

Hello from your health care team.

Do you find it hard keeping your health on track? Do you 'mean well' with your exercises, appointments and schedules but find that life is so busy that it is hard always being good to yourself?

Here at Health *plus* Chiropractic we understand the changes you may face. We see such a variety of people and situations plus our decades of experience helps us to better help you to keep working towards better health.

Some news: Dollene and Ara have safely returned from their holidays! Thanks to those who expressed concern.

Sarah is in the later stages of her teaching course and is unable to be here for massage therapy on a Thursday afternoon. Between now and November Diana Marcellino has returned to deliver her skillful therapy.

Congratulations to Emanuel Grima who won first prize in our Football World Cup sweep. Thanks to all those who participated.

Meaghan has a new diagnostic tool to add to her list - she is now available for Iris diagnosis. Well done on continual learning.

Our website is up and running! Have a look at us, what we have to say and do at:

www.healthpluschiropractic.com.au

Heel pain!

SORE HEELS!! Pain when getting out of bed in the morning! Pain at the end of the day! Does this sound familiar? Have you been told that there is no cure?

The good news is that you are not the only one and there are treatments available!

Heel pain is one of the most common foot complaints seen in private practice.

Plantar fasciitis is often the correct diagnosis for this debilitating condition. This simply means that there is inflammation in some of the soft tissue structures that attach to your heel bone.

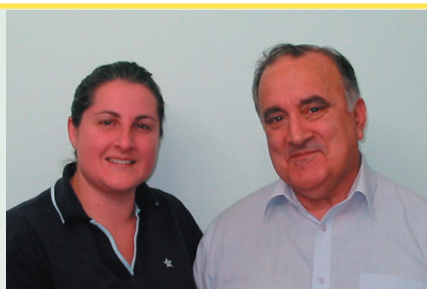
This condition is caused by a variety of factors. Some of these include; poor footwear, standing for long periods, obesity, tight calf muscles and poor walking styles.

This condition can be treated!

Depending on the individual cause of this condition, a variety of treatment options are available including: deep connective tissue massage, stretching/exercise programs, footwear advice, night splints and customised orthoses/innersoles.

The average time to recovery is 6-10 weeks.

After carrying out a detailed foot assessment, our highly skilled podiatrists will develop a personalised treatment plan to alleviate your heel pain!



Diana - Massage Therapist & Dr. Angelo Schibeci - Psychologist

Migraines

Have you ever suffered a migraine headache? Do you have a relative or friend who does? It's one of those incredible pain experiences that you can't imagine how severe the episode is. Do you know that chiropractic often works for migraines? Does your family or friends?

Many migraine patients are aware of a number of 'triggers' for their headaches. They may include foods such as red wine, strong cheeses, chocolate, oranges; bright lights; neck subluxations or stress. Some people may be unaware of specific triggers.

Now, to the nervous system that is sensitive, the presence of triggers is like filling a glass of water. Eating chocolate may make the glass half-full, stress may fill it by another third, then bright lights may take it 'over the top' into a migraine. On a different day, bright lights may take it half way 'full', chocolate then takes the glass a bit further and then red wine makes it spill over into a headache.

Wouldn't it be better if you could stop the glass from filling up so quickly - or even better still - hardly at all? This is how chiropractic works. Chiropractic adjustments reduce the sensitivity of the parts of the brain that manage headaches - that is located in the top of the neck. By having a less sensitive nervous system it becomes harder to trigger off a migraine. It's a bit like turning the glass into a jug - much harder to over fill like before. Migraines become far less frequent and reduce the overall severity of headaches.

Recently, researchers at Macquarie University studied the effects of chiropractic adjustments on migraine sufferers. They were quite amazed at how well various people responded and how most benefitted from the treatment.

Come and find migraine relief for yourself!

IF YOUR CHILD WERE SHAMU, WOULD HE PERFORM?

There are more than half a dozen Sea World attractions in the world and all of them enjoy the presence of SHAMU, a killer whale. All of these orcas, never failing, perform intricate routines. None of these routines resemble the behaviour of orcas in the wild ocean.

No SHAMU ever fails! Sea World's consistency of success with these huge, intelligent mammals is a result of their rigorous use of what psychologists know about learning and behaviour.

When an orca is sulking, trainers never scold or fuss. They wait, or they dump a basket full of fish into the water just to break up the mood. Not a reward, just a way of shifting gears.

EVERY SHAMU ON EARTH IS AN 'A' STUDENT!

Every SHAMU trainer on earth consistently follows these eight simple rules for teaching and learning:

1. The teacher figures out a clear cut goal which can be described as actions the animal must perform. No vague requests like "be good".
2. The teacher figures out how to break the path to the final goal into easily achieved mini-goals slowly going all the way.
3. When the trainer works with the animal, she/he is positive and happy.
4. At first give a reward IMMEDIATELY and every time the animal even comes close to performing an interim goal.
5. IGNORE MISTAKES.
6. Slowly increase your standard for performance; and give rewards randomly only about one-third of the time.
7. Give rewards immediately for approximations of the next step.
8. Repeat the process, adding step after step to each performance of mini-goals.

When you have to pay half a million dollars for your pupil, you learn to teach her.

FULL STOP!

Full article at

www.drbiofeedback.com/sections/library/child-management/shamu.html

CERVICAL SYNDROME - TORTICOLLIS

"TORTIWHAT?" TORTICOLLIS, also known as "Wry Neck" or "Stiff Neck", is a condition associated with spasm of the neck muscles which usually presents acute pain and is more commonly found in younger patients.

Torticollis often seems to occur as a result of prolonged incorrect/poor posture during sleeping, usually with the neck in flexion with rotation. The many sufferers are stomach sleepers who usually wake with a "stiff" neck, unable to move or in severe pain and require treatment immediately.

Other causes of torticollis when a trigger point is activated, (that is a hypersensitive spot in your muscle that is tight and tender and refers or spreads pain) include:

- occupational/postural stresses eg; typing at a computer, long telephone calls,
- sleeping on a sofa with poor pillow support
- recreational stresses eg; 'over' exercise, such as playing tennis or swimming
- psychological stresses eg; "weight of the world on my shoulder" reaction or a tense, hostile, aggressive posture also may be contributory.
- Infection eg; acute upper respiratory infection & during an attack of oral herpes simplex.

The major muscles associated with this condition are the sternocleidomastoid, trapezius, levator scapulae, scalenes and suboccipital muscles.

This condition (torticollis) usually resolves spontaneously in about 7-10 days, quicker with treatment.

Massage therapists will make an assessment of your presenting condition, including history, severity of pain and range of motion of the neck and muscles.

Treatment for acute conditions will require a combination of massage, ice to the area for 10 minutes or cooling oils, stretching, corrected sleeping positions using a rolled towel under the neck to restore correct curvature.

Trigger points and traction/stretching will help decrease the severity and usually requires frequent treatment. Once acute spasm is resolved, most patients will have good pain reduction.

For more information please speak to one of our massage therapists.



www.healthpluschiropractic.com.au

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Chiropractors: -

Anthony O'Reilly, Paul Trofa, Robert Turner-Jensen and Rachael Veronesi

Massage Therapists: -

Gary Fairhurst, Meaghan Brady, Sarah Egan & Diana Marcellino

Podiatrist: -

Dollien & Ara Hadjetian and David Logue

Psychologists:-

Dr Angelo Schibeci and Josephine Capitani

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Health Plus Chiropractic is a team of health care professionals committed to the highest quality of care and service by being consistently enthusiastic, efficient, loving and dedicated to health care. We will treat and educate those who strive for optimum health and wellbeing, and in return be rewarded by seeing satisfied patients, reaching our full successful potential and bringing joy and fulfillment to us all.