CLINIC**

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Clinic Hours

| | Morning | Afternoon | Evening |
|------------------|------------------|----------------------|----------------|
| Monday | 9am - Noon | 3pm - 6pm | |
| Tuesday | 9am - Noon | 2.30pm - 5pm | 6pm - 8pm |
| Wednesday | Closed | | |
| Thursday | 10am - Noon | 2.30pm - 5pm | 6pm - 8pm |
| Friday | 9am - Noon | 2pm - 4pm | |
| Saturday | 8.30am - 10.30am | 11am - 1pm (Animals) | |

Please Note

- We are closed on the first Saturday of the month.
- PLEASE do call us if you can't make your appointment.
- Remember that babies under 12 months old are free of charge.

To view this newsletter in colour, please visit our website:

www.clovellyparkchiro.com

Type-II Diabetes, and exercise

I recently had a conversation with an endocrinologist who specializes in diabetes. After considerable discussion about the different drugs used to treat this disease, we turned to the topic of causes.

A minority of cases have been shown to have a genetic tendency towards this problem, however for most, it is simply a disease of lifestyle (or more accurately...neglect!). Having a genetic weakness however, isn't enough on its own to bring out this problem. It just means that if you have the genetic weakness, AND you neglect your health, you are much more likely to develop this disease, and will probably have a much harder time trying to reverse it.

For most however, the symptoms associated with diabetes (type II) are largely reversible. It does require a serious look at your lifestyle, including the quality and volume of food you consume, along with the level of calorie-burning activity done day-to-day.

The endocrinologist and I both agreed that most people drastically underestimate the amount of exercise required to make a significant impact. Whilst a walk around the block is a start, it's rarely intense enough to stimulate the sort of changes in the body's chemistry needed to reverse the effects. So be sure to steadily increase your exercise intensity over time, so your body doesn't get a chance to get "comfortable" at any one level.

For those who have been overweight for a long time, the change will come much slower, and may need to set targets over 2-3 years, not a few months. So be sure to be realistic in your expectations.

Stress/time Management Tip

After many years of trying to find the most effective time-management systems to keep up with a very busy lifestyle, there is one particular technique that is easy to do, and works a treat.

The trick is to create what I call a daily "Dump List".

Here's how it works; before going to bed in the evenings, write down a list of *everything* that's in your head. Include trivial items (phone calls, shopping items), and also bigger project items. When these things are in our head, we attach emotional links to them, often negative ones, that stop us getting them done, and making them hard to prioritise.

The next day, review your list, and you'll be surprised how much easier it is to work through it. Some items you'll even just cross off, realising it wasn't worth bothering with. It will be like someone's already set up a To-do list for you.

Some days, you'll only write 5 or 6 things, others could be a page long. Do it anyway!

(I have been using an inexpensive program called Evernote, which help me organise my world. It's fantastic! If you'd like me to run some small talks on time management, register your interest with me, and I'll get something organised.)

