

# May 2013 Newsletter



## Time for a Postural Fitness Upgrade

### *Let's Get Back to Our Best* this Spinal Health Week (20-26 May)

Postural fitness is one of the new buzz words of healthy lifestyle thinking – and for good reason. Over 2 million Australians experience back problems every year and postural fitness is one of the most powerful ways to address preventative health. Postural fitness means optimal spinal alignment. It gives you greater strength and endurance, better coordination and balance. Postural fitness helps you lead an optimal healthy lifestyle; reduce muscle fatigue and improve your postural endurance.

May heralds the launch of ***Let's Get Back to Our Best***, a national initiative of the Chiropractic Association of Australia that aims to encourage Australians to support more investment in Chiropractic care and research. As we all know, back pain has serious consequences for families, lifestyle and employment. People with back problems report 2.5 times more disorders, such as depression. To show your support for the campaign visit the Spinal Health Week Facebook page at [www.facebook.com/SpinalHealthWeek](http://www.facebook.com/SpinalHealthWeek).

As part of Spinal Health Week 2013, we will be encouraging patients and their families to improve their postural fitness. We suggest you pick an exercise plan to strengthen your core muscles such as pilates (to build strength and improve your breathing); or yoga (to develop good balance and flexibility) or swimming (to improve muscle endurance, strength and resilience). In addition there are small changes you can make to your routine which will improve your postural fitness – at home, at work and in transit. Many of us spend long periods of time sitting.

#### **Sitting too long can:**

- Increase the stress on the discs between your vertebrae
- Cause the natural curve in your back to deteriorate
- Reduce the function and stability of your spine
- Lead to inflammation, pain and possible early degeneration of your spine

Chiropractors often get asked how to sit right at the computer desk. So the CAA developed a widget you can download ([www.SitRight.com.au](http://www.SitRight.com.au)) to advise on just that. Some general tips for work are:

- Try standing when you're on the phone for extended periods
- During meetings take regular stretch breaks
- While you're working at your computer take short breaks to stretch and stand
- Check and adjust your position regularly

An active spine is a healthy spine and a healthy spine leads to a healthier life. Why not use Spinal Health Week to make an appointment with our clinic to assess your postural fitness and discuss how being more active will improve your wellbeing?

You can also visit the Chiropractors' Association of Australia's Sit Right website for tips on how to improve your posture or download the CAA's *Sit Right* desktop widget to remind you when to take a break from sitting [www.SitRight.com.au](http://www.SitRight.com.au).

## 30 minutes to Your Best Health!

An information evening to get the most out of your chiropractic care.

When: Wednesday 8th May, 6pm

As a thank you for your attendance you will receive a FREE consultation voucher

To book in leave your name with front desk or phone: 46 391060 or email: [healthy@kennedychiro.com](mailto:healthy@kennedychiro.com)



### Benefits:

- Free useful health information that you won't get anywhere else.
- Access to the chiropractor to ask any questions.
- Able to listen to questions from other patients that you may find useful.



## Lost Property

These sunglasses have been left in the office. If you recognise any of them, come in and claim yours.

## April Round up - ANZAC Day



## Office Update

### Dr Hart

Dr Hart had an interesting time at Easter. Apparently low quality fuel upset the computer system in the "towie", which was pulling the trailer with his motorcycle and sidecar. There was some surprise at the home of patients and friends near Stanthorpe when the trailer was parked there while Dr Hart returned home to pick up his 28 year old Troopcarrier and finish the journey to Bathurst.

At one petrol stop, an attendant complimented him on the appearance of "Big Al" which is carrying no dents and bash marks. Big Al, the troop carrier, is named after Edgar Allen Poe, The rego plate on it is "314POE".

Dr Hart is available every Monday and Thursday.

### Dr Tracy

Dr Tracy is currently in the USA. You can follow her progress on our FaceBook page <https://www.facebook.com/pages/Kennedy-Chiropractic-Centre/172743446105466>

### Dr Chan

Dr Chan is filling in for Dr Tracy while she is in the USA this month.

On the weekends, Dr Chan has been riding and doing some hiking in preparation for a three day hike in Main Range National park on the June long weekend. It begins at Spicer's Gap camping ground and ends at Teviot Gap. It will be three long hard (but rewarding) days.

One of the side trip, they will be climbing up Mount Superbus, the highest peak in all of Queensland.

Dr Chan is available on Tuesday, Wednesday, Friday and alternate Saturday.

### Dr Meghan

Dr Meghan survived the school holiday break ☺. Actually she enjoyed spending time with Claire. She is growing up too fast and it won't be long before Mum is not cool enough to spend time with.

Dr Meghan is available on Wednesday, Friday and alternate Saturdays.

### Dr Sandie

It's a busy seminar time of the year for Dr Sandie. She recently attended a 'Rock Tape' seminar in Highfields to learn about taping things like shoulders and knees.

She has also been to a seminar for N.O.T. (Neuro Organisational Technique) at the Sunshine Coast.

This month Dr Sandie will be going to Melbourne for a seminar called 'Switched On Kids' about retained primitive reflexes in kids.

There will also be a pelvic floor workshop at the Sunshine Coast.

Whew, busy!

Dr Sandie is available on Monday and Thursday.

### Sue

Sue would like to say a very BIG 'THANK YOU' to everyone who helped her out and gave her lifts to and from work last week, when her car

decided it had had enough and didn't want to go anymore. A big thanks to Kathryn, who very kindly lent Sue her car for a few days.

We forget how dependent we become on our cars until we don't have one anymore.

### Natalie

Natalie has been very busy getting her son, Ryan, ready for Uni at the gold coast. She is excited to watch his adventures as he begins his course at Bond Uni in Sports Psychology.

She is also super excited about her new car ☺

### Kathryn

Enough cannot be said about the miracle of chiropractic treatment according to Kathryn. For some time she had had trouble walking. Every step she took was painful because of a knee injury.

However, last month whilst walking around the mall Kathryn suddenly realized that she was walking normally without pain. It was one of those moments of 'Oh My God! my knee is not hurting!'.

Her expression of gratitude for the help she has been given through chiropractic is beyond words. Thank you, thank you, thank you.

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Do you want to save a tree?

We are sending our newsletter by email – if you specifically want us to mail one, please advise reception.

We only use emails at the office for newsletters and individual communication.

We do not share your address with anyone else because we know how annoying it is to get spam.

If you would like us to remove you from our newsletter list email us at [newsletter@kennedychiro.com](mailto:newsletter@kennedychiro.com)

**We're on the Web!**  
[www.kennedychiro.com](http://www.kennedychiro.com)  
or follow us on facebook  
<https://www.facebook.com/pages/Kennedy-Chiropractic-Centre/172743446105466>

## Office Calendar May and June 2013

<b>May</b>					
<b>Monday</b> 8am-12pm 2pm-4:30pm	<b>Tuesday</b> 7:30am-10:30am 3pm-6:30pm	<b>Wednesday</b> 9am –12pm 2pm –6pm	<b>Thursday</b> 8am-12pm 2pm-4:30pm	<b>Friday</b> 7:45am-12pm 2pm-5:45pm (7pm)	<b>Saturday</b> 8am-12pm
		<b>1</b> Dr Chan Dr Meghan	<b>2</b> Dr Hart Dr Sandie	<b>3</b> Dr Chan Dr Meghan	<b>4</b> Dr Chan Dr Meghan
<b>6</b> Dr Hart Dr Sandie	<b>7</b> Dr Chan	<b>8</b> Dr Chan Dr Meghan <b>30 minutes to Your Best Health</b>	<b>9</b> Dr Hart Dr Sandie	<b>10</b> Dr Chan Dr Meghan Until 7:00pm	<b>11</b> Dr Chan Dr Meghan
<b>13</b> Dr Hart Dr Sandie	<b>14</b> Dr Chan	<b>15</b> Dr Chan Dr Meghan	<b>16</b> Dr Hart Dr Sandie	<b>17</b> Dr Chan Dr Meghan	<b>18</b> Dr Chan Dr Meghan
<b>Let's Get Back to Our Best this Spinal Health Week</b>					
<b>20</b> Dr Hart Dr Sandie	<b>21</b> Dr Chan	<b>22</b> Dr Chan Dr Meghan	<b>23</b> Dr Hart Dr Sandie	<b>24</b> Dr Chan Dr Meghan Until 7:00pm	<b>25</b> Dr Chan Dr Sandie
<b>27</b> Dr Hart Dr Sandie	<b>28</b> Dr Chan	<b>29</b> Dr Chan Dr Meghan	<b>30</b> Dr Hart Dr Sandie	<b>31</b> Dr Chan Dr Meghan	
<b>June</b>					
<b>Monday</b> 8am-12pm 2pm-4:30pm	<b>Tuesday</b> 7:30am-10:30am 3pm-6:30pm	<b>Wednesday</b> 9am –12pm 2pm –6pm	<b>Thursday</b> 8am-12pm 2pm-4:30pm	<b>Friday</b> 7:45am-12pm 2pm-5:45pm (7pm)	<b>Saturday</b> 8am-12pm
					<b>1</b> Dr Chan Dr Meghan
<b>3</b> Dr Hart Dr Sandie	<b>4</b> Dr Tracy	<b>5</b> Dr Tracy Dr Meghan	<b>6</b> Dr Hart Dr Tracy	<b>7</b> Dr Chan Dr Meghan Until 7:00pm	<b>8</b> Dr Tracy Dr Chan
<b>10</b> <b>Queen's Birthday Holiday</b>	<b>11</b> Dr Tracy	<b>12</b> Dr Tracy Dr Meghan	<b>13</b> Dr Hart Dr Sandie	<b>14</b> Dr Chan Dr Meghan	<b>15</b> Dr Tracy Dr Meghan
<b>17</b> Dr Hart Dr Sandie	<b>18</b> Dr Tracy	<b>19</b> Dr Tracy Dr Meghan	<b>20</b> Dr Hart Dr Sandie	<b>21</b> Dr Chan Dr Meghan Until 7:00pm	<b>22</b> Dr Tracy Dr Chan
<b>24</b> Dr Hart Dr Sandie	<b>25</b> Dr Tracy	<b>26</b> Dr Tracy Dr Meghan	<b>27</b> Dr Hart Dr Sandie	<b>28</b> Dr Chan Dr Meghan	<b>29</b> Dr Tracy Dr Meghan

*The office will be open late on alternate Fridays until 7:00pm.*