

GIFT VOUCHERS AVAILABLE

**Stuck for a gift
idea?
Everyone loves a
massage!
Half Hour \$50
Full Hour \$80
90mins \$105**

SATURDAYS

Remember that we are open every second Saturday morning from 8:30am until noon for Chiropractic care only. We look forward to caring for you soon.

CLINIC HOURS AND AVAILABILITY

	Dr Luisa	Dr Mat	Mal
Mon	am pm	am pm	
Tue	am	pm	am pm
Wed	pm	pm	am pm
Thu	am pm	am pm	am pm
Fri	am	am	
Sat*	am	am	

* NB Once a fortnight

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TAKE THE CHALLENGE!

It's too cold! I can't be bothered! But I'm toasty warm in bed...

It is oh so easy to neglect our health in the colder months of the year. Everyone does it. This winter we challenge you to start or keep your exercise regime going. It is essential during the winter months to keep active to ensure we don't put on the usual winter weight as well as, more importantly, keeping our bodies strong and flexible. We commonly see an increase in lower back injuries in the clinic at this time of year due to poor conditioning. Regular exercise also has other health benefits. Other than controlling weight, regular exercise will improve your mood, boost your energy levels, help fight heart disease, diabetes and other illnesses, promote better sleep and most of all it can be fun! Choose an exercise you enjoy. It doesn't need to be expensive. You don't have to join a gym. All you need to do is walk 30-40 minutes (briskly) 3-4 times per week, perhaps with a friend! It's really that simple. Can you do that? We dare you! Dr Luisa is doing her bit this Winter by competing in the Sydney City2Surf in August and the Melbourne Half Marathon in October. Dr Mat was unavailable for comment. ☺



MAL SAYS: ACHILLES TENDONITIS

With a number of people preparing for running events later in the year, a common problem to look out for is Achilles tendonitis. Some of the symptoms of this can include a burning sensation at the beginning of an activity which may lessen as you warm up, the Achilles tendon may feel stiff with a loss of strength, the pain may become worse during the night and the area may be tender or swollen with inflammation.

Some of the causes of this problem can be over-training, tight hamstrings or calf muscles and hill-running. Achilles tendonitis generally tends to happen when there is a sudden approach to starting running or getting fit rather than taking a gradual approach with a proper training regime. Hill-running or interval training is fine for a relatively fit person, but the stresses of this on an unfit person can cause severe Achilles tendon issues. This correlates with age, mechanical overload and lack of strength to be the major influencing factors that affect the prevalence of Achilles tendonitis. Studies have also shown that this is more common in males.

Prevention is always the better than cure, however, once Achilles tendonitis has been identified, it is important to adjust the exercise load and to gauge the current level of strength to be able to recover. One of the key factors researchers have observed is to *never rest a tendon*. The reason being that tendons adapt to load, so a recovery program should include reduced exercise but not total rest. As the Achilles tendon attaches the calf muscle to the heel bone, massage and stretching will assist in alleviating the tension in the calf muscles as well as promoting blood supply to the affected area.

Most importantly, if you suspect you may have early onset Achilles tendonitis, it is wiser to reduce your exercise and seek the advice of your trainer or medical professional to avoid long term rehabilitation later.

***THE GREATEST COMPLIMENT YOU CAN GIVE
YOUR CHIROPRACTOR IS A REFERRAL!***

Yoga with Anna

This will be the first in a series of regular articles by our Yoga teacher, Anna Quest. We hope you enjoy it! Also don't forget the new yoga term begins July 15th, Monday and Thursday nights at 6:45pm. Call to reserve a place.

The Blaster – How to perform this pose:

- From a push up position or plank pose (Chaturangasana Dandasana), step your right foot outside your hands and let your left leg rest on the floor behind you.
- Use your right hand to push the foot forward so that the ankle is either directly below or just in front of the knee.
- Turn your right foot so it is slightly angled outwards.
- Rest your finger tips or palms of your hands on the floor in line with your heel (not in front of the heel).
- If you feel comfortable, a more advanced option is to drop down so that your elbows, instead of your hands, are on the floor in one line with your heel.
- Drop your head and use as little energy as possible.
- Hold for 4-5 minutes.
- Repeat on the other side.

Tips: Allow gravity to gently move you toward the floor. Relax your legs and soften your hip area. Let your head drop, heavy as if like a bowling ball. Don't move your feet or your hands. You'll need to use your arms or forearms for support, but try to use them as little as possible.



This pose 'opens' the hips like no other. After 5 minutes in this pose you will be surprised how much mobility you've gained – and it just keeps getting better. Just remember your foot must be underneath or further forward than your knee for this to work safely. Note that there are 17 + muscles supporting your hip so they are going to need some serious encouragement to loosen up. Moving around and changing your position every 10 seconds will only lessen the effectiveness of this powerful posture...so please, don't move!

Anna Quest
Yoga Teacher



PRICE INCREASES

Please be aware that as of September 1st our prices will increase slightly. Unfortunately with the increased costs of running a business we have had to re-align our prices with the industry averages. Our already reasonable prices have not risen in the last two years despite sharp increases in electricity, laundry, rent etc however we have managed to keep them at or under the industry averages with only a \$2 increase in regular adjustments and a \$5 increase for massage. We appreciate your understanding and look forward to continuing to provide you with the very best care possible.

WORLD'S GREATEST SHAVE 2013

Dr Mat and Mal once again participated in the World's Greatest Shave this year (thankfully before it got too cold!) and raised a total of \$1037 for shaving their heads. This brings their total to almost \$5500 raised towards Leukaemia research! Thank you to everyone who donated!

CHIROPRACTIC

	Current	New
Initial Consult	\$80	\$85
- Conc	\$70	\$75
Standard Consult	\$50	\$52
- Conc	\$40	\$42

MASSAGE

	Current	New
30 mins	\$50	\$55
60 mins	\$80	\$85
90 mins	\$105	\$110

