

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



Core Stability

'Core Stability' is probably one of the most used and abused terms floating around health clubs, amongst health professionals and personal trainers. Chiropractors are seeing an increasing number of people who have fallen victim to an often misguided approach and undertaken exercise regimes that have led to back pain and/or related hip and leg problems which can be linked to improperly 'training their core'.

'Core stability training' has often become mistakenly synonymous with 'strengthening your abs' (abdominal muscles). Unfortunately the real implications of research have often been misunderstood and many of the 'core muscle training' programmes offered within the gym and fitness industry are poorly conceived and delivered, frequently adopting directives such as 'suck the stomach in' – with the emphasis on 'pulling in', 'holding' and curling the spine forward.

Overworking the abdominal muscles can create too much tightness around the centre of the body which can adversely affect important aspects of our body, for example, altered spinal posture and difficulty effectively controlling movements of the trunk, can lead to:

- o Increasing incidence of low back pain and allied disorders
- o Unhelpful and unsupportive breathing patterns
- o Neck and shoulder tension and pain
- o Stress urinary incontinence



In a healthy spine there is activation of deep core muscles in stabilization of the trunk before the body moves. This interaction between the deep core muscles and the nervous system plays a role in the proprioceptive feedback sent to the brain as we perform activities and undergo our normal activities. Core control is also fundamental in being able to develop functional strength as well as the ability to stretch more effectively and safely without reinforcing unhealthy stresses on the spine.

When you have good core stability, the muscles in your pelvis, lower back, hips and abdomen work in harmony. They provide support to your spine and help transmit increased power and performance for just about any activity. Strong core muscles provide the brace of support needed to help prevent pain and injury.

S-T-R-E-T-C-H Of The Month Seated Hamstring Stretch

1. Sit as tall as you can in a chair with your legs out in front of you, knees straight, and feet flexed.
2. Inhale. As you exhale, slowly bring the fingers down to the toes.
3. Hold this stretch for 15 seconds. Inhale and slowly come back up into starting position.



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TOWARDS WELLNESS

Chat with a Stranger to Feel Happier

It may sound like the last thing you want to do when you're in a rush, but spending an extra minute talking to the grocery clerk is worth it. Scientists have shown that these little exchanges—no matter how brief—can result in a positive experience and leave you with a lifted mood.

