



## my family chiropractor

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### HEALTH PRACTITIONERS

#### Principal Chiropractor

**Dr Sharon Howard** BScChiro, MChiro

Sharon graduated from Macquarie University, Sydney in 2003. She worked in Dubbo NSW for two and a half years and joined this practice as an associate in September 2006, before becoming the Principal Chiropractor in 2011. Patients appreciate her wide range of experience developed from working in western NSW, and advanced skills gained through continued education including Diversified, Gonstead, Applied Kinesiology and SOT.

#### Associate Chiropractor

**Fiona Couchman** BBioMed Sc. MChiro

Dr Fiona Couchman completed her BioMedical Science degree in 2000 at Griffith University. She then graduated in 2003 with a Masters of Chiropractic from Macquarie University. Combining continued education with years of practical experience, Fiona uses techniques that include Diversified, Activator, SOT and cranial, as well as soft tissue and drop piece. This enables her to care for a range of patients, from newborns to the elderly.

### OUR MASSAGE THERAPIST

**Lisa Bruce** Diploma of Remedial Massage

Lisa completed her Diploma at South-West TAFE and is excited to work with everyone on their well-being goals. Her massage techniques can include remedial, deep-tissue & relaxation. Massage has a variety of benefits including boosting circulation, reducing pain, tension and anxiety as well as supporting your chiropractic adjustment.

### HEALTH ASSISTANTS

Melissa Kirkley, Adele Klints, Lisa Bruce

### 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.

#### Monday, Tuesday, Thursday & Friday

8.00am – 12.30pm      3.00pm – 7.00pm

**Wednesday**      3.00pm – 7.00pm

**Saturday**      8.00am – 11.00am

#### MASSAGE

**Monday**      9:30am – 7:00pm

**Tuesday**      9:30am – 7:00pm

**Friday**      9:30am - 1:30pm

**1st & 3rd Sat / month**      8:00am – 11:00am

1 hour = \$90    ½ hour = \$60

# YOUR CHIROPRACTOR

November/December 2020

FREE!

## This month we discuss...



**HOW MASSAGE THERAPY HELPS**



**THE HYPE ABOUT HEMP**



**SYNOVIAL FLUID: WHY IT MATTERS**



**THE ROAD TO PAIN RELIEF**

## Ankle sprains: prevention and treatment

*A sprained ankle is a common injury in our sports loving communities. It often happens during soccer, footy, netball, running, and walking.*

Even minor sprains can take a long time to heal – one in three people still complain about ankle problems years after the injury. Pain and swelling can continue and further sprains can occur.

So, what is an ankle sprain? Our ankle joints are connected by ligaments which act like thin, strong ropes that hold the bones together. When too much force is applied to a ligament, damage occurs. The “rope” can fray or tear – this is called an ankle sprain. It usually happens when someone twists their foot too far. Most commonly, people roll their ankle outwards which damages the ligaments on the outside of the ankle.

As with any sport or exercise, being match fit matters. Training well and warming up before you begin to move are important. Know your fitness level and take time to build yourself up. Slow and steady is better than fast and injured. Include exercises that get your ankle used to moving in different directions, safely.

If an ankle sprain occurs, rest, ice, compression, and elevation form the standard response. Seek professional advice and treatment promptly. Care for a sprained ankle is different in the first few

days – once this time passes, there are steps to help you get better, faster. Ask your chiropractor if a brace or taping might help – these will let your ankle move around safely and can reduce swelling and healing time.

An approach called neuromuscular training (NMT) can aid healing and reduce the chance of spraining your ankle again. NMT simply refers to exercises that help the nerves and muscles to talk. The exercise shared earlier is a good example. Balancing on a wobble board is another.

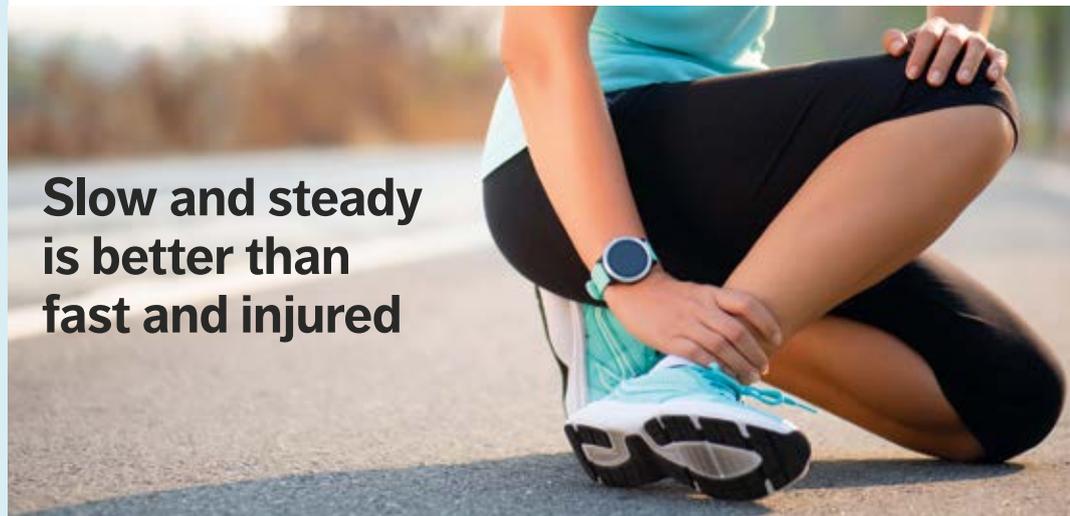
There are steps we can take to avoid a sprained ankle. We can look at reasons for increased risk and fix them. A lack of ankle strength and stability raise the chances of injury. So does poor flexibility, bad balance, and quick changes in direction. Exercises that improve strength and balance help reduce these risks.

### Here's a simple, useful exercise:

Stand on one leg for 30 seconds. Repeat three times. Repeat the exercise routine, but bend the standing knee. You can increase the difficulty by closing your eyes while you perform the sequence again. Remember to work both sides.

If you suffer from a sprained ankle, it's important to get the right treatment and then rehabilitate your ankle properly. Speak to your chiropractor about the best ways for you to recover.

## Slow and steady is better than fast and injured



Our newsletter is free! You can take a copy with you.



## BANANA-BERRY PROTEIN SMOOTHIE

*This delicious smoothie is packed full of protein and fibre, and will keep you full for hours.*

### INGREDIENTS

- 1 ripe banana
- ½ cup frozen blueberries or raspberries
- 1 Tbsp hemp protein powder
- 1 Tbsp tahini or nut butter
- 1 tsp ground flaxseed or psyllium husk
- 200ml cashew or coconut milk

### INSTRUCTIONS

Place all ingredients into a blender, and blend until smooth and creamy.

## Should I expect pain relief in the first few treatments?

*Not yet feeling 100% and worried that pain relief isn't happening fast enough? These are natural thoughts when you begin treatment – after all, aches, spasms, and stiffness are not nice and can stop us from enjoying life.*

The human body takes time to heal. Think about a broken leg; a plaster cast is usually worn for around six weeks and can take another month for the bone to harden. Then, the fracture keeps remodeling itself over months, even years. The person who broke their leg doesn't feel these changes.

The ligaments, joints, muscles and nerves also require time to heal. Plus, different parts of the body repair at different speeds. Muscles have a great blood supply so they recover quickly from injury. Ligaments, like those in the spine, have a poor blood supply so are slower to heal, and cartilage, which lines the joints, takes even longer. So, different tissues can cause pain, even while they're getting better.

**“ Life is like riding a bicycle. To keep your balance you must keep moving ”**

*Albert Einstein*

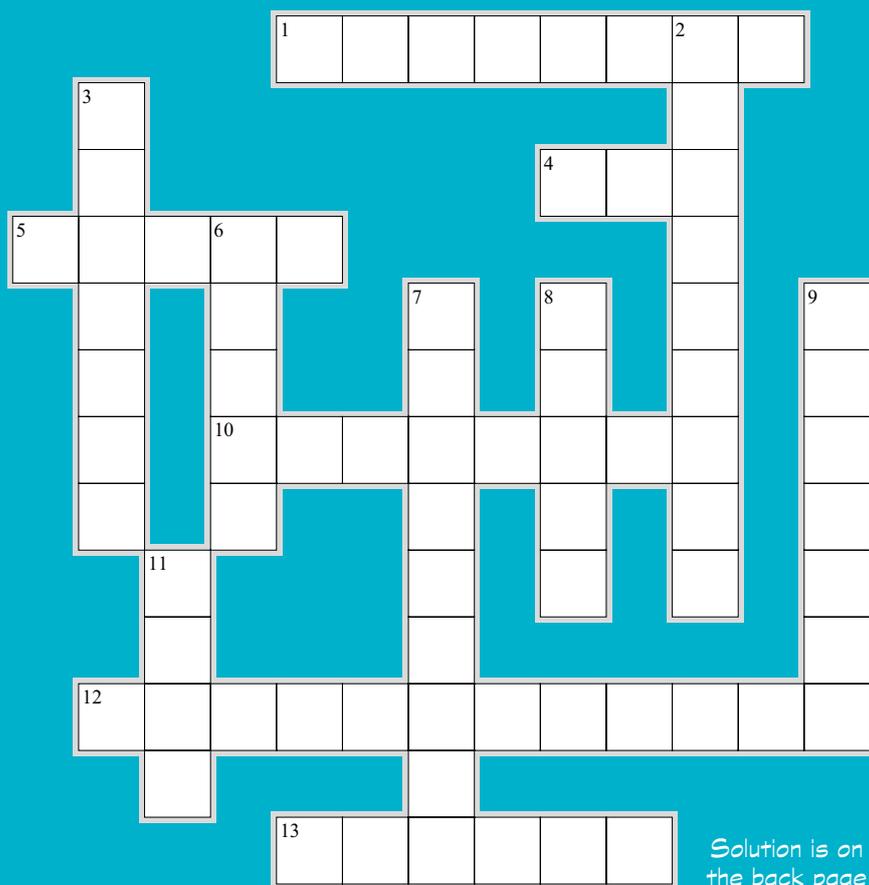
Many problems also appear over time. This is often the case with our spines; wear and tear can exist for years before it hurts. Poor posture develops slowly – if you have rounded shoulders, try going one day without hunching. It's hard, right? Your body has adapted to this and it takes time to resolve.

There are other factors that slow healing, too. These include: being older, illness, stress, obesity, drinking alcohol, smoking tobacco, and having a poor diet. There is nothing you can do to lower your age, but lifestyle improvements can be made. The right steps will help you recover faster.

Chiropractic care is like increasing your fitness, you need enough sessions, good advice, and to take the right steps at home. Pain relief may or may not happen in the first few treatments, but either way it's not the best sign of progress.

## CROSSWORD CORNER

Answers can be found in this edition of *Your Chiropractor*



*Solution is on the back page*

### ACROSS

1. Fluid in the body that protects the bones from rubbing on each other
4. Neuromuscular training
5. Somebody who doesn't eat meat, fish, dairy products, or eggs
10. A band of fibrous tissue that connects bones or cartilages at a joint
12. Restore, mend
13. An element essential for breathing

### DOWN

2. Joint pain, swelling and inflammation
3. Treatment
6. The joint between the foot and the leg
7. Steadiness
8. Overweight
9. The position in which somebody holds his or her body
11. The joint of the human leg between the thigh and the lower leg

## What's all the hype about hemp?

*Hemp is often called a 'superfood', with a huge range of nutritional benefits.*

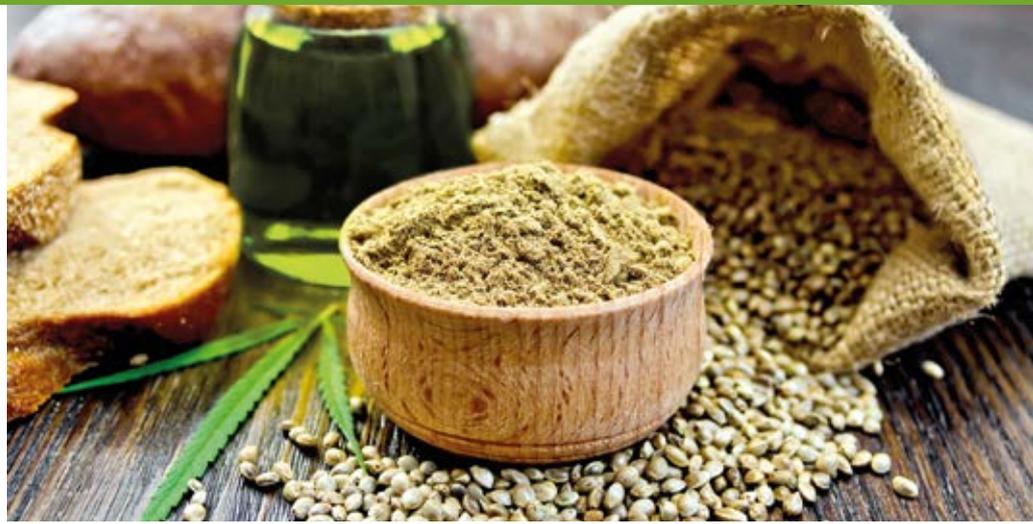
Hemp is commonly confused with marijuana, but the plants are different. Hemp contains less than 0.5% of the active compound THC, so has none of the psychoactive effects of marijuana. This means that it is legal, safe, and readily available.

### What are the benefits?

Edible hemp is a great source of lots of essential nutrients, such as fats, vitamins and minerals, protein, and fibre.

Hemp seeds contain the 'good' fats found in plant-based oils, essential for maintaining good cholesterol levels and carrying vitamins and minerals to the body. Hemp seeds and hempseed oil are particularly good sources of Omega 3 and 6. Hemp is one of only a handful of plant-based sources of these essential fatty acids. This makes it a perfect choice for vegetarians and vegans who may have struggled to find these without supplements.

Hemp seeds have a good amount of dietary fibre, contributing to a healthy digestive system.



Hemp seeds are good sources for vitamins A and E, and many of the B vitamins. They also have high levels of magnesium, phosphorus, zinc, and iron, which are essential for many of our bodily functions, a strong immune system, and general health.

A hemp seed comprises more than 35% protein – a highly concentrated, complete protein source, containing all of the amino acids necessary in a healthy diet.

### Where can you get edible hemp products?

Until recently, edible hemp was mainly found in health food shops in the form of

supplements. As it increases in popularity, hemp is becoming available in a wide variety of products, and is now found in mainstream shops and on the menu in cafes.

With a faintly nutty flavour, it's good in both sweet and savoury forms. The simplest way to eat hemp is just to get the seeds – they're versatile enough to be sprinkled over almost any meal, blended into a smoothie, or mixed into your muesli. The internet abounds with simple, delicious recipes for meals and desserts containing hemp seeds or hempseed oil, which can be a healthy addition to your regular diet.

## How does massage therapy help?

*Are your muscles sore and aching? Do you find getting out of bed more and more difficult? Tension and soreness are common problems. Massage could help you find relief.*

A massage therapist works the soft tissues such as muscles, ligaments, tendons and fascia. They relax the body by using their hands to apply pressure, stretch, and move tissues. There are different techniques and approaches. This ancient therapy has been shown to lessen the strength and frequency of pain and soreness, and improve the overall function of the body. So how does it work?

Soft tissue damage can respond well to movement and manipulation. Massage is thought to increase blood and lymph circulation, probably due to the chemicals that are released as part of the muscle

relaxation response. Better circulation delivers more oxygen and nutrients to muscle cells and as cellular health improves, tissues function more efficiently and healing can begin.

Massage can reduce muscle soreness after a workout. It can lessen foot pain, helping feet to function better. People with wear and tear in their knees have less stiffness and pain after care. Neck discomfort and headaches may be eased and movement increased. It may also help lessen stress.

Many chiropractors work with massage therapists in the clinic. Your chiropractor may recommend massage therapy as part of an individualised treatment plan to address soft tissue problems. If you want to know if massage therapy will help, speak to your chiropractor.

## DID YOU KNOW?

- ➔ Your mouth produces about one litre of saliva each day!
- ➔ Your brain is sometimes more active when you're asleep than when you're awake.
- ➔ The average person has 67 different species of bacteria in their belly button!
- ➔ You lose about 4kg of skin cells every year!
- ➔ Your left lung is about 10 percent smaller than your right one.
- ➔ Human teeth are just as strong as shark teeth.
- ➔ Scientists estimate that the nose can recognise a trillion different scents!
- ➔ Humans are the only species known to blush.



# PRACTICE UPDATE

## DATES TO KEEP IN MIND

### School Holidays

12<sup>th</sup> December 2020 – 26<sup>th</sup> January 2021

### Public Holidays - CLINIC CLOSED

25<sup>th</sup> December 2020 – Re-open TBA 2021

– *As the twig is bent, so grows the tree* –

## IMPORTANT COVID 19 INFO:

### ON ARRIVAL AT THE CLINIC

- Upon arrival at the clinic, please proceed to wash/sanitise hands **prior** to being seated in reception.
- Remember social distancing.
- Reschedule your appointment if you have any COVID symptoms.

## APPOINTMENTS

Your health is our concern, but your responsibility. Your appointment schedule is designed specifically to obtain the best possible results. If you are unable to keep your appointment, please let the clinic know as soon as possible so that other patients can be offered your time, and be sure to make up your missed appointment. To contact your chiropractor after hours, please call the main number where a recorded message will advise after-hours numbers.

## 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.

## WAITING TIMES

Despite our best intentions, we sometimes run late. This is because someone has needed unexpected urgent attention. 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.

*From all the team at my family chiropractor, we wish you and your family a joyous & relaxing festive season! We look forward to continuing your chiropractic care in 2021, bringing balance and harmony.*

## APPOINTMENT REMINDER

Your next appointment is on \_\_\_\_\_ at \_\_\_\_\_  
Date Time

## What is synovial fluid and why does it matter?

Have you heard the term synovial fluid, or maybe synovial joints? These joints get their name because of the synovial fluid found inside them. This fluid has a thick texture that protects the bones from rubbing on each other. It acts like oil in a car's engine; stopping friction and protecting moving parts.

The synovial fluid carries out other tasks too – acting as a shock absorber and bringing in nutrients and chemicals that mend damage. As your joint moves, the pressure spreads these healing substances around – similar to squeezing toothpaste out of a tube.

at the knee and the ends of each bone are lined with cartilage. The joint is wrapped up, keeping the fluid inside and the joint together, allowing it to move safely and stay strong.

Joint damage can harm the synovial fluid by triggering fluid changes that hurt the joint more. For example, arthritis causes inflammation in the joint, damaging the cartilage and changing the make-up of the synovial fluid. Imagine the effect that dirt in a car's engine oil has. It damages the moving pieces and the way they function – similar to what happens in our joints.

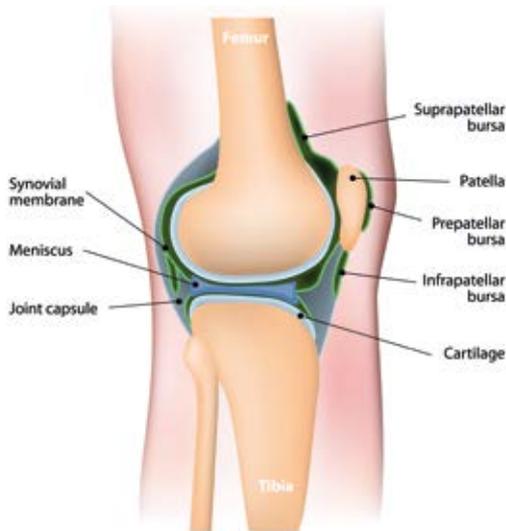
Joint injury can also alter the synovial fluid. Cartilage can be injured by a chip in the underlying bone, which then affects the fluid. Or when a ligament tears, the synovial fluid loses some of its lubricating ability, which damages the joint. These changes happen soon after injury, so it's important to seek care promptly.

We know that injury and damage can harm synovial fluid. So, what can we do to maintain its health? There's a saying – motion is lotion. Staying active keeps your joints moving and pushing the lubricant around. Walking, cycling, dancing, swimming, and yoga are great gentle activities.

It's important to protect your joints from injury, too. There are many ways to do this; weight training builds muscle mass and can increase flexibility. Specific exercises increase the muscle around a joint, giving it strength.

If you have any concerns about your joints, see your chiropractor, they can offer treatment where appropriate, and advice on how to maintain good joint health.

## SYNOVIAL JOINT OF THE KNEE



Most joints that allow us to move are synovial joints, such as knees and hips. These joints contain special cells that make the synovial fluid. The bones are lined by tough, slippery cartilage and wrapped in a membrane. For example, your thigh and shin bones meet

## CROSSWORD SOLUTION

ACROSS: 1. SYNOVIAL 4. NMT 5. VEGAN 10. LIGAMENT  
DOWN: 2. ARTHRITIS 3. THERAPY 6. ANKLE 7. STABILITY  
8. OBESE 9. POSTURE 11. KNEE  
12. REHABILITATE 13. OXYGEN

**Disclaimer:** The information provided in this newsletter is for educational purposes only, and is not intended as a substitute for sound health care advice. We are not liable for any adverse effects or consequences resulting from the use of any information, suggestions, or procedures presented. Always consult a qualified health care professional in all matters pertaining to your physical, emotional and mental health.

*Our newsletter is free! Take a copy with you.*