

◆ Healthy Life ◆

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Straight Back To School

Our practice has reignited a posture and scoliosis school check initiative at our local primary schools aimed to detect scoliosis and abnormal spine curvature.

We have begun the practice of checking children of primary school age at schools for the detection of spinal scoliosis and to educate children on the benefits of good posture and spinal health.

Scoliosis is a condition affecting the spine and nervous system, in some instances causing gross sideways curvature of the spine. In severe cases the curves are only corrected with surgical rods placed along the spine aimed to straighten the spinal column. Fortunately if children are checked early enough the condition can be

stopped from progressing with the application of conservative care such as chiropractic and posture awareness training.

John explains that scoliosis checking was routine a decade ago. "I was fortunate enough to be checked for scoliosis when I was at primary school, as was my brother and friends. Unfortunately this service is no longer funded by the government so the children will miss out." It is the initiative of our practice to reestablish this routine checking annually to primary aged students. "The aim of our initiative is to check as many kids as we can and if it detects 2 scoliotic spines in every 100 then our aim has been achieved. We encourage other chiropractic practices to participate in the initiative and increase people's awareness of scoliosis and spinal health."

Orthopedic specialists agree that early detection and monitoring of scoliosis reduces the progression of the gross curves. As the conditions progress to the pre-surgical case the child may not experience back pain however the delicate nerve system contained within the spine will cause breathing difficulties and other chest related problems when the spinal column is distorted.

My vision is that the Chiropractors Association of Australia, Australian Medical Association, the Health Department and Education Department can join forces

for this initiative by pooling resources such as administrative and funding assistance to get more chiropractors out there checking spines. After all if you don't look for it you won't find it."

As part of our initiative if you feel your child may need to be checked for scoliosis, and a chiropractor has not been to their school yet, we would be happy to check them for you.

Article reproduced as published in The Glebe and Inner Western Weekly and The Courier Weekly.

Practice Update

Chiropractic Assistant

Warm welcome to Melissa Lord our new full time Chiropractic Assistant, some of you may have already met her by now. Melissa is a caring and compassionate person who has a lot to offer. Her helpful manner will make your visits hassle free and enjoyable. Welcome aboard Melissa.

Matt Windsor our other assistant has made a move for Hollywood productions. He plays a part in a American Football Flick. Exams are soon arriving and we wish him the best of luck.

Special Workshop

To assist your healing and improve self awareness we are providing an information class where you will learn how to take more advantage from your chiropractic care. The sessions are held on every second Wednesday at the practice. You can come alone or bring a friend or your partner. There is no cost for attending. The feed back from attendees has been very positive. Call Melissa and let her know you will be attending.

NORTON CHIROPRACTIC CENTRE

Cnr Norton & Macauley st, Leichhardt
Office Hours:

Mon to Friday 8am - 6:30pm
Closed Thursday

Appointments essential
(02) 9518 0096



Your referrals are appreciated



Weekly training prevents weakness

As adults get older, preserving muscle strength is necessary to continue an active and independent lifestyle. Exercise helps maintain strength, especially in the elderly, who lose muscle continually as part of the aging process. However, the frequency of exercise necessary to preserve strength is unclear.

In a recent study in the journal of Gerontology: Biological Sciences, researches required 10 elderly men to perform resistance exercises three times per week for twelve weeks. Next, the men were divided into two groups: half returned to a normal lifestyle free of resistance training, while the other half continued to train, but at a frequency of only once per week.

Men in both groups experienced strength gains of about 50% during the initial 12 weeks of training. Six months after this training session, the men who had continued to train only once per week managed to maintain essentially all their muscle size and strength. The men who returned to a normal lifestyle lost 11% of their strength, however, and their muscles were reduced almost to pre-study sizes.

Don't use this study as an excuse to only exercise one day per week. The point is, even if you can only perform a high-intensity workout per week, it is far more effective than never working out if

you want to maintain your strength and mobility. Ideally, seniors should perform mixed aerobic and resistance exercises several times per week to prevent injury and disease.

Reference: Trappe S, Williamson D, Godard M. Maintenance of whole muscle strength and size following resistance training in older men. Journal of gerontology: Biological Sciences 2002:57a(4), pp.B138-B148.

Chiropractor to the Wiggles.

The Wiggles are a group of four blokes in skivvies who have made friends with a pirate called Captain Feather Sword and three animal creatures, Wags the dog, Henry the octopus and Dorothy the Dinosaur, and the kids love them!!!

A few months ago, John was asked by Anthony (blue wiggles), a long time patient of our practice, to go down to Melbourne and provide chiropractic to the cast and crew. All that wiggling and jumping, something's got to go out. It was an absolute blast. Adjusting started at 11:30pm Wednesday night and continued on to Thursday, through 4 shows, to just make it back to Leichhardt in time for Friday mornings practice. "Blue wiggles" Anthony has a real understanding of where chiropractic fits into caring for the

central nervous system and spinal health.

We'll have to keep adjusting these guys, so that they can entertain all of our kids on T.V or video, while you can enjoy a cup of coffee or a good book! The wiggles are now a regular TV show at 8am every morning.

Patients

In Focus

Our Pregnant Mums

In this issue of Health Life, We would like to acknowledge some of our pregnant mums who regularly receive chiropractic care. Some have been long time patients of our practice and others have only recently begun programs of care after hearing of other pregnant women seeing chiropractors.

Gill Gardener
Nikki Wedgwood
Tina McKirdy
Kristal Hassos
Tara McCabe

Chiropractic specializes in correcting spinal misalignments and removing nerve interference to promote optimum function and as a result, optimum physical, mental, social and emotional wellbeing.

Who do You See?
Your Chiropractor, Naturally!

