

CLINIC SERVICES:

- Chiropractic
- Spinal Decompression Therapy
- Motorised Flexion Distraction Therapy (MFDT)
- Remedial Massage
- Spinal Rehabilitation
- Core Exercise Therapy
- Sports Injuries
- Ergonomic Assessments
- Spinal Health Workshops
- Spine and Posture Awareness Programs

CLINIC HOURS:

Monday	7.30am - 7.00pm
Tuesday	7.30am - 7.00pm
Wednesday	7.30am - 7.00pm
Thursday	7.30am - 7.00pm
Friday	7.30am - 7.00pm
Saturday	7.30am - 11.00am



Cycling Injures & Chiropractic

The Tour Down Under in January is just over, so let us focus on common cycling injuries & what you need to do. One minute you're in the form of your life, and the next you find yourself struggling to rotate the pedals without pain. Cycling injuries are an unfortunate part of most rider's relationship with the bike. Some people are more prone than others, but most cyclists will find themselves off the bike at some point.

Most common issues experienced by cyclists can be treated and avoided. It's important to remember that your body is one connected system – symptoms may not represent the actual cause and if an injury is persistent you should see a Chiropractor who can help identify and treat the cause as well as ascertain how your overall spinal alignment & function is affecting your injury.

The most common cycling injuries are:

- Crashes that can result in more serious injuries such as concussion & collar-bone fractures.
- Lower back pain due mainly to many hours spent curled over the handlebars.
- Knee pain that is usually due to the knee cap tracking in the wrong direction.
- Pains around the neck and wrists are often caused when too much pressure is being transmitted through the upper body.
- Foot pain, tingling & numbness usually caused by poorly fitted shoes, socks & foot swelling especially in the summer.



Whatever injury you may be suffering as a result of cycling make sure you seek advice from your Chiropractor – who is not only able to assess and address the key factors that can be causing your injury & treat the underlying cause of your problem but as well assess your spinal alignment & function to better assist you in your recovery, & possibly improve your riding performance also. Of course, ensure your bike is appropriately fitted as well.

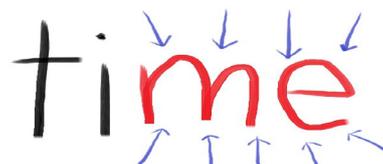
S-T-R-E-T-C-H Of The Month Upper Calf

Stretch your arms in front of you and place both hands on a sturdy object. Stand with feet comfortably apart with toes pointing towards the wall. Put one leg back about 12 inches from the other, keeping the knee straight and your foot flat on the ground. Bend the knee of the front leg so your hips move forward and lean into your hands. You should feel this stretch along the back of the leg below the knee.



TOWARDS WELLNESS Make Room for 'Me Time'

Confidence has everything to do with spending time with yourself. It's about being okay with you and focusing on giving yourself the love and attention you deserve. I think as women, we've forgotten that, and think of me-time as a luxury or an indulgence, but it's neither of those things, it's an absolute necessity in order to be stable, calm, centred, happy and confident!



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