



Kennedy Chiropractic Centre February Newsletter

DON'T LET SCHOOL BE A PAIN IN THE BACK

Children are now back at school and we would like to remind you that heavy, poorly fitted and packed backpacks may lead to spinal health problems in children.

Spinal health problems in school children often go unnoticed. However, poor posture, back pain or 'growing pains' need not become an accepted part of everyday life for your child.

When choosing a backpack for your child, choose one that allows for even distribution of weight across the back. Otherwise the backpack can place unhealthy stress on a child's spine.

School can be a challenging time for any child, so ensuring they are as comfortable as possible is important for their physical and mental development.

Despite the increased use of technology in schools, schoolchildren still overload their backpacks with textbooks, sports and other gear or simply do not wear them correctly.

Five simple tips for wearing a backpack:

1. Pack the heaviest items closest to the spine
2. Make sure to do all the zips up
3. Secure the sternum, waist and compression straps
4. Always use both shoulder straps
5. Don't wear the backpack below the hollow of the lower back



The Chiropractors' Association of Australia worked with Spartan School Supplies and Macquarie University to research and develop the 'Chiropak'. This durable, functional and comfortable backpack is proven to reduce the incidence and severity of neck and back pain associated with the carriage of heavy loads. Find out more about the Spartan Chiropak at www.bit.ly/CAACHiropak

What Happened in January?



We recently had a minor catastrophe at the office when the main computer server was infected with a virus. We lost the ability to do a receipt or make a follow up appointment, or send out a reminder but the trickiest thing was that our appointment book is electronic, so it was a surprise (and a bit of fun) to anticipate who would be the next person through the door. As we were dealing with the challenges from the event it made us think about the parallels with our health and chiropractic.

No matter how well we plan and take care of ourselves – sometimes we end up with a health crisis. We have all sorts of systems in place to 'protect' our computer system; virus checker, back-ups, UPS, and a great 'tec' guy that just drops in to check and maintain the system. Unfortunately, with all that in place we still ended up with a particularly nasty virus. (Interesting that the computer world uses the word 'virus' to describe an 'infection') Sometimes that is the same with our health where we have an unexpected injury or illness that just knocks us down for a while to 'reset'. It took 1 ½ days to get the computer system working well again and

we are still 'adjusting' it to the settings we need. Sometimes the same with our health it takes a few days (or longer) to get reset and then it is a matter of tweaking the system and then back to healthy maintaining and preventative measures.

What have you done since the beginning of the year? Have you had a chance to rest and 'reset'? Have you got some good habits re-established?

1. start insisting on good food choices
2. plan your holidays now. Give early advice on dates of absence now and let everyone who needs to know in advance
3. buy a quality water bottle then drink plenty of water especially when the temperature gets around 40 °C
4. plan for some exercise with simple things like parking at a far end of the supermarket carpark
5. and of course, schedule your dental, hair and chiropractic 'tune-ups' in advance, preferably for the year

Baby Boom!

Congratulations to Dr Meghan & Pete Keleher on the safe arrival of baby Rose (3.97kg).



Dr Cate Andrews often pays us a visit with her two littles Charlotte & Oscar and had them both in the "Get Adjusted" jump



Congratulations to Dr Sandie and Tim on the news of expectation of #2 sometime in the middle of the year. Red Ted is pleased with all the new babies in the office to keep him company.



We love to give stickers to kids after they are adjusted we are not sure how Texas got in line and had his sticker on his nose.



Scarlett came for her regular adjustment dressed as Snow White



late breaking news Leiza is a grandma! Baby Georgie Grace arrived on 31st January at 7lb1, and 50 cm. It was a fast trip to Pt Macquarie to be there just in time

Staff Update

Dr Hart



Dr Hart has finished constructing a jerry can (fuel holder) to fit on his motorcycle and sidecar. The impetus was a casual suggestion by a mate, that the outfit was a candidate for the ugliest prize at a recent outing. The extra fuel is necessary for some of the longer trips that are coming up in the next several years. He is now proud of the handiwork. It looks good. No prize for ugly. Dr Tracy challenges Dr Hart about the amount of water that he **doesn't drink**. She has not had to sermonise that one over the past few weeks as the temperature has remained high. The other day he drank over 2 litres, but was only really aware of perspiration on his head under his hat. Obviously he was transpiring moisture from the whole of his body, making it necessary to drink lots. The trigger was feeling unusual fatigue, making frequent rests the necessary. He listens to Dr Tracy more these days. Dr Hart is at work on Monday and Thursday.

Dr Tracy



Dr Tracy has been working on the office electronic safety systems this month. Checking the back-sup, check the UPS, do power and fire training in the office, check fire alarm batteries etc. It is important to review healthy habits regularly and if it is in the calendar it is more likely to get done. Dr Tracy would also like to thank and acknowledge Lisa Clancy. She has been working with us Tuesdays through her semester university holidays, gaining experience for her journey as a chiropractor. The more prepared you are for the future, the better the outcome should be. We wish her all the best will see her around this year.

Dr Tracy is working Monday, Tuesday, Wednesday & Saturdays

Dr Chan



Dr Chan Dr Chan had a great camping trip to Lady Musgrave Island over New years with Dr Tara and other friends, where they swam with turtles & mantarays in beautiful turquoise water of the Southern Great barrier reef. 120 turtles were coming out of the water every night to lay eggs, and they even got the surprise of seeing some baby turtles hatching. She has had her brother Jason visiting in January. Dr Chan works Friday & Saturdays each week.

Dr Tara



Dr Tara spent most of her free time watching the Australian open, keeping extra water going on her plants and 'sussing' out ways to keep her animals cool. Dr Tara works Tuesday, Wednesday, Thursday, Friday and Saturdays.

Dr Sandie



January has flown by with Hamish turning two. Dr Sandie had a quick trip out to Roma and Augathella over the New Year period visiting friends and family. This month Hamish starts Rugby Tots and Dr Sandie is going to attempt to get back into silversmithing before she has baby number two in July. Dr Sandie works Wednesday morning, Friday afternoon and Saturday morning.

Sue



Sue had a lovely escape to Brisbane for a very special birthday lunch with her Ancient History teacher from school, who had just turned 80. A wonderful example of someone who has kept very busy throughout her life, when she's not looking after a menagerie of animals at home, she is teaching at U3A! Sue also celebrated Australia Day in Brisbane.

Natalie



Natalie is once again doing stuff at her home... this time a 'she shed' and she can't wait for the project to start!!! At KCC the year has started with lots of positive patients coming in to start their New Year with self care and great thoughts for 2017... LOVE it!!!

Leiza



Leiza spent a busy time cleaning up & repacking the camper in readiness to hit the road for the birth of our much awaited granddaughter. She appreciated the lovely stories from the patients about their Christmas catch ups with family & friends. (We're still eating the chocolates that you all so generously gave us - thank you). There was a bit of excitement when the computer succumbed to a virus and we waited blindly to see who turned up for an appointment with which chiropractor - thankfully everyone saw the funny side and lightened the situation. Bam its Australia Day yummy lamb on the BBQ followed by lamingtons and cold beer to celebrate. Hope this year is full of love laughter and joy for all.

Kennedy Chiropractic Centre - Calendar and hours

| February | | | | | |
|---|---|---|---|---|---|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 30 January Dr Hart Dr Sandie | 31 January Dr Tara Dr Tracy | 1 February Dr Tara Dr Sandie Dr Tracy | 2 February Dr Tara Dr Hart | 3 February Dr Tara Dr Sandie Dr Chantal | 4 February Dr Chantal Dr Tara Dr Sandie |
| 6 Dr Hart Dr Tracy | 7 Dr Tara Dr Tracy | 8 Dr Tara Dr Tracy Dr Sandie | 9 Dr Tara Dr Hart | 10 Dr Tara Dr Chantal Dr Sandie | 11 Dr Sandie Dr Chantal Dr Tracy |
| 13 Dr Hart Dr Tracy | 14 Dr Tara Dr Tracy | 15 Dr Tara Dr Sandie Dr Tracy | 16 Dr Tara Dr Hart | 17 Dr Tara Dr Chantal Dr Sandie | 18 Dr Chantal Dr Tara Dr Sandie |
| 20 Dr Hart Dr Tracy | 21 Dr Tara Dr Tracy | 22 Dr Tara Dr Sandie Dr Tracy | 23 Dr Tara Dr Hart | 24 Dr Tara Dr Chantal Dr Sandie | 25 Dr Sandie Dr Chantal Dr Tracy |
| March 2017 | | | | | |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 27 February Dr Hart Dr Tracy | 28 February Dr Tara Dr Tracy | 1 March Dr Tara Dr Sandie Dr Tracy | 2 March Dr Tara Dr Hart | 3 March Dr Tara Dr Chantal Dr Sandie | 4 March Dr Chantal Dr Tara Dr Sandie |
| 6 Dr Hart Dr Tracy | 7 Dr Tara Dr Tracy | 8 Dr Tara Dr Sandie Dr Tracy | 9 Dr Tara Dr Hart | 10 Dr Tara Dr Chantal Dr Sandie | 11 Dr Chantal Dr Sandie Dr Tracy |
| 13 Dr Hart Dr Tracy | 14 Dr Tara Dr Tracy | 15 Dr Tara Dr Sandie Dr Tracy | 16 Dr Tara Dr Hart | 17 Dr Tara Dr Sandie Dr Chantal | 18 Dr Chantal Dr Tracy |
| 20 Dr Hart Dr Tracy | 21 Dr Tara Dr Tracy | 22 Dr Tara Dr Sandie Dr Tracy | 23 Dr Tara Dr Hart | 24 Dr Tara Dr Sandie Dr Chantal | 25 Dr Chantal Dr Sandie Dr Tracy |
| 27 Dr Hart Dr Tracy | 28 Dr Tara Dr Tracy | 29 Dr Tara Dr Sandie Dr Tracy | 30 Holiday Toowoomba Show | 31 Dr Tara Dr Sandie | 1 April Dr Tara Dr Sandie |

Want an appointment?

Phone: 07 46391060

or email: healthy@kennedychiro.com

We're on the Web! www.kennedychiro.com

or follow us on facebook <https://www.facebook.com/KennedyChiropractic>