

HEALTHLINK CHIROPRACTIC AND MASSAGE

18 Lemongrove Road
Penrith, NSW 2750

P: (02) 4721 3858

E: admin@healthlinkchiroandmassage.com.au

W: www.healthlinkchiroandmassage.com.au

OUR CHIROPRACTORS

Dr Angela Zahra *BSc MCh*

Dr Sabina Leung *BSc MChiro*

Dr Tristan Foo *BChiroSc MChiro*

Dr Daniel Choi *BChiroSc MChiro*

Dr David Park *BChiroSc MChiro*

Our chiropractors are all trained in manual and non manual adjusting and work together focusing on improving spinal, muscular and neural balance in order to reduce symptoms but ultimately improve the overall health of our patients.

OUR FRONT DESK STAFF

Rob, Mary, Isabel, Alison and Cooper

CLINIC HOURS AND SERVICES

Consultations are by appointment. We try very hard to adhere to appointments, however, the nature of chiropractic is that emergencies and circumstances sometimes mean we run behind time. Please feel free to call and check.

CHIROPRACTIC

Monday 10.00am – 7.00pm

Tuesday 10.00am – 7.00pm

Wednesday – Friday 10.00am – 7.00pm

Saturday 8.00am – 12.00pm

MASSAGE

Massage currently unavailable

Your health is our concern but your responsibility. If you are unable to keep your appointment, please let the clinic know as soon as possible, and be sure to make up your missed appointment. Cancellation fees apply to missed appointments or appointments cancelled without 6 hours notice.

YOUR CHIROPRACTOR

NOVEMBER/DECEMBER 2022



GOLF SWING & YOUR BACK



CHIROPRACTIC & MENTAL HEALTH



IMPRESSIVE AVOCADOS



ARM/WRIST PAIN & YOUR NECK

Demystifying scoliosis - what is it and why does it matter?

Have you been told that you have scoliosis? Are you wondering what this is and what this means for your spine?

Firstly, it's important to know it's not a disease. Scoliosis is the name given to a spine that curves sideways in an S or C-shape. Your spine is meant to have certain forward and backward curves – these give it strength and flexibility, and help distribute stress during movement – but it shouldn't curve sideways.

What are the causes?

Scoliosis can be functional or structural. A functional scoliosis refers to a curve caused by a non-structural problem such as poor posture or a difference in leg-length. When your legs are different lengths, everything above them tilts to adjust, and this could potentially cause a sideways curve in your spine.

Structural scoliosis refers to a curve that usually has rotation and affects the structure of your spine. Structural scoliosis may be due to a medical condition or injury, nerve or muscle dysfunction, or be congenital – meaning present from birth. In most cases the cause is unknown (called idiopathic), especially in children and teens.

What can happen if you have scoliosis?

A sideways curve changes the biomechanics of your spine; the way your bones, joints, muscles, and nerves work and move together. This alters the way your whole body functions.

Scoliosis may cause symptoms such as back pain and a change in muscle function. Some muscles can become weak while others become tight and sore. Changes in physical appearance; like having uneven shoulders and ribcage imbalance, may reduce confidence. If scoliosis is severe, heart and lung function can be affected.

How is scoliosis diagnosed?

Sometimes we can look at your spine and see the scoliotic curve. We may also notice signs in other areas of your body, such as asymmetry in your shoulders, ribs and hips.

In some cases an X-ray may be needed for a correct assessment. By using specific measurements we can assess what's called the Cobb angle. The degree of this angle can indicate the presence and severity of scoliosis.

Why does a diagnosis matter?

The presence of scoliosis tells us your spine is not working properly; that there may be an underlying condition, or more pressure on certain joints and tissues. An early diagnosis and prompt treatment may reduce the degree of scoliosis and help limit the curve progression.

As scoliosis is such a complex and highly variable condition, there are different ways of helping it. Correct diagnosis and working out the cause – when possible – helps to determine the right type of care and treatment.

If you have or suspect scoliosis in yourself or a loved one, speak to us. We'd be happy to answer any questions. Remember, appropriate and timely treatment is important.

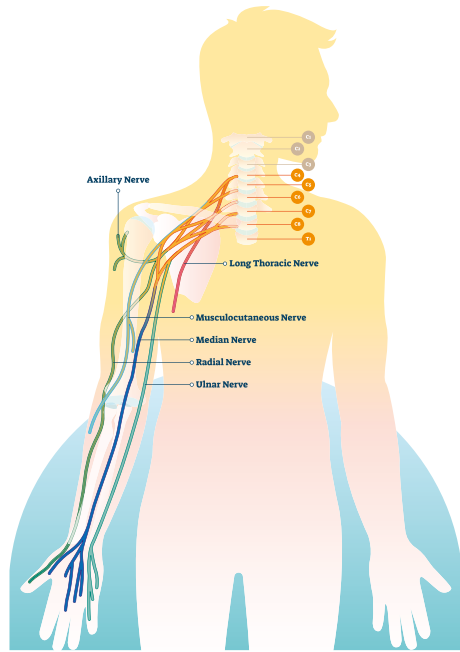


Our newsletter is free - please take a copy with you

What does a neck have to do with arm or wrist pain?

Do you have arm or wrist pain, or experience pins and needles, tingling, burning or numbness? It may surprise you to know that your neck may be causing your arm or wrist problems.

When you have pain, you usually suspect the problem is nearby – if you break a bone, that’s where it hurts. However, your spine is different. It’s unique and complex. This complexity means the cervical spine – the neck – can be the origin of arm or wrist pain. But how?



To understand how, it can help to know a little about the structure of your neck, and how your nerves work. Let’s take a look.

Your neck contains seven spine bones called vertebrae, stacked one on top of the other. The top vertebra connects to the skull. Together, they form a ‘tunnel’ which allows your spinal cord to pass safely from your brain to your body. Eight pairs of nerves exit through small openings between your vertebrae and branch off to other areas.

These nerves relay messages to different parts of your body, including your shoulders, arms, wrists and hands. Sometimes the messages tell a muscle what to do, or tell your brain about pressure or feeling. For example, the sixth cervical nerve is responsible for sensation in your wrist, the thumb-side of your forearm, and your thumb.

Your nerves need enough space in your bones to exit freely, but sometimes this space becomes smaller. The nerve can become squashed (compressed) and damaged, changing the way it works.

What does this have to do with pain? If a nerve is damaged in your neck, the messages it sends to your arm or wrist can be interrupted or impaired, too. This is called cervical radiculopathy. You might know this as a ‘pinched nerve’. This can cause pain, weakness or numbness in your arm or wrist (or shoulder or hand).

There is a range of reasons why nerves can become compressed. The best way to find out why your arm or wrist hurts is a professional assessment. We can help determine if your neck is involved, and if so, provide the right advice.

5 tips for a healthy spine

Here are some key actions you can take to help prevent nerve compression.

We can provide you with advice and information on how you can do this.

- 1 Do regular exercise and stretching
- 2 Practice good posture
- 3 Learn how to safely lift heavy objects
- 4 Set your workstation to avoid back and neck strain
- 5 Maintain a healthy weight

WORD SEARCH

All the words in the list below can be found throughout the articles in this newsletter. How many can you find in this puzzle?

- | | |
|--------------|------------|
| ARM | HEALTH |
| AVOCADO | HEART |
| BIOMECHANICS | LIFESTYLE |
| BODY | LUMBAR |
| BRAIN | MOBILITY |
| CERVICAL | NECK |
| CHIROPRACTIC | NERVE |
| CHOLESTEROL | RELAXATION |
| CONGENITAL | SCOLIOSIS |
| CORE | STRESS |
| DEPRESSION | TENSION |
| DYSFUNCTION | VERTEBRAE |
| EXERCISE | VITAMIN |
| FLEXIBILITY | WELLBEING |
| FUNCTIONAL | WRIST |

P D M E W G V N S C O L I O S I S H E W D M S R T
 I J B K D Z K X B O D Y X S S Q Y C Y P B G F P X
 M B H P R J J T Y N U J L L Y T F E S I C R E X E
 D M X K L F Y D K O J G I T I O V H Z C R E Q L B
 I E G V I T A M I N A Y O L D B S A P K Z V R V N
 X N M A K Y A N C H N G I D A C G G J R O R J O V
 Y O O V Q N Z A D Q E B E G W E I T I C V T F F C
 P I B O Q E W T A Y I P K L R E R T H P S E U N X
 K T I C N R V S B X R B C N G A L I F I P P A U J
 N C L A G S J V E E H L O G E B R L R F L R B D E
 S N I D R R P L S H U I G H T O F W B Q M J G L Z
 H U T O F P F S H M S S W F P B Y S V E R O Y E N
 H F Y Y K A I Z B N M R L R W I E L N E I T S V A
 B S M J N O L A E Q K N A I K O J T F C S N Q R B
 M Y P R N P R T H E X C B G O M F R S E C C G E H
 H D I E C H O L E S T E R O L E L G F O K I T N T
 N N K L J O J Q L I C M T A A C A I N V S P B L L
 K P U A A N Y R C S W E C V S H L G G E P J W A A
 E Y E X B I C J W S W I H O P A E N A R T B G A E
 I N H A Z A Z X Y E V I X E I N T O T T D O S E H
 N C Y T G R R N M R H Z S N I I F P D E C M A V G
 L G R I Q B K E E T O D G T R C X P N B H B D Q N
 U M B O Y X O C T S Q Q A J R S H X M R I F F V P
 Y Z G N U Z J K N N Y L T F C Y J E F A F G F S S

Is your golf swing harming your back?

Learn how back injuries can happen and how to prevent them.

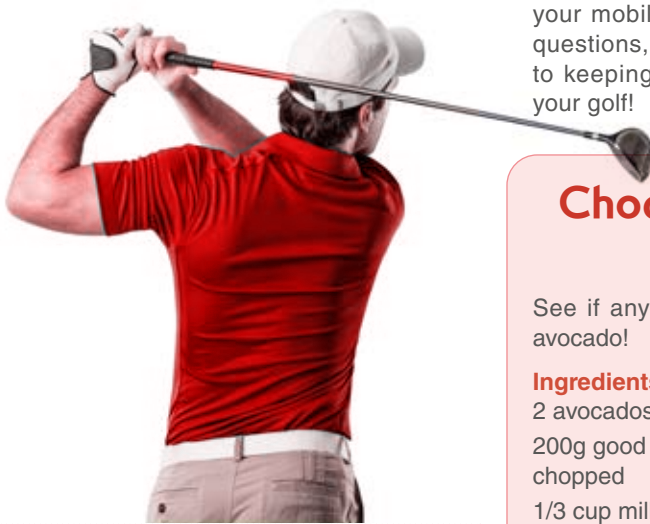
Are you an avid golfer, out on the course while the rain buckets down? Maybe you just prefer the social fun of an occasional game. Perfect! Golf has many benefits. It's great for your fitness, enjoying the outdoors, spending time with friends, and challenging yourself. The skills required to guide a golf ball around nine or eighteen holes is impressive.

But as Tiger Woods and Jack Nicklaus have shown, golf can injure your back. A study published in the Journal of Chiropractic Medicine found that almost one in six Australian golfers had experienced at least one injury in the preceding 12 months. Of these, one in four experienced lower back problems. The research found that pain more commonly affected those with pre-existing injuries and that it tended to slowly worsen, rather than striking in a single blow.

So, how does your golf swing affect your spine? Think about what happens: the take-away, backswing, downswing, acceleration, and follow-through. There's a lot of movement, but motion is not the sole problem. Its combination with high force is the kicker; the swing involves a huge amount of pressure.

The stress forced through your lumbar spine is equal to that of heavy contact sports. Your body is somewhat equipped for single direction strain but in golf the force is exerted in more than one direction. Imagine the force of a golf swing like aggressively wringing out a towel. It's not good for backs. Muscles can stretch or tear, discs may herniate, and the 'wear and tear' of arthritis can flare up.

But don't put your clubs away just yet.



Ways to prevent and recover from injury

1. Learn to swing correctly. The follow-through phase, in particular, appears to have higher risk.
2. Strengthen your core muscles, including your abdominal and paraspinal muscles.
3. Enhance your flexibility, including your lower back and hips.
4. Improve your physical fitness so when you tire your swing doesn't suffer.

And if you have hurt yourself, chiropractic care, specific back exercises, a program to strengthen weak muscles, and improving your mobility may help. If you have any questions, please ask. We look forward to keeping you on course and enjoying your golf!

Chocolate Avocado Mousse

See if anyone can guess it's made with avocado!

Ingredients:

- 2 avocados - flesh removed and chopped
- 200g good quality dark eating chocolate, chopped
- 1/3 cup milk (cow, almond, coconut - depending on your preference)
- 1-2 tablespoons liquid honey or pure maple syrup

Method:

Melt chocolate gently in a double boiler over simmering water. Don't let water or steam get into the chocolate, or it will seize. Another option is to melt it in a microwave on a low setting, in short bursts.

Place avocado and melted chocolate in a food processor and blend together until smooth. Pour in the honey or maple syrup and milk whilst blending until the mousse is very smooth and creamy.

Spoon into serving glasses and chill for 15 mins.

Garnish with berries if desired.



The impressive benefits of avocados

Love them or hate them, you've probably heard many claims made about them. So here are some FAQs and facts about the humble avocado.

Are avocados fattening?

Avocados are high in healthy fats – the unsaturated essential fatty acids and oils that allow us to absorb and use essential vitamins and minerals in our bodies. However, there's no reason avocados should be avoided when losing weight, in fact the fats in avocados may help by keeping you fuller and decreasing appetite.

Even when a food is rich in only the healthy kinds of fats; if your kilojoule intake is higher than your output, you will put on weight.

Are they high in cholesterol?

Avocados don't contain any cholesterol – only animals make cholesterol, so any purely plant-based food will be free of

cholesterol. Humans make their own, so even if your diet is very low in cholesterol, you could still find your levels higher than they should be.

Are avocados good for you?

Let's take a look at some of the nutrients in 100g of avocado – that's about half a medium-sized fruit.

- 100g contains around 13g of fat, almost all of which is the healthier kind – these fats help improve cholesterol levels which can lower your risk of heart disease.
- The same serving contains nearly 7.5g of fibre – important for digestive health.
- This amount provides a good quantity of vitamin B6 and folate, and is a source of niacin and vitamin C, all of which help to fight fatigue and boost immunity.
- Potassium is also found in good amounts, it helps our nerves, muscles and heart to function properly.

What does 'nutrient dense' mean?

'Nutrient dense' simply means they have a lot of goodness packed into a small area! Sometimes particularly nutritious foods are referred to as 'superfoods', which just means that they're really good for us.

Avocados are a great addition to a healthy diet, and they're so versatile – squished onto toast, blended into a smoothie, or mashed and stirred into a pasta dish, these tasty, creamy fruits pack a nutrient-rich punch.



With their soft, creamy texture and impressive nutrients, avocados are an ideal first food for babies.

PRACTICE UPDATE

APPOINTMENT REMINDER

Your next appointment is on _____ at _____
Date Time

The link between chiropractic care and mental health

Do you suffer from a mental health disorder? You're not on your own – one in five Australians will experience mental illness this year alone, and nearly half will have mental health issues at some point in their lives.

Anxiety, depression, and substance use disorders like alcohol dependence are the most common. Many people who struggle with mental illness either don't seek or don't receive treatment, and therefore remain undiagnosed and unsupported.

Part of the problem may be that the body and brain are often treated as separate; different systems that don't relate to one another. This is where chiropractic comes in – we understand that your physical health and mental health are connected and that physical therapy can help to improve mental health.

Factors such as a poor diet, stress, sleep problems, reduced mobility and pain can all contribute to poor overall health. Research shows that a healthy diet, exercise, strength training, body awareness practices, and

relaxation techniques can benefit not only physical function but psychological function too – it's all interconnected.

So, if you're wondering, "Should I mention my mental health challenges to my chiropractor?" The answer is yes for a number of reasons.

Firstly, mental illness can create physical tension. By knowing what's happening in your mind, we can better understand and treat your body.

Secondly, mental illness can interfere with your ability to participate in treatment. We can assess your health, talk to you about your lifestyle and stressors, and discuss reasons that might get in the way of being active or engaged in care.

Thirdly, we are primary healthcare providers. We can share advice that promotes wellbeing and targets specific issues. If we're not able to help, we will refer you to an appropriate health professional.

We'd love to support you on your journey to better health.



It's important to let your chiropractor know of any medical condition that may affect your treatment.

Disclaimer: The information in this newsletter is not intended to be a substitute for professional health advice, diagnosis or treatment. Decisions relating to your health should always be made in consultation with your health care provider. Talk to your chiropractor first.

ON ARRIVAL AT THE CLINIC

Please see the receptionist upon arrival. This eliminates the possibility of you being overlooked and enables us to have your information ready.

BOOKING ONLINE

We now have an online booking service through our website:
www.healthlinkchiroandmassage.com.au

APPOINTMENTS

Your appointment schedule is designed specifically to obtain the best possible results. Please be sure to make up any missed appointments. Should you wish to change an appointment, we would appreciate as much notice as possible so that other patients can be offered your time.

PHONE CALLS

Chiropractors in this practice may be contacted by phone during office hours. A message will be taken if the Chiropractor is with another patient and your call will be returned when the Chiropractor is available.

FEEDBACK

We are here to serve you. Please speak to your chiropractor or the staff about any concerns you may have. We see your constructive comments as helping us to help you and others.

WAITING TIMES

Despite our best intentions, we sometimes run late! Be assured that when it comes your turn the chiropractor will not rush to catch up but will give your problem the time it deserves. Thank you for your consideration.

Our newsletter is free - please take a copy with you