

# ◆ Healthy Life ◆

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## Chiropractic to enhance Sport Performance!

### Did you know?

Backs, necks, shoulders, knees, ankles, wrists, fingers and toes—in fact, most bones, joints and connective tissues—are subject to misuse and injury when people play hard. Seniors, individuals long out of shape or with disabilities, children who haven't yet learned how to protect themselves during physical exertion, and adolescents whose bodies are changing rapidly are among those at even greater risk than men and women in fairly good shape.

### What can chiropractic Do?

Chiropractic is ideally suited to helping you deal with the many strains that can result from playing sports and pursuing physical fitness programs. Chiropractors have expertise in dealing with spine-nerve

problems, with range-of-motion and biomechanical issues often central to what makes people prone to sports-related injuries.

Among health care professionals, chiropractors are some of the most actively involved in sports-related conditioning, injury prevention, treatment and rehabilitation.

A chiropractor can examine you before you begin or change a program of physical activities. This is especially important before you engage in competitive sports or try something like a marathon, which might put significant strain on your body, and particularly on the back and joints.

A chiropractor can help you assess your athletic and exercise/fitness goals and analyze your motivation to prevent injuries caused by going beyond sensible activity limits given your health profile, pre-existing conditions, and any other factors. The Special Appointment offered to all our patients, complimentary to being a patient at our practice, will help you identify areas in your lifestyle that do not serve your wellbeing. We discuss such things as Nutrition, nervous system, exercise, positive mental attitude and sleep/relaxation.

If you would like to attend our 1 hour presentation please phone the office and reserve a space with Melissa.

## Practice Update

*WOW!!! What a great couple of months we have had. As most of you are aware our practice hosted Australia's Biggest Morning Tea raising funds for the Cancer Council. The week was a blast, it began on a Monday and ended on the Friday. Several sponsors help us in attracting attention and supplying great coffee and food. Anthony and Jeff from The Wiggles were there signing autographs and making kids laugh. Our sponsors were Griffith's coffee, Pauls milk, Brumbies Bakery Leichhardt, Tutti Gusti, The Wiggles Live, Maria Petrozzi, Mikaela and Anthony Field, Jeff Fat and Sam Cannavo. Without the help of these people the day would not have been such a huge success. There was over \$1500.00 raised for the Australian Cancer Council. A big Thank you to all who attended and supported this great cause. It was a lot of fun!*

### NORTON CHIROPRACTIC CENTRE

Cnr Norton & Macauley st, Leichhardt  
**Office Hours:**

Mon to Friday 8am - 6:00pm  
Closed Thursday



Appointments essential  
(02) 9518 0096

Your referrals are appreciated



## Phases of Care

### Initial Intensive Care

The first phase of care is referred to as Relief or Intensive Care. This is designed to eliminate or reduce the majority of the discomfort and stabilize the condition in the shortest amount of time. During this phase of care, visits will be frequent. Repeated visits will be required to reduce or eliminate the symptoms.

### Rehabilitative Care

Once you have completed Initial Intensive Care, Rehabilitative Care is started. The objective of the second phase of your program is to correct any underlying spinal injury as well as strengthening the muscles, improve spinal function and provide more complete or optimum healing of tissues and organ systems. Visits occur at reducing frequency and care is supplemented by exercises and modification of your daily and work habits.

***Remember, many of the conditions for which people seek Chiropractic care develop over many years, so it is unrealistic to think these problems could be eliminated in just a few short weeks.***

### Maintenance/Wellness Care

The third and final is Maintenance or Wellness Care. It is designed to maintain your improved health and spinal function, and prevent the return of the original condition once spinal correction has been attained. Regular attention catches small problems before they become serious. Prevention saves time and money by helping you stay well.

## POSTURE IS IMPORTANT.

Bad posture may not seem like a big problem, but it can impair your health in many ways. It causes spinal stress, neck pain, headaches, limited joint movement and back pain. These conditions can in turn affect your breathing, digestion, organ functions and general alertness.

Regular chiropractic care may prevent these problems from developing or growing worse. Strategies to minimise the impact of bad posture?

- **If you cross your legs when sitting on a chair be sure to alternated legs regularly, every few minutes.**
- **Alternate legs when standing in a queue.**
- **Stand up and walk around after slouching in a chair or during computer use.**
- **If you require any specific ergonomic advise please ask to speak to the chiropractor for advise.**

***Get Fit and Motivated!  
Run or Walk in the City2Surf with us!  
There's a FREE NCC T-Shirt in it for you***

## What some celebrities say about Chiropractic

**Arnold Schwarzenegger, actor.** "I am very fortunate to have my chiropractor. I visit him regularly, he adjusts my wife, my kids, me, everybody gets an adjustment. And we always feel great. Even when I have athletic injuries he's always there for me, and he helps me. That's why I always will be traveling around the world talking highly of the chiropractic profession. You chiropractic doctors are really miracle workers, and that's why its really great to have you here, part of the Arnold Classic. Because, like I said, the Arnold Classic and Fitness Weekend are about health and about fitness and preventative care."

**Dan O'Brien, Decathlon Gold Medallist.** "If it were not for chiropractic, I would not have won the gold medal."

**Mel Gibson, actor** "I got a chiropractor to come along to the (Patriot) shoot, because they can actually stick you back together in minutes. He comes from Los Angeles to South Carolina and works on the entire crew."

***Who do You See?  
Your Chiropractor,  
Naturally!***

