

The Chiropractic Handbook

WHAT EVERY PATIENT NEEDS TO KNOW
UNDERSTAND THE BASICS &
GET THE MOST FROM YOUR CARE



Starting Care?

This is what you Need to Know!

Introducing the handbook of 'What Every Patient Needs to Know'.

This is a startup guide to your spinal health and how, through Chiropractic, nutrition and exercise; you can achieve a pain-free and active life.

Read the information I provide you with; educate yourself with our literature and follow our tips on how to improve your spinal health.

Together, with good information and regular Chiropractic appointments, you too can enjoy the flexibility and freedom of a pain-free spine.



Warick Hayes

What is Chiropractic?

Modern Chiropractic began in the late 1800s when Daniel David Palmer, a self-educated teacher and healer, performed the first spinal manipulation on a patient. Today, Chiropractic is the third largest area of medicine, next only to dentistry and is the largest Complementary and Alternative Medicine health profession.

The word 'Chiropractic' comes from Greek words meaning "treatment by hand", which is exactly what Chiropractors do - they use their hands to manipulate the body and promote healing and wellness.

The Chiropractic philosophy is based on the following belief systems:

- All bodily functions are connected and the healing process involves the entire body.
- A healthy nervous system, particularly the spine, is the key to a healthy body. The spinal cord carries information throughout the body and is responsible for all bodily functions including voluntary movements (such as walking) and involuntary functions (such as breathing). When the systems of the body are in balance, it is called homeostasis. Disorders of the bones, muscles and nerves can disrupt the homeostasis and increase the risk of disease and other health problems.
- When the body systems are in harmony, the human body has the remarkable ability to maintain health and heal itself.

Chiropractic is based on the scientific fact that your body is a self-regulating, self-healing organism. Complex, meaning consisting of more than one part.

Chiropractic is the science of locating offending spinal structures, the art of reducing their impact to the nervous system, and a philosophy of natural health care based on your inborn potential to be healthy.



Why is Chiropractic Different?

The modern doctor of Chiropractic works both directly and indirectly with the nerves, because every function of your entire body is under control of the nervous system.

Every organ, tissue and cell is controlled by neurological impulses travelling from the brain to every part of the body. Nerves make it possible for sight, smell, taste, touch and hearing. Nerves maintain your balance and keep your body temperature at 37.6 degrees. Nerves control your liver, your lungs, your spleen, your pancreas, your gallbladder and kidneys and all other organs. In fact, the nervous system is the master system which controls all other systems of the entire body including the glandular, reproductive, digestive, elimination, respiratory and circulatory. Complete perfect natural health comes only when you have a complete perfect natural normal functioning nervous system.

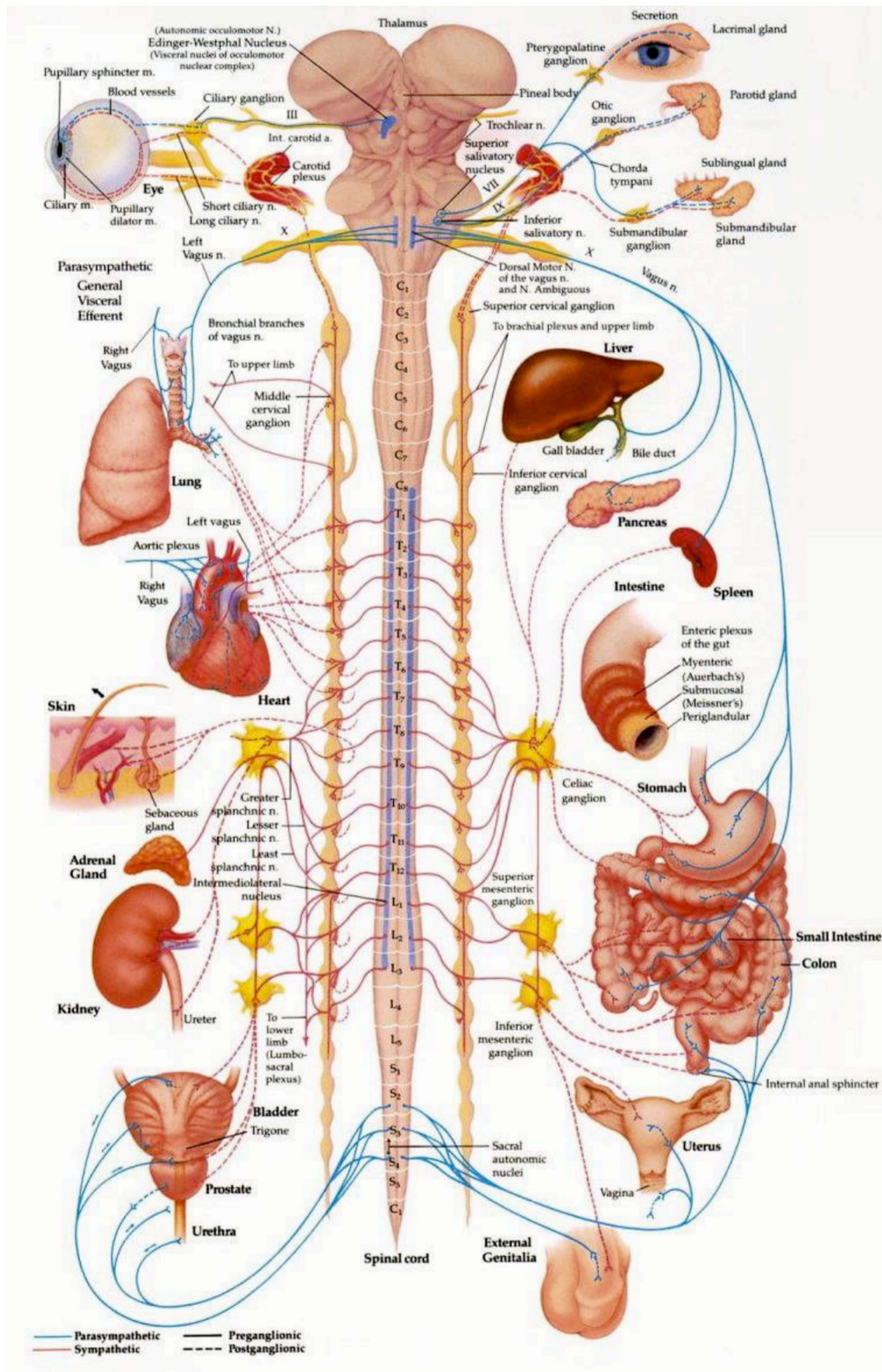


Every science of the healing art has what is known as an “avenue of approach.” For a doctor in the medical field a hypodermic needle injecting drugs to the skin is an avenue through which the drug gains access to the body.

For a doctor of Chiropractic, the avenue of approach is the spine because it houses and protects the spinal cord - the switchboard of the nervous system through which nerves pass from the brain to different parts of the body. The nerves leave the spine through openings between movable spinal bones called vertebrae. When these vertebrae move out of alignment there can be an interference with the normal activities of the nerve. This interference can disturb function throughout the body and cause many diseases.

Most conditions of ill health are the result of some underlying causes within the body which must be found first before correction can be effective and help restore true health. Chiropractic has developed specific techniques for locating and then correcting spinal misalignments that disturb nerve function. Chiropractic therefore makes a major contribution to the healing and the healing arts.

Chiropractic talks to your nervous system



What changes can I expect?

When you experience pain, it can affect every aspect of your life. Pain can sometimes take many years to develop, and can advance unnoticed. Other times, pain can happen in an instant. However it comes on, pain will change the way you live your life. It's effects can alter your physical, emotional and mental state, tone of voice, attitude, treatment of others, daily activities, the way you appear to others, and can leave you feeling defeated.

Through education, understanding and Chiropractic treatment, you will start to move forward away from pain to a state of wellness. Along with therapeutic treatment, you will receive nutritional advice, gentle and progressive exercises, a reduced or eliminated need for prescription medicine and will be empowered and supplied with the confidence to live a life of wellbeing.

As we often measure our wellbeing in a physical sense, you can experience an improvement in some or all of the following aspects:

Along with these benefits, as a patient of this clinic you will receive constant education and valuable advice to better your health permanently.



- ✦ Flexibility of the spine
- ✦ More energy
- ✦ Less fatigue
- ✦ Reduced illness
- ✦ Reduced pain
- ✦ Positive mental state
- ✦ Higher level of concentration
- ✦ Greater feeling of wellness
- ✦ Greater relaxation
- ✦ Decreased moodiness and temper
- ✦ Less depression and anxiety
- ✦ Better and more restful sleep

We will empower you to be the best you can be!

How is Chiropractic performed?

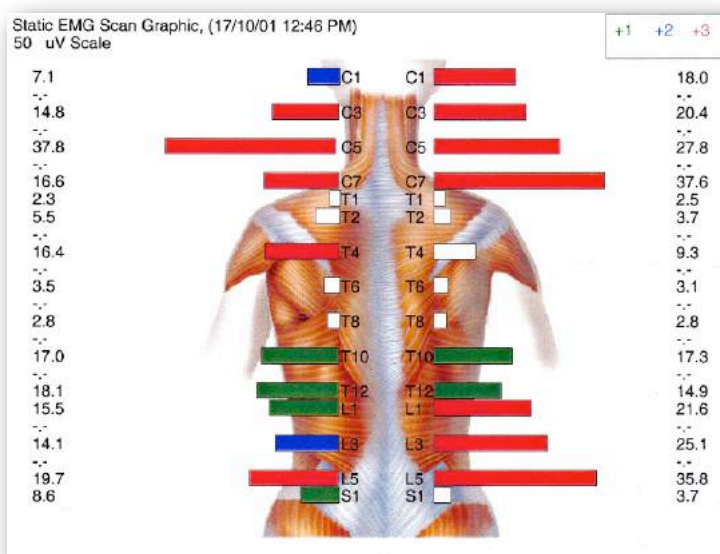
Specific spinal adjustments or spinal corrections are the speciality of Chiropractors. The term 'Chiropractic adjustment' refers to the specific manipulation Chiropractors apply to vertebrae that have abnormal movement patterns or fail to function properly, otherwise known as a subluxation.

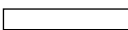





A gentle force is introduced onto the spine intended to release a vertebral segment from its abnormal motion and/or position, thereby reducing the vertebral subluxation or spinal misalignment.

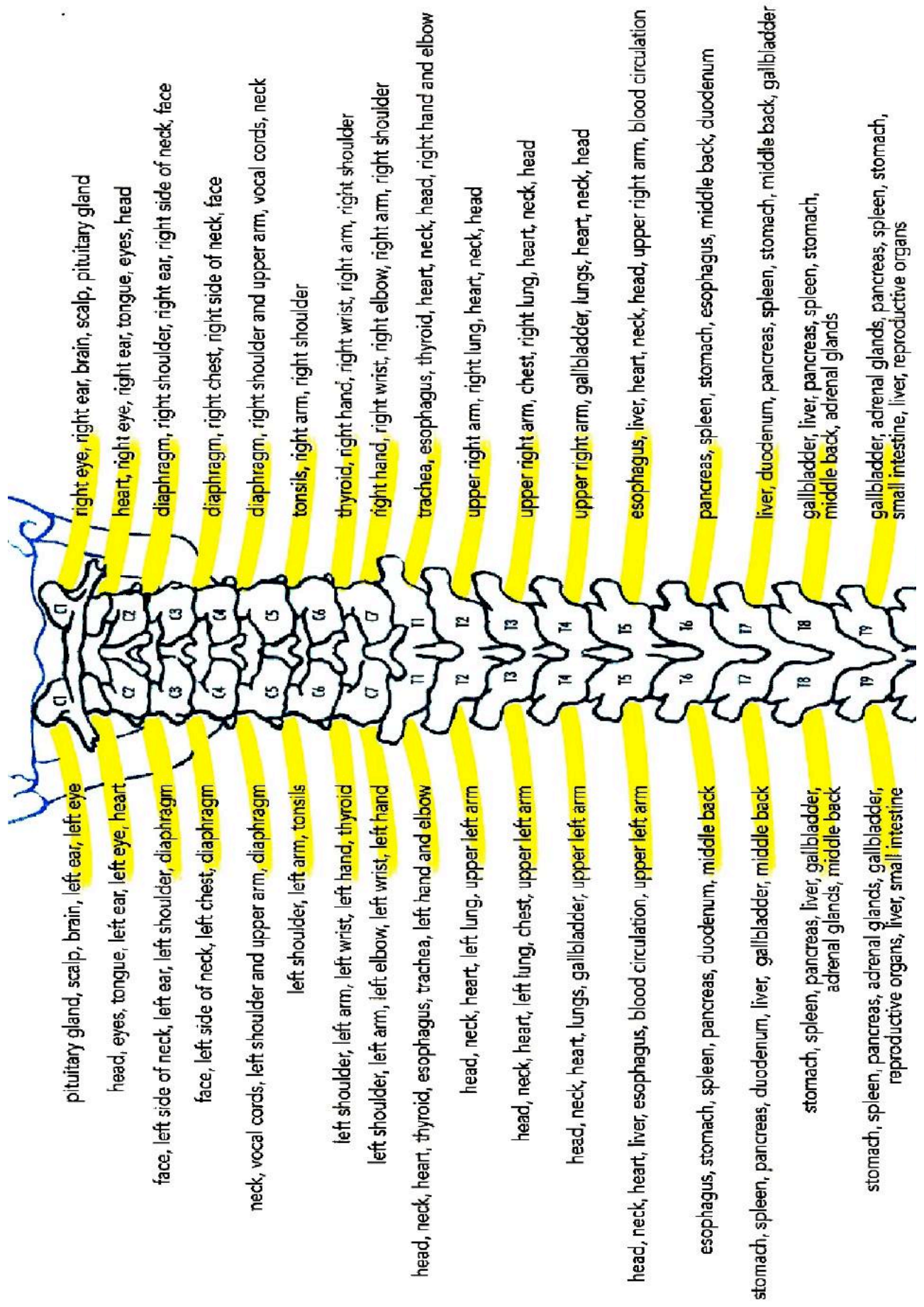
There are more than 20 adjusting systems utilised in Chiropractic today. Each system has a specific adjusting procedure to restore the spine to normal function. This reduces the negative neurologic impact, and returns the body to more normal efficiency. Spinal adjustments, regardless of which system is utilised, are tailored to the patient's age and spinal condition.

Chiropractic analysis utilises x-ray examination for visual assessment of the subluxated spine, to detect any possible contraindications to spinal adjustments, and to rule out bone disease or spinal pathologies. This clinic uses state-of-the-art non-invasive testing called an Surface Electromyographic Analysis (or SEMG).

As nerve control the muscles of your spine, the SEMG will measure how well the motor nerves are working by reading the amount of current found in the muscles. This technology will objectively help to detect areas of nerve disturbance, muscle imbalance and postural disturbance and will help to document and monitor your results.



-  Normal nerve and muscle function, within normal limits
-  Mild nerve interference and muscle spasm
-  Moderate nerve interference and muscle spasm
-  Nerve damage, severe muscle spasm; three standard deviations above normal
-  Extreme nerve damage and muscle spasm
-  Areas that have "shut down", or become so damaged that the muscle is hardly working



C1: pituitary gland, scalp, brain, left ear, left eye

C2: head, eyes, tongue, left ear, left eye, heart

C3: face, left side of neck, left ear, left shoulder, diaphragm

C4: face, left side of neck, left chest, diaphragm

C5: neck, vocal cords, left shoulder and upper arm, diaphragm

C6: left shoulder, left arm, tonsils

C7: left shoulder, left arm, left wrist, left hand, thyroid

T1: left shoulder, left arm, left elbow, left wrist, left hand

T2: head, neck, heart, thyroid, esophagus, trachea, left hand and elbow

T3: head, neck, heart, left lung, upper left arm

T4: head, neck, heart, left lung, chest, upper left arm

T5: head, neck, heart, lungs, gallbladder, upper left arm

T6: head, neck, heart, liver, esophagus, blood circulation, upper left arm

T7: esophagus, stomach, spleen, pancreas, duodenum, middle back

T8: stomach, spleen, pancreas, duodenum, liver, gallbladder, middle back

T9: stomach, spleen, pancreas, liver, gallbladder, adrenal glands, middle back

T10: stomach, spleen, pancreas, adrenal glands, gallbladder, reproductive organs, liver, small intestine

T11: right eye, right ear, brain, scalp, pituitary gland

T12: heart, right eye, right ear, tongue, eyes, head

T13: diaphragm, right shoulder, right ear, right side of neck, face

T14: diaphragm, right chest, right side of neck, face

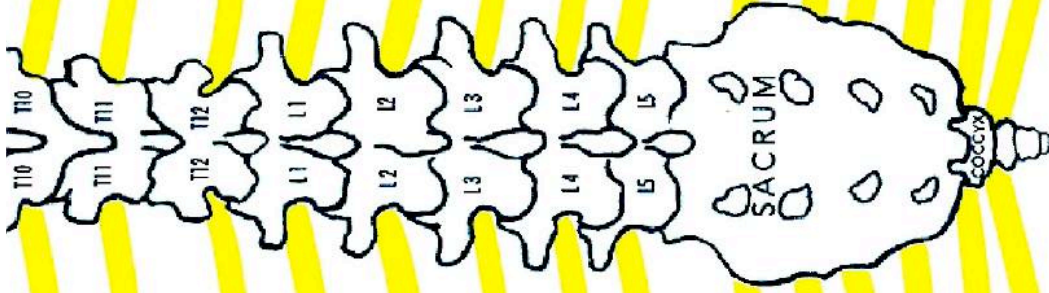
T15: diaphragm, right shoulder and upper arm, vocal cords, neck

T16: tonsils, right arm, right shoulder

T17: thyroid, right hand, right wrist, right arm, right shoulder

T18: right hand, right wrist, right elbow, right arm, right shoulder

T19: trachea, esophagus, thyroid, heart, neck, head, right hand and elbow



stomach, spleen, pancreas, small intestine, reproductive organs, appendix, large intestine, left leg
 left kidney, reproductive organs, left leg, small intestine, large intestine, bladder, adrenal glands, ileocecal valve
 left kidney, reproductive organs, left leg, small intestine, large intestine, bladder, upper and lower back, ileocecal valve
 abdomen, reproductive organs, left leg and foot, large intestine, bladder
 reproductive organs, left leg and foot, large intestine, bladder, appendix, abdomen
 reproductive organs, bladder, prostate, large intestine, left leg and foot
 left buttocks, left leg and foot, prostate, muscles of the lower back
 left buttocks, left leg, foot and toes, prostate
 left buttocks, left leg and foot, bladder, prostate
 left buttocks, left leg, reproductive organs, bladder, prostate
 left buttocks, left leg, reproductive organs, bladder, prostate
 reproductive organs, anus
 rectum, anus
 rectum, anus

small intestine, pancreas, spleen, stomach, right leg, large intestine, appendix, reproductive organs
 small intestine, right leg, reproductive organs, right kidney, ileocecal valve, adrenal glands, bladder, large intestine
 small intestine, right leg, reproductive organs, right kidney, ileocecal valve, upper and lower back, bladder, large intestine
 right leg and foot, reproductive organs, abdomen, bladder, large intestine
 right leg and foot, reproductive organs, abdomen, appendix, bladder, large intestine
 prostate, bladder, reproductive organs, right leg and foot, large intestine
 prostate, right leg and foot, right buttocks, muscles of the lower back
 prostate, right leg, foot and toes, right buttocks
 prostate, bladder, right leg and foot, right buttocks
 prostate, bladder, reproductive organs, right leg, right buttocks
 prostate, bladder, reproductive organs, right leg, right buttocks
 anus, reproductive organs
 anus, rectum
 anus, rectum

The Nervous System is the Master Control System For Your Body

How safe is Chiropractic?

Chiropractic is widely recognised as one of the safest and most effective therapies for musculoskeletal conditions. In the words of the New Zealand government's inquiry, Chiropractic care is "remarkably safe." Chiropractic has an excellent safety record. It is the result of a conservative approach to health that avoids invasive procedures or addictive drugs.

Given that medicine and prescription drugs are the number one cause of death in America and the third leading cause of death in Australia (behind heart disease and cancer) - there has to be a better way.

Chiropractic is the largest non-surgical, non-drug prescribing primary contact health profession in the world. Chiropractic avoids drugs and invasive procedures and has an excellent safety record. In relation to the treatment of neck and back pain, studies have shown that a course of chiropractic care was 250 times safer than a course of anti-inflammatory drugs.

Although chiropractic care has an excellent safety record, no health treatment is completely free of potential adverse effects. The risks associated with chiropractic, however, are extremely small. To put things in perspective, you have a greater chance of being injured in a car accident than from your chiropractic care.

Dr. Hooper is a highly qualified and trained professional who has studied at university for over twelve years. Each week across Australia, there are approximately 300,000 visits to Australian chiropractors for a broad range of reasons.

Chiropractic is safe and may assist in a wide range of conditions such as:

- Pregnancy
- Osteoporosis
- Cancer
- Rheumatoid arthritis
- Psoriatic arthritis
- Disc injuries
- Whiplash injuries
- Spinal fractures



Chiropractic with Acupuncture

The Spinal Centre is unique in that we are able to combine Chiropractic with Acupuncture to enhance the success of your care. Dr. Hooper has a Masters in Chinese Medicine, specialising in Acupuncture of the spine. Indeed he holds one of the highest qualifications in Chinese Medicine and Acupuncture currently available in Australia.

Dr. Hooper's thesis for his Masters in Chinese Medicine was on the treatment of lower back disc injuries using Acupuncture. He is an expert in the field of combining Acupuncture with advanced Chiropractic techniques and Natural Medicine.

We are one of only a handful of clinics Australia wide that use these unique techniques to enhance your treatment outcome.

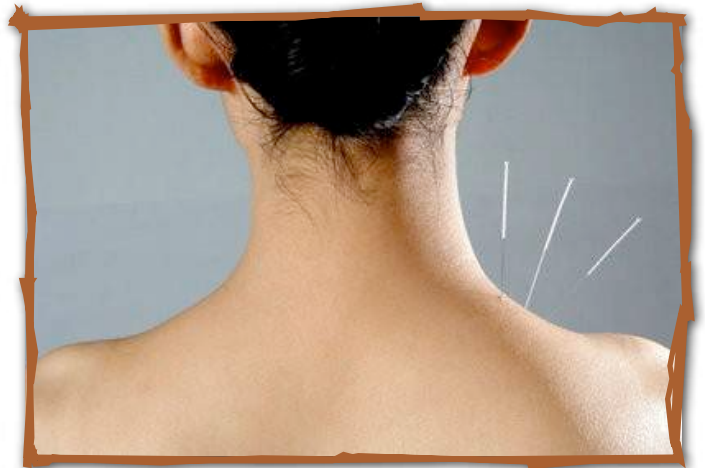
If you have had a good response to Chiropractic in the past - you will get a better response if you combine Acupuncture with your Chiropractic Care.

Chinese Medicine and Acupuncture is a total form of health care in its own right. Indeed it is the oldest form of medicine on the planet. The Chinese were writing extensive and comprehensive texts on medicine long before Leonardo de Vinci started digging up bodies in the middle of the night to perform his dissections.

Chinese Medicine and Acupuncture can be used to treat many types of diseases and disorders from diarrhoea to colds, to asthma, chronic pain and ringing in the ears.

As part of your treatment you may receive Acupuncture in conjunction with your Chiropractic care for very good reasons:

- 1. Acupuncture relaxes you prior to spinal corrections**
- 2. Acupuncture reduces inflammation and muscle spasm**
- 3. Acupuncture promotes improves blood flow - so you heal faster.**
- 4. Acupuncture reduces your pain**



Children and Chiropractic

Children and teenagers benefit enormously from Chiropractic Care. With all the bumps and falls that occur during childhood it is a wonder that some of us make it to being adults. Most of the problems we see in adults are actually childhood problems that have simply been ignored. As the twig is bent.....so the tree grows.

The old maximum that "you will grow out of it" could not be further from the truth. Most injuries that children receive get grown "in to" not "out of". "As the twig grows so does the tree" sums it up nicely. Slightly out of line children grow up to be very much out of line, degenerative and ill adults.

Even in so called "normal birthing conditions" spinal injury can result. Therefore we strongly suggest that you have your children checked regularly. Chiropractic corrections are safe, gentle and effective for babies and toddlers. In fact Chiropractic is much safer than taking aspirin!

All newborn children and toddlers should be examined for any spinal changes too - even if they do not have any symptoms. Every patient is different and chiropractic spinal corrections are always tailored to each child's age, strength, size and individual spinal problems. Naturally the spinal corrective techniques are modified for newborns, infants and small children.



Early detection is the best form of cure. The misdiagnosed "growing pains" are there for a reason and should not be ignored. Parents who really care about their children take them to the Chiropractor and request regular spinal check-ups.

We strongly suggest that you have your children checked regularly. Spinal examinations for kids are performed within this clinic. Children's examinations are important and do take time so they must be booked through reception.

Care of Children

Spinal injury can begin from the forces and stresses of birth, especially if forceps or suction are used. Falls from prams and high chairs, tumbles down steps, constant bumps to the head and bottom whilst learning to walk, falls out of trees and off trampolines, sporting and car accidents all contribute to accumulated stress on the framework of a child's body.

Such stresses may upset the normal mechanics of the child's body, contributing to damage and imbalance of spinal and other joints, ligaments and muscles. This in turn upsets nerve pathways. Your nervous system controls the way your body works. Chiropractors believe that health depends, to a large degree, on a healthy nervous system.

Never:

- Drag your child by the arm as you may cause shoulder and spinal injury (i.e. throw babies in the air)
- Ignore children's complaints of pain or discomfort . Have them checked.
- Encourage babies to walk before they are ready, either by holding them by the arms or with the use of baby walkers.

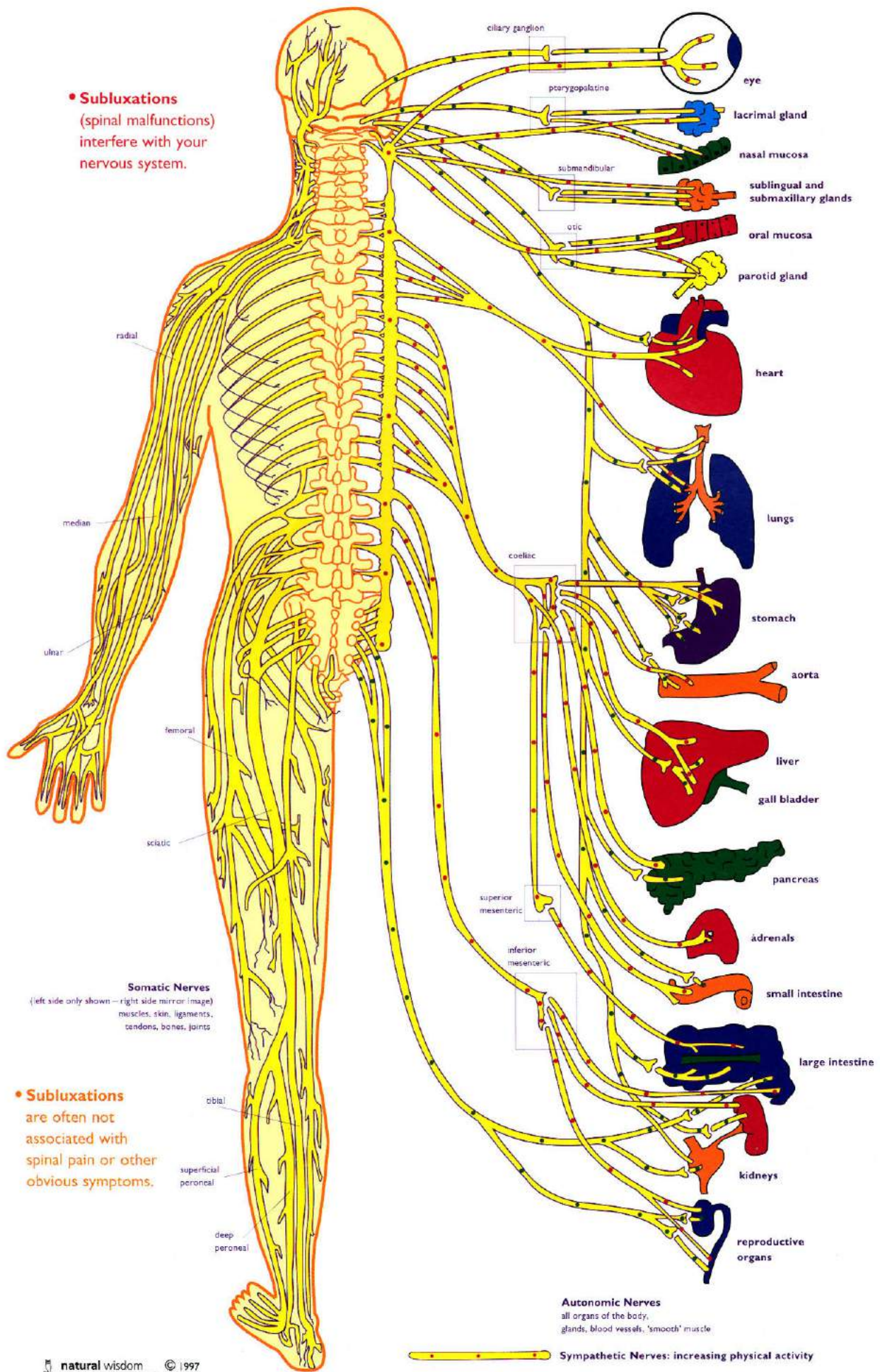
Practice PREVENTION:

- Think carefully before you encourage your child into contact sports and consider chiropractic as part their preparation for training and optimum performance.
- Childproof your home.
- Have your child's spine checked periodically by a chiropractor.
- Always test the depth of water before allowing children to dive in.
- Ensure your child warms up and down when exercising, and do not encourage them to go beyond the capabilities of their fitness.



Through your nervous system

you perceive the world, adapt to stress, coordinate all body parts and functions, express emotion and create your conscious reality.



Understanding Chiropractic

A major part of your care in this clinic is the education and information that we will supply to you. The path to wellbeing extends beyond the physical treatment that you will receive.

As part of its holistic approach, chiropractic recognises the importance of many interrelating factors in a person's overall health and wellbeing including structural, spinal, musculoskeletal, neurological, vascular, nutritional, emotional and environmental.

In order to gain full benefit from your care at this clinic, we will provide you with literature, information and advice on how to eat well, exercise properly and gain optimal benefit from your daily activities.

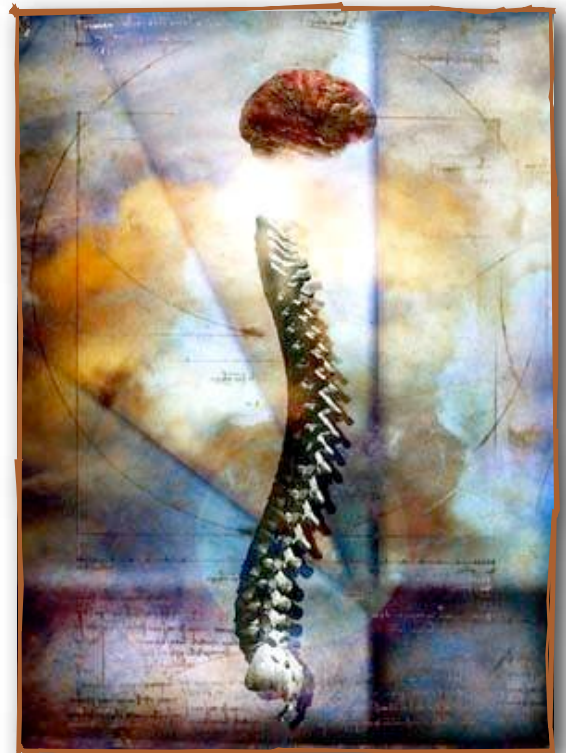
The recognition of the importance of nutritional and exercise programs, as well as lifestyle modifications for promoting optimal physical and mental health makes us different from many other chiropractic clinics.

Our website [The Spinal Centre.com.au](http://TheSpinalCentre.com.au) offers an interactive and complete guide to total wellbeing. It is updated weekly with current health information and articles, and as a patient of this clinic you can receive an e-newsletter every week.

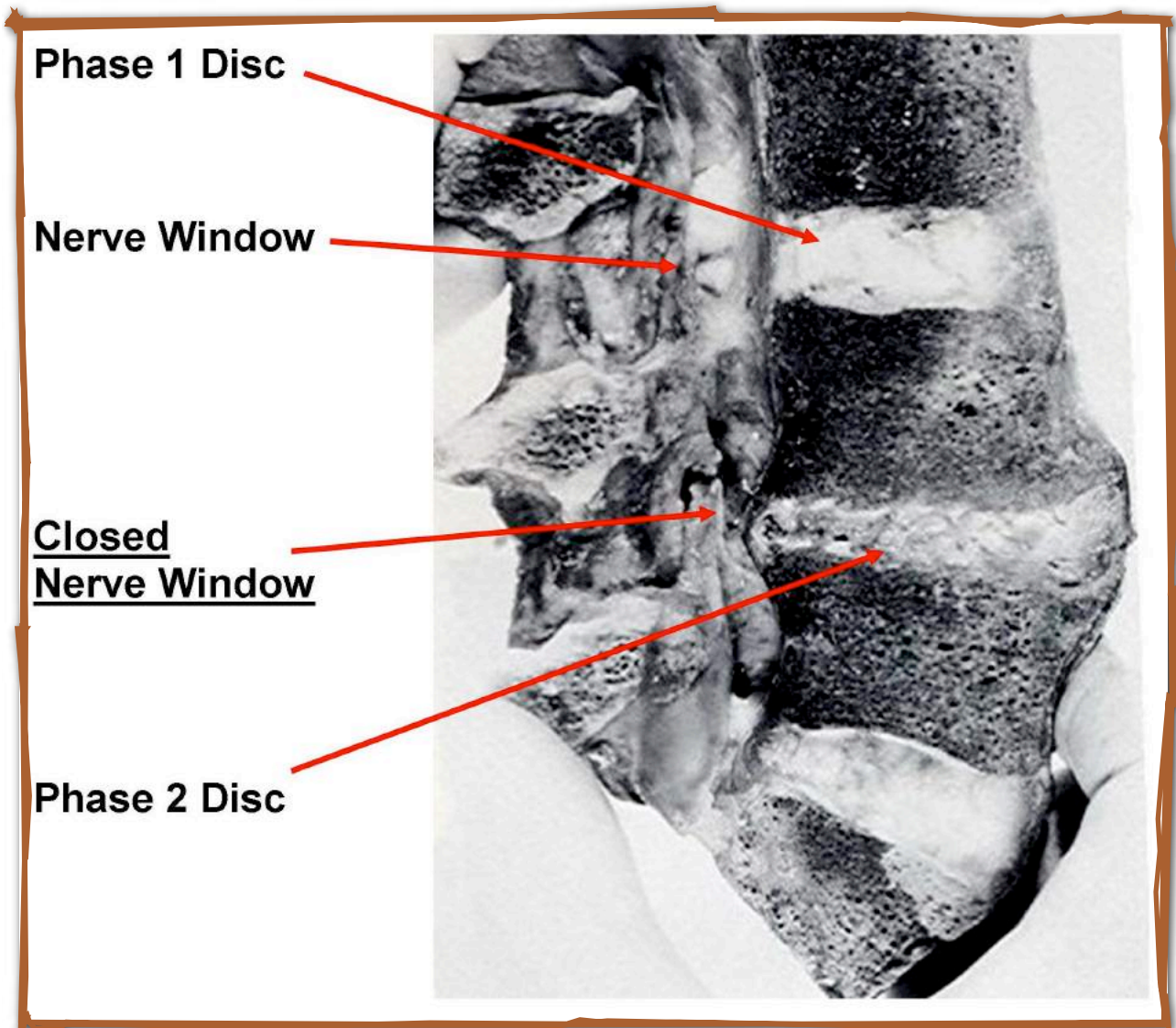
Our clinic is also updated daily with displays showing the newest health advice and information. For those wanting to do some advanced reading, the "Wellness Protocol" is a complete guide on how to eat, exercise and live everyday to the best of health. The "Wellness Protocol" is the culmination of over 20 years of research, education and training.

The protocol, along with the vast amount of literature written by Dr. Hooper will help you on your journey to better health.

Ask Dr. Hooper for your copy of the Wellness Protocol, or visit the patient resources page in 'the clinic' section on thespinalcentre.com.au.



Spinal Decay



What is Spinal Decay?

Your body adapts to uncorrected spinal stress by depositing calcium into affected joints. This process is called Spinal Decay.

It is as if the body is trying to mend a broken bone and attempts to "repair" the malfunctioning spinal joint by joining the two segments together, preventing any normal movement between the joints. Spinal Decay occurs over time in stages. Chiropractors describe the process in three defined phases:

The first phase of spinal decay is revealed as a loss of proper spinal curve or a reduced ability to turn and bend. Other areas of the spine often compensate, starting a chain reaction of health problems.

Left uncorrected, the body responds by depositing calcium onto the affected joint surfaces, ligaments and connective tissues. This second phase of decay is the result of the body's attempt to stabilise and "splint" the malfunctioning spinal joint. As with high blood pressure or cancer, pain or other obvious symptoms are often absent. Unaware of the serious damage that is occurring, many allow their problem to worsen.

In the third phase of spinal decay, the integrity of the spine has become permanently compromised. The associated neurological damage can contribute to some of the chronic health problems seen in the elderly. Years have passed since the original event that set this tragic, yet preventable, process in motion.

The purpose of chiropractic care is to locate areas of the spine that are not working right and use specific corrections to improve its function and structure. This simple but powerful intervention has helped millions avoid the crippling effects of spinal decay.



How long will it take?

The length and frequency of your treatment will depend on the nature and severity of your condition. There are different types of Chiropractic care available within the practice.

The type of care that is right for you will also be based on your examination findings, x-rays and computer spinal analysis. X-rays and Computer analysis of your spine are a better measure of your spinal health than 'how you feel'.

How you feel in terms of pain is not the only criteria to assess your spinal health. Indeed for patients with phase III Spinal Decay, they may not feel pain due to the extreme levels of nerve damage.

How you feel, or how much pain you have on a particular day, is related to the sensory function of your nervous system. Sensory function is not a reliable measure of how well you are travelling. You probably have already noticed that you can feel quite good one day and then lousy the next - so much for sensory function.

Even a slight reduction in hydration levels can significantly alter the amount of pain you feel. Stress, diet, alcohol, poor sleep, too many grains, an argument with your partner can all cause an increase in your pain levels.

A much better measure of how well your spine is functioning is to measure motor function. If your nervous system did not have any motor function you would not be able to sit or stand. You would not be able to turn over in bed, nor would you be able to perform any sexual functions or go to the toilet properly.

Good nerve supply and proper motor function are essential aspects of your nervous system and essential for good health.

How long you decide to benefit from care is always up to you.

Patients continue care as long as they want to have a good spine. You can reduce or alter your care at any time, however we will always recommend a course of care, so that given your particular case, you can achieve the best possible spine.





HOW FAR WILL YOU TAKE YOUR CHIROPRACTIC CARE?



Levels of Care

There are different types of Chiropractic Care available within the practice. The type of care you are offered by Dr. Hooper will depend on the nature and severity of your condition.

The three different types of care are:

Initial Intensive Care



Reconstructive Care



Maintenance Care



Initial Intensive Care

Most patients start with Initial Intensive Care. Initial Intensive Care is about damage control.

The primary focus of this crisis care is to reduce or eliminate your most obvious symptoms. Initial Intensive care in itself cannot stabilise spinal decay.

Initially you may require many spinal corrections to begin to unlock damaged joints within the spine and remove pressure from the nervous system.



The fibrosis (scar tissue) around the joints of the spine and nerves, the stress and damage on your ligaments, tendons and muscles due to years of chronic subluxations, can make it difficult to hold your spinal corrections.

Initial Intensive Care usually involves multiple sessions per week (2 or more) depending on the nature and complexity of your injury

You will be prescribed Initial Intensive Care if:

- Your chronic (long standing) or acute (recent) subluxations have damaged your vertebrae joints, nerves, discs, muscles, meninges (the soft tissue layers around the spinal cord containing small blood vessels, tendons and ligaments).
- Your spine is weak and unstable and your spinal corrections hold briefly and incompletely.
- You may have advanced spinal decay.
- You have height loss, stiffness, tightness, tension and constant physical or emotional pain.
- Your posture is off-centre and your spine is unbalanced.
- Your energy is low, your breath is shallow and your ability to adapt to life's stress is compromised.
- You have many symptoms - a sign that your body is struggling to heal.



Choose your care wisely.



Spinal Reconstructive Care

“There will be no progress without a willingness to assume responsibility.”

Reconstructive Care is designed to further strengthen and stabilise your spine.

With no obvious symptoms present, this is when true healing and correction can begin.

Modern Chiropractic rehabilitative techniques, stretching regimes and electro-acupuncture promote vascularity (blood flow), promote healing, re-pattern and retrain muscle, ligaments and joint structures.

This ensures the ongoing stabilisation of your complaint and prevention of re-injury.

This is the stage at which you are starting to hold your adjustments/spinal corrections for longer periods, but are still subluxation prone. Your subluxation pattern may shift and different areas may need to be adjusted on each visit.

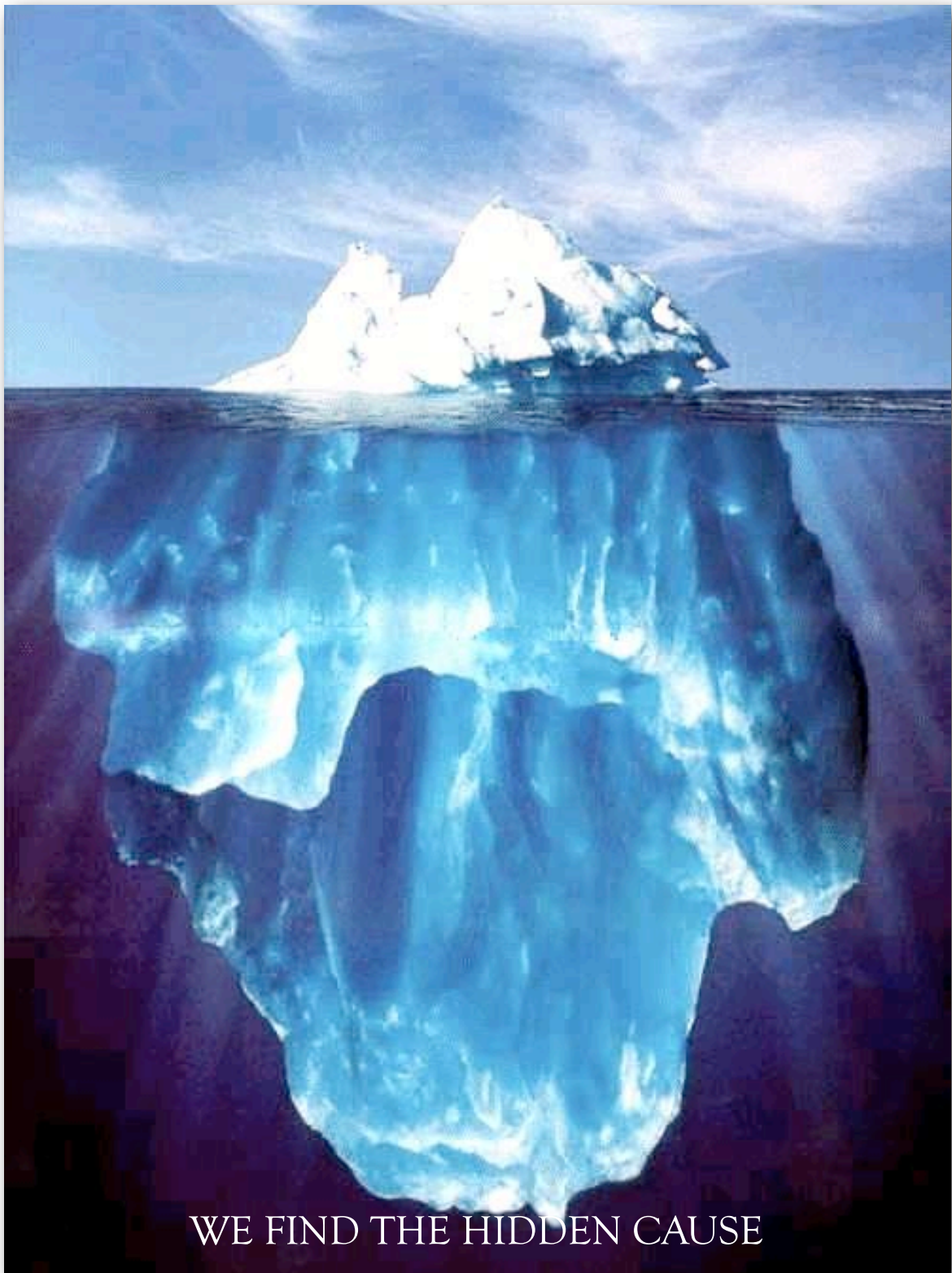
Continued corrective care helps your vertebrae, nerves, tendons, ligaments, and other structures strengthen and heal.



You will be prescribed Spinal Reconstructive Care if:

- Your spine is beginning to respond to chiropractic care and you are experiencing less intense subluxation damage.
- Your spinal column is releasing its chronic vertebral subluxation damage.
- Height loss slows or stops, flexibility improves as does physical and emotional wellbeing.
- Your spine does not yet hold adjustments for long periods; consistent subluxation correction is needed for healing and stability of your vertebrae, joints, nerves, discs, muscles, meninges, tendons and ligaments.
- Spinal Decay is beginning to slow or decrease.
- Your energy is improving, breathing is deeper and you are experiencing greater relaxation and better sleep.
- As physical and psychological health and sensitivity increases, “Retracing” tracing (a brief expression of old physical and emotional stress stored in your body) may occur.
- Sensitivity to your physical and psychological needs increases. You are noticing that you are adapting better to life’s stresses.
- Many spinal conditions take years, indeed decades to develop. You need to judge your improvement in terms of a month to month proposition, not day to day.

SYMPTOMS ARE MISLEADING



WE FIND THE HIDDEN CAUSE

Maintenance Care

“If you are waiting for pain, you are waiting too long.”

Chiropractic is essentially preventative in nature. Care at this stage is designed to promote the body's regenerative abilities, preventing or slowing down additional structural Spinal Decay and stopping continued nerve irritation.

For a little over a \$1 per day you can maintain the health of your spine, and it is even cheaper for families. This is the real power of Chiropractic and Natural Medicine.

Chiropractic is about the prevention of Spinal Decay.

If your SEMG computer analysis is coming up as full white (or close to it) then you are a candidate for Maintenance Care. Maintenance is about optimising your spine and allowing your nervous system to work as it is supposed to.

Maintenance Care is appropriate for you when your spine has been retrained to maintain its alignment and you have increased flexibility and strength. Under maintenance care you visit the Chiropractor regularly for periodic spinal corrections (for most adult patients this is about once per month).

Although subluxations may occur, they are easily released. Your spine is more flexible and moves in fluid motion. Your vertebrae moves easily and your muscles are balanced. Your disc, tendons and ligaments are strong.

You will be prescribed Maintenance Care if:

- Your spinal column is free from subluxation damage.
- Your spinal column and nervous system are balanced and stable given your level of Spinal Decay.
- You are better able to adapt to your physical, emotional and chemical stresses.
- Your breathing, relaxation and sleep is deep and satisfying.
- You are more sensitive to your movement, diet and relationships to others and the world.
- You have more energy; your body functions at a higher level of resistance to disease.
- Your posture is good and you are “spine aware”.
- You have completed Spinal Reconstructive Care and are stable enough to move to maintenance.
- You are a child with a good spine and you want to prevent spinal problems in the future.

While on Maintenance Care you will be encouraged to continue to assist in your journey of better health. Our job is to keep the individual joints of your spine moving (free from subluxations), your job is to keep the entire spine moving (stay active, stretch etc.)



The Road to Recovery

OPTIMIZING

ENHANCING

CORRECTING

HEALING

STRENGTHENING

IMPROVING

RECOVERING

STABILIZING

SUFFERING

WELLNESS CARE

RELIEF CARE

When you're feeling better, you'll have a decision to make. Will you continue with the care necessary to fully heal soft tissues? Or abandon the investment that you've made so far?

When you continue your care, visits are less frequent and progress will be less dramatic. If you end your care before fully healing muscles and soft tissues you can invite a relapse. Whatever your choice, we're here to help support you and your decision.

DECISION TIME

Most patients consult our clinic because they have an ache or a pain. Their goal? Relief. That's our first objective.

A thorough examination reveals areas of spinal dysfunction. Then, we offer a care plan designed to give you the best results in the shortest amount of time.

Visits are frequent during this period of Intensive Care. Each visit builds on the one before, so keep your appointments to get the best results.

RELIEF CARE

"Faster results..."

"Feeling better"

"Symptoms gone"

"Noticeable improvement"

"Making progress..."

"Slower results..."

Ligament Strengthening

Spinal Function Stabilizing

Improved Biomechanics

Retraining Supporting Muscles

Doing and Feeling Your Best

WELLNESS CARE

Your health affects everything you do and everyone you know. With so many people depending on you, it makes sense to invest in your health.

A program of chiropractic check-ups can help you be the caring parent, the loving spouse, the understanding friend or the dependable employee.

Invest in your health - you deserve it!

Decision Time

Decision Time

Decision Time

Decision Time

Decision Time

Decision Time

Decision Time

Relapse

Relapse

Relapse

DAYS

WEEKS

MONTHS

YEARS

Regular Chiropractic Prevents Back Pain

It is estimated that in the United States, the annual costs associated with the treatment of low back pain (LBP) total approximately \$100 billion. High recurrence rates and chronic disability are believed to play a large role in the overall cost of back pain, and studies have shown that only a fraction of LBP patients remain pain free and recover completely, even one year after the problem first occurred.

In a recent study, 30 patients with chronic, non-specific low back pain lasting at least six months were separated into two groups. The first group received 12 treatments over a one-month period, but no treatments for the subsequent nine months; the second group received 12 treatments over a one-month period, along with “maintenance spinal manipulation” every three weeks for the following nine months.

Results

Patients in both groups experienced significant decreases in low back pain scores after the first series of treatments. The greatest difference, however, was seen in disability scores over the duration of the study. Analysis of the data showed that in patients who received maintenance spinal manipulation, “the disability scores were significantly lower after the 10-month period than before the initial phase of treatment. In the other group, however, “The mean disability scores went back to their pretreatment level.”

Based on these results, it is clear that regular chiropractic care not only helps reduce LBP and disability associated with LBP, but that *continued chiropractic treatment following the acute treatment phase assists in keeping pain from recurring*. If you suffer from LBP or any other dysfunction, your doctor of chiropractic can design an effective treatment plant.



Chiropractic Combined with Exercise Gives the Best Results

In the interest of whole body wellness, many chiropractors offer their patients a range of options to help relieve back pain in addition to spinal manipulation, including advice about diet, lifestyle and exercise.

Now, a recent study has found that patients given a combination of spinal manipulation and exercise experienced greater improvements in back function and greater reductions in pain compared to those treated with spinal manipulation or exercise only; moreover, improvements lasted longer in patients receiving both manipulation and exercise than those who received only one type of intervention.

The study included more than 1,300 patients randomized into four groups:

- A control group that did not receive any intervention
- Three groups that each received one of three forms of care - spinal manipulation, exercise or both

Results

Compared to the control group, patients in all three intervention groups experienced “small to moderate” benefits in the treatment of back pain, with the greatest improvements in the group that received spinal manipulation followed by exercise.

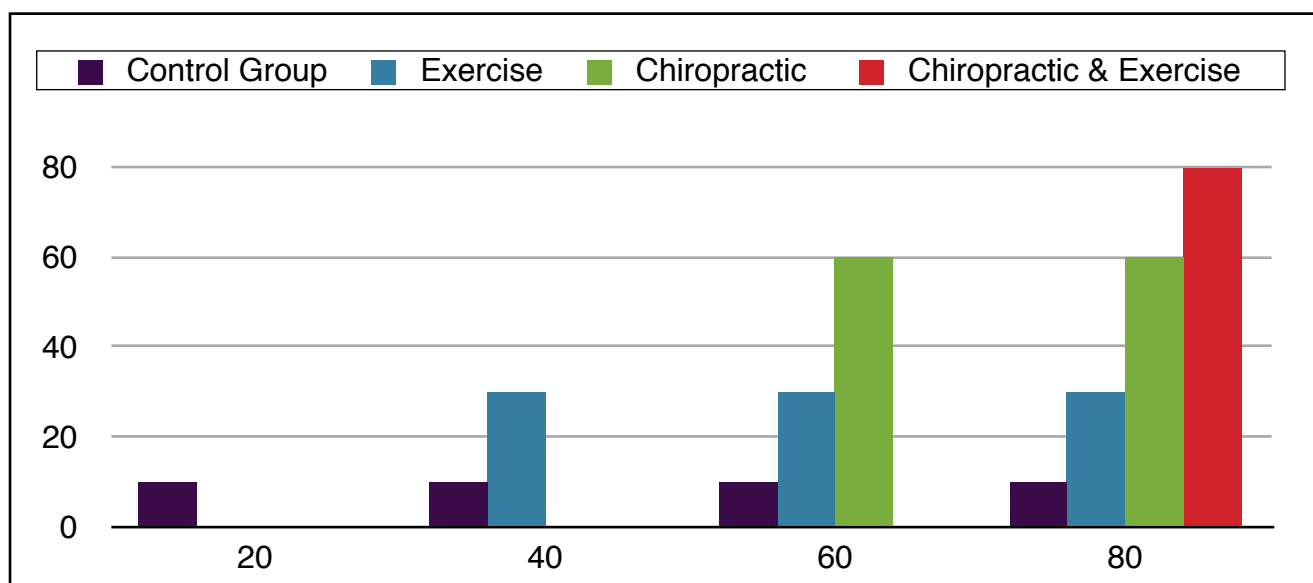
In an accompanying study, researchers examined the cost-effectiveness of adding manipulation, exercise, or both to the usual “best care” practice for back pain. They found that, depending on the total cost of treating a patient with back pain, spinal manipulation would be “a cost-effective addition to ‘best care’ for back pain in general practice” and that “manipulation alone probably gives better value for money than manipulation followed by exercise.”



Together, these papers provide new evidence that manipulation of the spine, either alone or in conjunction with an exercise program, is an efficacious and cost-effective form of care for people suffering from back pain. If you suffer from back pain, talk to your doctor of chiropractic about a treatment plan that include regular exercise. For more information about the benefits of chiropractic, visit www.spinalcentres.com.au.

Reference:

1. UK BEAM Trial Team. United Kingdom back pain exercise and manipulation (UK BEAM) randomised trial: effectiveness of physical treatments for back pain in primary care. BMJ Online First, Nov. 29, 2004.
2. UK BEAM Trial Team. United Kingdom back pain exercise and manipulation (UK BEAM) randomised trial: cost-effectiveness of physical treatments for back pain in primary care. BMJ Online First, Nov. 29, 2004.



PHYSICAL

EMOTIONAL

CHEMICAL



SUBLUXATI N

Chiropractic can't eliminate stress.
but regular care can enhance your
ability to deal with it.

Chiropractic and Wellness

“Wellness” is a wonderful positive word, with no negative connotations. It has been used more frequently over the last two decades as health workers attempted to show the difference between the traditional healthcare model, which is basically disease care, and the new wellness model, which emphasises good health.

The health care system that we have all been brought up with does not really address health care, it addresses disease care. Unfortunately you have to be sick or have symptoms before this system is generally utilised. How many people go to the doctor or hospital because they are feeling unhealthy?



On the other hand, Wellness Healthcare is a system that emphasises maintaining good health once you have achieved it. It is not dependent upon symptoms and fits in well with the true definition of health.

Webster’s Dictionary states “Health is a condition or wholeness in which all of the organs are functioning at 100%, all of the time.” A better definition comes from the World Health Organisation, which says: “Health is an optimal state of physical, chemical and social wellbeing and not merely the absence of disease and infirmity”.

These definitions highlight a problem common to many people. They think that if they do not suffer any symptoms then they are healthy. Unfortunately, in many conditions, symptoms are often the last thing to appear and the first thing to disappear. Disease may have been present before symptoms give a clue to its presence.

The day that are are diagnosed with cancer is not the day that the cancer first started in your system, as many of us are aware. The “silent” nature of many disease processes is the reason why preventive health care is being utilised increasingly throughout the world.

The day that are are diagnosed with cancer is not the day that the cancer first started in your system, as many of us are aware. The “silent” nature of many disease processes is the reason why preventive health care is being utilised increasingly throughout the world.

Basically, the Chiropractic and Dental professions are the two major health care professions that emphasise preventative health care.

Wellness, or “maintenance” care, is part of our daily lives and we generally understand the concept. Most of us know that if we do not service our car regularly it will usually end up needing costly repairs and have reduced longevity. Unfortunately this is what most of us do with our spinal health.

We spend more money each year on our cars than we do on the health of our bodies. On the other hand, if we regularly service our car, it will continue to run well and will generally remain problem-free for its lifetime. This is the most effective and cost efficient way to maintain your car. Of course cars can always be replaced or traded in, bodies can't.

Chiropractic emphasises the wellness approach to spinal health for two main reasons:

Firstly, dysfunction within spinal biomechanics can go unnoticed for many years, or even decades. The consequence of this dysfunction is often irreversible osteoarthritic, or “spinal decay” which is an unnecessary degeneration of the vertebrae and the intervertebral discs that separate them. Restoring normal movement can slow down and even prevent this decay, saving you money, preventing ill health and assisting you to maintain a healthy lifestyle.

Secondly, and most importantly, the system that control and maintains correct body function is the central nervous system. This is where chiropractic plays a major role.



Emerging from each side of the spine are spinal nerves, supplying the appropriate information from the brain to organs throughout the body. It is the nerve supply that makes the organ function correctly. If this nerve supply is damaged, so is the organ's ability to function.

Research has shown that the spinal nerves are very sensitive to the pressure that can result from a vertebral misalignment (subluxation). The primary purpose of chiropractic care is to remove interference to your nervous system from spinal misalignments and so improve your body's function.



That is why so many different 'ailments', such as asthma, period pain, concentration problems, bed-wetting, colic, indigestion, etc. respond to Chiropractic care. This makes it important for every man, woman and child to have regular spinal check-ups to allow the body to function at its very best.

This concept is no different to having a dental check-up. Throughout the course of each and every day's activities, be it repetitive activities, poor posture, accidents, falls, or stress, we are all exposed to potential damage to the central nervous system through vertebral subluxations.

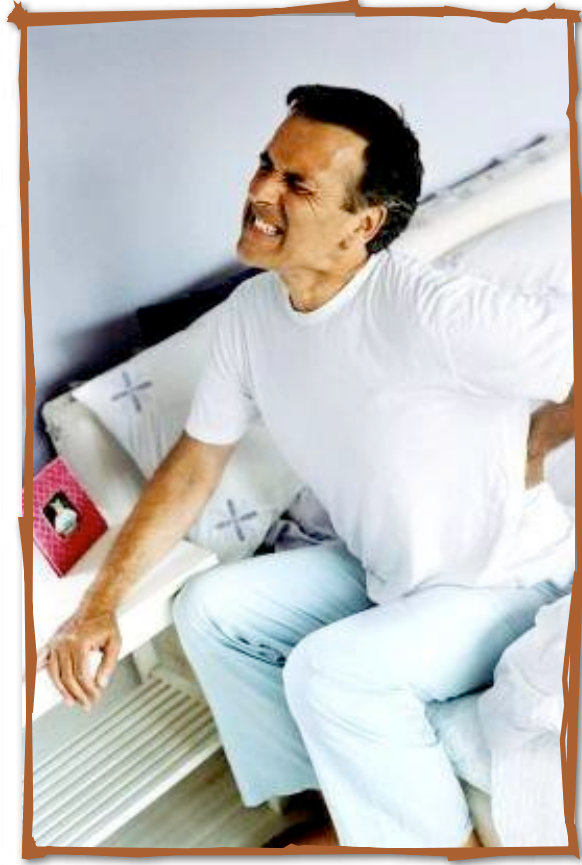
Early detection, before the onset of symptoms, is the key to fast, effective treatment and, more importantly, a true 'wellness' lifestyle.

Dr. Hooper's Comment:

Most patients that we treat within the practice are on Maintenance or Wellness care.

For these patients, who have a correction about once a month, Chiropractic forms part of their healthy lifestyle - much like brushing your teeth and regular exercise.

Helping Your Care @ Home



Back pain can affect many aspects of your life, and can dramatically alter the way you perform them. Even the simplest of tasks can be impacted, and the harder tasks can be impossible to complete.

There are things you can do to help your spine away from the clinic. Gentle exercises, stretches and even correct standing and sitting postures can help you on your way to achieving the best health possible.

Follow our simple guide on what to do, what not to do and how to receive optimal results from your chiropractic care.

What to Do When You're in Pain

Back pain can seize any opportunity to strike. It may be while carrying shopping, slouching in front of the TV, hunching over your desk, standing in line or even sleeping the wrong way. And once it hits, back pain can be relentless.

In between appointments, there are some things you can do to relieve your pain. Follow these simple tips to help provide you with the relief you need:

Come into the clinic

If you feel uncomfortable and unusual pain, come into the clinic. Dr. Hooper will be able to give you some relief from the pain with treatment. This should be your first action if pain strikes.

Rest

Avoid prolonged and repeated use of the area. Many “experts” suggest vigorous exercise will cure most problems. This is not always the case and exercise or unnecessary overuse at this stage may cause further injury. Treat your complaint like a sprained ankle. Give it some time and let the inflammation settle down with appropriate treatment. You will be prescribed some exercises later if they are required.

Lay back

The best position for relief when your back hurts is to lie on your back on the floor with pillows under your knees, with your hips and knees bent and your feet on a chair, or just with your hips and knees bent. This takes the pressure and weight off your back.

Sit right

Sitting can aggravate your back pain. Indeed sitting incorrectly is one of the worst things that you can do. If you have to sit, use a chair with a good back support and armrests, which can reduce the pressure on your back. Also put a pillow behind your lower back and keep your feet on the floor with your knees bent.



Turn the pain on cold

Ice is especially helpful when the pain is most acute in the first 72 hours after injury. It will help to reduce inflammation and relax the muscle spasms. Ice the affected area in twenty minute intervals for an hour (20 on / 20 off / 20 on) and repeat every 2 to 3 hours. Alternatively, a FlexEze Menthol Cold Patch can be used - see product guide at the end of this booklet.

The power of heat

If it is more than 72 hours after injury, it is now time to use heat in the management of your injury. Heat can be applied via a hot water bottle; wheat bag or specialised 'FlexEze' heat plaster. All these products are available at reception. Heat packs or wheat bags should be applied to the affected area in 20 minute intervals for one hour (20 on / 20 off / 20 on) and repeated every 2 to 3 hours.

Frequent rotation of duties

Whatever the work or home duties you perform, do not do them for extended periods. That is, if you are spending time on the computer, at a desk, on a production line, or cleaning the floors, do not perform these tasks for more than 15 to 20 minutes. Frequently change or rotate various duties that you have to do during your day.

Natural or Chinese medications

In an effort to reduce inflammation and relax the muscles involved you will be prescribed natural medication. Natural medicines are very safe when compared with prescription drugs and are far less likely to upset your stomach. Natural Medicine, in conjunction with your care, will give you the fastest and safest recovery possible. See some of the products at the end of the booklet for more details.

Hit the water

For instant relief, float on your back in a pool with a 'noodle' under your knees. This will relieve your muscle pains without the impact.



What Not to Do

Don't ignore pain

It is in fact a warning sign. Don't get trapped into thinking that it will go away and therefore delay treatment. Early arthritis changes can take place rapidly in an injured and immobilised joint.

Don't persist in taking pain relieving medication

It may accelerate arthritis change and delay proper treatment. Current research shows that chiropractic care is by far the most effective treatment for lower back pain of mechanical origin. Regular use of Nurofen is known for causing severe stomach ulceration and bleeding from the bowel, whilst Panadol can be responsible for the failure of both kidneys and the liver.

However, all pain-relieving medications, be it Nurofen, ibuprofen, paracetamol, Panadol, Advil (and many more) can cause major damage, and overuse has even resulted in death. Instead of masking the problem - fix it.

Don't use heat during the acute stage

Although heat may temporarily ease the discomfort it may prolong recovery if applied soon after the injury. Use ice packs as they reduce swelling and speed healing. Heat may be beneficial in the latter stages of rehabilitation.

Don't stay in bed

Continuous bed rest can lead to slower recovery or further damage. Move about frequently to maintain mobility. Get up at normal times as best you can.

Don't avoid rotating your duties and activities

Doing the same work and activities day in day out can not only cause injuries, but can also aggravate your existing condition. Rotate these tasks as much as possible, taking a short break in between to stretch and straighten.

Don't roll your neck in a circle

This is a dangerous thing to do - especially with your condition. Ask Dr. Hooper for some simple stretches you can do instead.

Don't sit on your wallet

Sitting with a wallet in your back pocket is like sitting on an uneven chair. It can create increased stress though through the sacroiliac (pelvic) joints and cause tension into the lumbar spine, increasing the risk of low back pain.

So when sitting, be sure your wallet make its way to the front pocket - or get yourself a man bag!

Don't miss your appointments

Each treatment builds on the one before. Cancelling and rescheduling only prolongs your treatment time and pain.

The appointment book in this clinic fills very quickly, weeks in advance. If you need to reschedule, be sure that you are doing it for a legitimate reason. Select a time as close as possible to your original appointment time, and let the receptionist know as soon as possible so that another patient can take advantage of your appointment time.

Don't sit for more than half an hour without a break

Sitting increases pressure in the disc by up to 6 times, compared to lying down.

Don't bend, lift or twist

All of these actions increase the pressure in the disc by up to 30 times as compared to lying down.

Don't sleep on your stomach

Turning your neck to one side and sleeping on it will cause problems in the long term.

Don't cough or sneeze in a bent or twisted posture

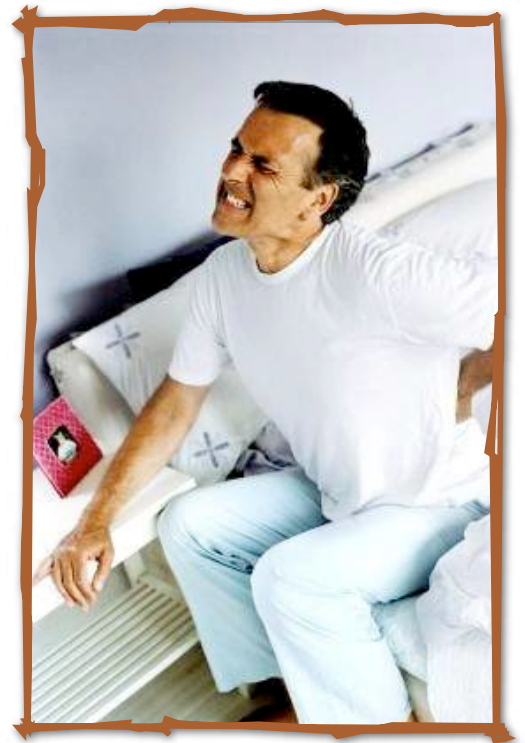
You may overstress your back. Support yourself by putting your hands in the small of your back.

Don't fall asleep in a chair or on the couch

Couches and chairs are for sitting. If you are really that tired, go to bed.

Don't sit with your legs crossed at the knee

Instead of sitting with your legs crossed at the knee, cross them at the ankle instead.



Tips for a Better Spine

The way you perform your daily activities will have a major impact on the health of your spine. Here are some rules to live by to help reduce back and neck trouble.

The key to decreasing stress on the spine is to have good health habits.

Have good posture

Good balance is the primary objective, with the body relaxed when standing, sitting, lying or walking. When working change positions regularly. Take stretch breaks and ensure that your work area suits your needs.

Exercise regularly

Regular exercise and stretching is essential for flexibility and strength. Exercise 4 to 5 times a week for at least 30 minutes. Begin by just walking.

Lift correctly

Use your legs to lift, keep your back straight with the weight close to your body and have your feet well apart. When carrying, keep the object close to your body. Putting an object down is the exact reverse of lifting. Keep your back straight and use your legs. Get someone else to help carry bulky or very bulky items. Avoid lifting heavy objects higher than you waist and be careful of sudden movements. Do not twist whilst carrying heavy objects.

Work at correct heights

Learn to place things on benches and perform tasks on work areas at an appropriate height so you do not have to repeatedly bend or stretch. Kneel down and keep your back straight if you must work on the floor.

Sit on firm chairs

Avoid soft chairs, deep couches and backless seats. Use a cushion to support the back.

Use a footstool

When standing (e.g. Ironing) for long periods the use of footstool to lift one leg at a time may ease tension in the lower back.



Sit up straight when driving

When driving, support the lower back to promote its normal curve (either use a special support, or if one is built into the seat, adjust it to suit you). Ensure that your driving posture allows your shoulders to be relaxed. Don't thrust your head forward. Have your knees slightly bent when feet are on the pedals. Avoid driving long periods without rest and stretch breaks.

Sit upright

When studying and reading, keeping the book tilted up so that you are not constantly looking down as this places strain on your neck. Use a document stand and slope board for prolonged study. This may be as simple as elevating the back legs of your study desk to an incline of about 10 degrees. Sitting in bed to read or watch TV may not be good for your lower back either.

Use a quality supportive mattress and pillow when sleeping

Contoured pillows are recommended as they conform to the normal shape of the neck. Refer to the products page at the end of the booklet. Do not sleep on your stomach. Sleep on your side or back. When arising from bed, move to the side of the bed, roll onto your side and sit up, swinging your legs off the bed as you push up with your arms.

Wear correctly fitting shoes

Make sure you have low to moderate heels with good arch support, especially if you are standing or walking for lengthy periods. Do not wear thongs.

Vary tasks

When gardening and doing housework: ensure that you do not remain in the same position for more than 5-10 minutes. Avoid repetitive bending, lifting and twisting, keep your back straight. Use implements that suit the tasks you want to perform.

Include stretching into your daily routine

Stretching and flexibility are important factors in determining the health of your spine and body. Follow the simple stretches included in this book or ask Dr. Hooper about some stretches that are appropriate for your condition.



The Back Care Program

No matter what causes back pain, an important part of its treatment is improvement of posture and learning to use the body correctly. Good posture allows the use of the body without strain on muscles, joints, ligaments and internal organs. Good posture must be considered in all activities; sitting, standing, resting, working, playing and exercising. It is not simply a matter of 'standing tall'.

This guide is designed to help you begin to correct the positions and movements which may aggravate your back problem.

Rest Positions - Back/Side Lying

DO



Curl up on side with knees bent, or lie flat on back with pillow under knees.

DON'T



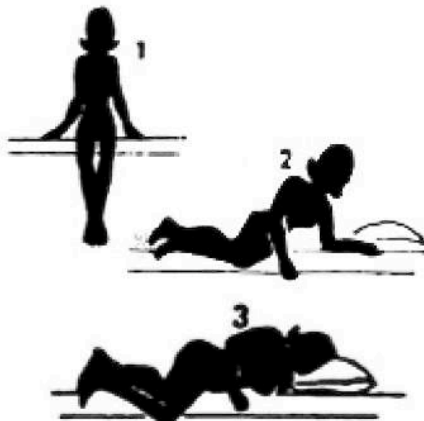
Above positions cause swayback.

ALTERNATE REST POSITION



Use pillows, a foam wedge or a pillow placed on the back of a chair for leg support.

Up and Down From Bed



DOWN

1. Sit on edge of bed (#1).
2. Bring both arms to one side.
3. Lower side of body to bed keeping knees bent 45° (#2).
4. Put feet into bed.
5. Remain on side or roll to back.

UP

1. Roll to side (#3).
2. Push with hands to sitting position.
3. Keep knees bent and swing legs over edge of bed.

Sitting

DO



Good body mechanics when sitting down in a chair.

If a chair is too high, swayback is increased.

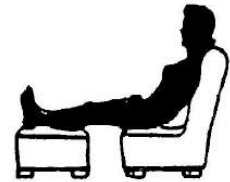


Knees higher than hips flattens the low back, legs straight on ottoman straightens the low back.



Car seat closer to steering wheel flattens the low back.

DON'T



Standing

DO



A footrest will relieve the sway back and help to flatten the back.

DON'T



Bending

DO



Bend at the hips and knees and not at the waist.

DON'T



Hold and carry objects close to you.



Never bend over without bending knees and tucking buttock under.



Bending (continued)

DO



Keep back rounded as you return to standing from squat.

Always face your work and turn by pivoting your feet first.

Keep buttock tucked under as you reach. Use a stool and avoid unnecessary reaching.

DON'T



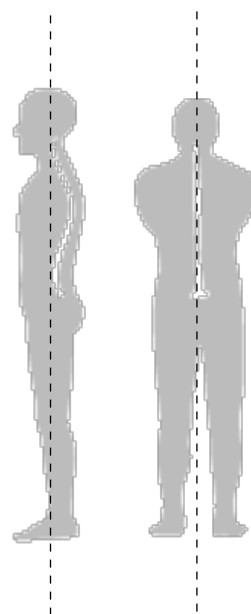
Rules to Live By

1. Avoid bending from the waist only; bend the hips and knees.
2. Avoid lifting heavy objects higher than your waist.
3. Always turn and face the object you wish to lift.
4. Avoid carrying unbalanced loads.
5. Hold heavy objects close to your body.
6. Never carry or move anything which you cannot handle with ease.
7. Avoid sudden movements. Learn to move more deliberately.
8. Change positions frequently.
9. In mopping, vacuuming, raking, hoeing etc. always work with the tool close to the body. Never use a 'giant' step and a long reach in these activities.
10. Sit down to dress: shoes and socks etc. Don't bend from the waist while trying to balance on one foot.
11. Women should wear low heels.
12. Avoid exercise and activities which arch or strain the low back.
13. When you cough or sneeze, round your back and bend your knees slightly.
14. When making a bed, do so from a kneeling position.

Posture

Stand tall with your chin in and your head directly above your shoulders. Keep your back flat, your pelvis tucked under and knees relaxed. Your upper back should be straight, not slouched, and your shoulders relaxed.

Don't stand with stiff knees, slouched shoulders, uneven hips or sway back. Keep your chin close to your body, and ensure that your weight is evenly distributed on both legs.



Prescribed Products

Eagle Pharmaceuticals HerniDisc

- HerniDisc is a comprehensive anti-inflammatory and muscle relaxant specially formulated for back pain.
- HerniDisc is also a multivitamin and mineral support with added herbs, vitamins, minerals and essential nutrients for bone and ligament ailments.
- HerniDisc is used extensively for people with muscle and skeletal problems, and in particular, disc herniation or disc protrusion.
- This formula is an excellent support for your Chiropractic Care. It is one of the most popular formulas in the clinic for its fast acting results and effective relief.



Bioceuticals InflammEze Activ

- InflammEze Activ helps to reduce inflammation.
- InflammEze provides a significant dose of 10 mg of Harpagosides from Devil's Claw in each tablet to assist in pain relief. Devil's Claw exhibits anti-inflammatory properties and is clinically proven to assist in the relief of pain associated with arthritis, rheumatism and in the relief of lower back pain.
- InflammEze Activ is an easy-to-use capsule and is one of the strongest natural anti-inflammatory products available.



Bioceuticals Ultra Muscleze

- Ultra Muscleze is a high dose magnesium powder that will ease cramping, tight and sore muscles.
- Magnesium support energy product and neuromuscular health. It is an important mineral for the formation and maintenance of healthy bones and is required for healthy metabolism.
- Magnesium is essential for proper muscle function and acts to relieve cramped and sore muscles.
- We initially started using Ultra Muscleze as it was one of the most requested products by our back pain clients. Out of all possible natural muscle relaxants this one seems to work the best over time.



FlexEze Heat Patches

- FlexEze Heat Patches are ideal for use in the treatment of tense, and tired muscle, joint pain and back pain.
- FlexEze Heat Patches should be used following the acute stage of injury.
- FlexEze Heat Patches are a single use, fast acting, air activated heat patch that gives effective soothing drug-free relief from pain for up to 12 hours.
- The use of heat for the treatment of tense or tight muscles is well known. Recent clinical studies have shown that continuous low-level heat therapy is more effective and safe than taking medications such as Ibuprofen and Paracetamol.
- FlexEze Heat Patches can be used on muscle tightness, strains or sprains. These patches are also ideal for menstrual cramps, joint pain (not when hot with inflammation) or tendon or ligament sprain.
- This is one of the most popular products in the clinic for the simple fact that they actually work!



FlexEze Cold Patches

- FlexEze Cold Patches are ideal for use during the acute stage of soft tissue sprains, joint pain and back pain.
- FlexEze Cold Patches should be used in the first 72 hours of injury.
- The pain relief of menthol is recognised world-wide as a natural analgesic, achieved through its effects on pain receptors in the skin.
- FlexEze Cold Patches are applied to the skin, and can provide effective drug-free relief from pain for up to 8 hours.
- Each packet of FlexEze Cold Patches contains 5 individual patches, ideal for taking with you when travelling or to sporting events.
- This product is a fantastic way to take the effectiveness of ice wherever you go.



Zen Therapeutic Liniment

- This potent liniment is used extensively in the clinic for quick relief from back, neck and muscle pain and soreness.
- Zen Liniment is a combination of traditional Chinese and Western herbs used for centuries for the relief of joint and muscle pain and the treatment of traumatic injuries.
- Zen is a non-oily, pure and quick-penetrating formula that requires no rubbing in.
- Zen is formulated with all natural ingredients and is applied externally to treat muscle and joint injuries and pain.
- The special synergistic herbal combination nourishes the underlying damaged bone, sinew and muscle promoting repair as well as relieving pain. Zen provides temporary relief of pain from tennis elbow, arthritis, sporting injuries, back and neck pain, shoulder pain, bruises, dislocations, fractures, osteoarthritis, knee pain and rheumatism.



Tiger Liniment

- Tiger Liniment is a liquid version of Tiger Balm useful for relieving muscular aches and pains, soothing tired muscles and increasing circulation in arthritis joints.
- Tiger Liniment helps to warm up muscles before exercise and eases soreness after working out.
- Tiger Liniment's concentrated formulation penetrates quickly and provides effective temporary relief.
- It can be helpful with everything from backaches, arthritis, bruises and strains and is even helpful in relieving headache pain.



Eagle Brand Medicated Oil

- Eagle Medicated Oil gently soothes and quickly relieve headaches, colds, muscular aches and back pain.
- Used for many years, this oil is one of the strongest products in its range in the world.
- This oil contains Metnhol Cristal, which is the result of crystallization of natural 'mentha arvensis' oil, Added with nutmeg oil, this makes Eagle oil more effective for prevention and relief of flu, insect bites, headaches, muscular ache, backache, arthritis, bruises, sprains and stomach ache.



10 Ways to Help Us Help You



1 Knowledge is Power

Understand your problems and enjoy better results.



2 Use Our Experience

Stay on track by following our recommendations.



3 Exercise and Stay Active

Aim for 20-30 minutes of gentle exercise each day.



4 Improve your Nutrition

Eat like a meat-eating vegetarian coeliac. Cut out grains and bread. Aim for 8 serves of fruit & veg daily.



5 Drink Plenty of Water

Drink 20ml per kilo of body weight everyday. (eg. If you weigh 70 kilograms, you must drink 1.4 litres minimum.)



6 Get Adequate Rest

Restful sleep allows your body to make needed repairs. Aim for 7-8 hours per night.



7 Reduce Emotional Stress

If you are having trouble managing stress, talk to Dr. Hooper about your options.



8 Adopt Healthier Habits

Stop smoking and get to your optimum weight. Pour soft drinks down the drain and avoid tea and coffee.



9 Participate in your Recovery

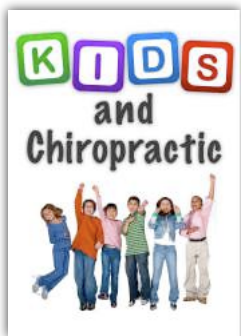
Educate yourself with our information and never be afraid to ask questions.



10 Remain Hopeful

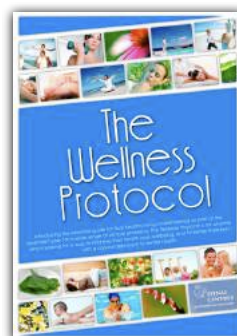
Healing is a process that takes time. Stay optimistic. We are!

Recommended Reading



Kids and Chiropractic

Chiropractic is just as important for your kids. Find out why in this great booklet.



The Wellness Protocol

The 7 steps to achieving optimum health.



Healthy Eating

Your guide on how to eat, what to eat and when to eat it.

For more information, advice and back care tips, please visit our website TheSpinalCentre.com.au.

As a patient of this practice, you are also eligible for access to our exclusive weekly e-newsletter, which brings you up-to-date information and advice on important health topics like back pain prevention, exercise strategies, eating plans and much more.

THE SPINAL
CENTRE
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