



Kennedy Chiropractic Centre

April Newsletter

Tummy Time!

One homecare suggestion we chiropractors give for babies, is tummy time. The benefits of tummy time are numerous.

- Stimulates brain development and connectivity
- Develops spinal curves
- Strengthens and coordinates muscles
- Stimulates digestion
- Integrates primitive reflexes
- Encourages eye function for vision, tracking and coordination
- Promotes general motor development such as rolling, crawling and walking



Often we pass on this important piece of advice in a slightly blasé manner, expecting Mum's to go home and get on with it. Sure the baby may not like it, but it is important for development, so do it anyway....

Tummy time is exercise and it takes a lot of effort for a baby to lift that heavy head up, let alone controlling it up there. If we were to explain how to make it a fun game Mum/Dad and baby can do together, how it is best to start out easy and slowly increase the level of difficulty as the baby's neck and core strength improves, then it becomes a much more pleasurable thing for parents to squeeze in to their busy and exhausted lives.

The picture shows a fun way of doing tummy time, which is also exercises Mum's tummy.
(note: seek your chiropractors advice of when you can start this of you delivered via a C-Section)

Guess the number of eggs in the Easter basket

This year we have made it a bit tricky with the number of eggs. Some are large, some small, some are solid, some not. It is always fun to have a guess and if you win but don't want the prize, there are 3 very keen ladies that will take it off your hands (not mentioning any names.... Sue, Natalie & Leiza)

Thanks Maree (former chiropractic assistant / now owner of Toowoomba Flower market) for making the basket look so beautiful.



Product Review - Fisiocrem

If you haven't tried Fisiocrem yet you don't know what you're missing. Our patients who already use it often refer to it as "magic cream".

It helps with the temporary relief of muscle aches and pains. It has four all natural ingredients: arnica for soft tissue injuries, sprains and muscle aches and pains as well as bruising; hypericum (St John's Wort) for soothing lower back pain, strains and sprains; calendula for soft tissue trauma; and melaleuca (Tea Tree) for its antiseptic and anti-inflammatory properties. Fisiocrem is safe for use on the whole family including kids and pregnant women. We have had feedback to say it is also very helpful for mozzie bites.

Small 60g tube	\$16.50
Large 250g tube	\$49.50



“My horse is going crooked!”

Tracey (a patient, not Dr Tracy) is a keen and competent horse rider. When she came in for an adjustment she commented that her horse was going crooked. We tested balance (Tracey, not the horse) on one leg (eyes open and closed) and all was good. We tested heel to toe walk and eyes open was good but eyes closed she had her arms stretched out to the sides crooked. The same 'crooked' as the horse. After an adjustment, we re-checked Tracey's balance doing heel to toe, and it was better. Tracey is going to report next visit on how straight the horse is.

What Happened in March?

Red ted dressed up for St Paddy's day. So, did Sue & Natalie. Texas turned 15



Thank you

To everyone that has provided an email address to our system. We are emailing receipts to save paper. Now the biggest and best use of paper in the office is for children to colour in.

Staff Update

Dr Hart



If you are ever in adjusting room number one, you may notice a rock on the desk. Dr Hart calls it "George's Rock", for want of a better name. George's Rock is a crumpled up metamorphic layer of "Stuff". (Dr Hart isn't much of a geologist). In amongst the stuff are patches of glass-like potch. Potch is where opals are formed. Dr Hart keeps George's Rock on the desk, as a reminder that inside "stuff", there might be other "stuff" which might be of value. It's a bit like people. There are probably a lot of hidden bits of valuable "stuff" inside even the roughest people.

Dr Hart is at work on Monday and Thursday.

Dr Tracy



St Paddy's day is always fun to dress up but it is also Texas's birthday. He is sometimes seen around the office but he is 15 now so he leads the quiet life. The Easter 'guess the number of eggs' competition is on again. Glen might have eaten a couple this year and altered the count but it is fun to guess. Good luck. There are lots of public holidays in April making it tricky to keep a routine for your health choices.

Dr Tracy is working Monday, Tuesday, Wednesday & Saturdays and some extra days while Dr Chan is away.

Dr Chan



Dr Chan is preparing for a 3-week trip back over to Chile, Argentina for some hiking and Orca, and back home via the Bahamas (Bimini), to swim with and photograph wild Atlantic Spotted dolphins. Due to the very social and playful nature of these dolphins the human-dolphin interaction is intimate and exhilarating. With the clear turquoise waters of the Bahamas, Dr Chan is hoping to get some nice underwater photos of this unique experience.

Dr Chan usually works Friday & Saturdays each week.

Dr Tara



Dr Tara had a busy March with a couple of weekends away for seminars. She learnt about tongue tie (in babies mostly) and its functional and neurological complications. She also did another low force chiropractic workshop.

Dr Tara works Tuesday, Wednesday, Thursday, Friday and Saturdays.

Dr Sandie



Dr Sandie had a lovely weekend in Melbourne for the Switched on Kids seminar reviewing and learning how to assist kids to develop their full potential. It was her first child free weekend in 2 years which was very exciting but of course she missed Hamish as well.

Dr Sandie works Wednesday morning, Friday afternoon and Saturday morning.

Sue



Sue spent the last week of March in Perth, visiting her daughter. They had a lovely time, went to Rottnest Island for a day, hired bikes and saw lots of Quokkas. It really is a beautiful place. Sue also caught up with Dr Ellen while she was there. Sue is very grateful to Nat & Leiza for covering at the office for her while she is away.

Natalie



Natalie found herself a little enthused as she was framing up for her "she shed". She has her house on Airbnb, so she needs somewhere else to go!! After all the rain she managed to get the shovel and work very hard for 2hrs cleaning the mud off all the bricks grrrr....It gave her a new found respect for men out there that do hard labour as 2hrs was her max!! Thankfully, once again, she had KCC to save the day, after an adjustment, shovel episode was like a distant memory. Thanks Dr Chan!
Oh and as everyone knows she loves to 'have a chat' lol. "God love Dr Tracy, she managed to put my jaw back into place perfectly" Dr Tracy reckons it's due to all Nat's talking ☺

Leiza



March has been a quiet pleasurable month for Leiza, watching her beautiful granddaughter grow and smile (thank heavens for modern technology & videos). Leiza and her husband have had a couple of bike outings, riding up to Hampton and the Bunya Mountains, which they find fun and relaxing.

Leiza thanks all those she has excessively shared photos/videos of her gorgeous grandbaby Georgie, everyone has been very generous.

Kennedy Chiropractic Centre - Calendar and hours

April					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 April Dr Hart Dr Tracy	4 Dr Tara Dr Tracy	5 Dr Tara Dr Sandie Dr Tracy	6 Dr Tara Dr Hart	7 Dr Tara Dr Sandie	8 Dr Tara Dr Sandie Dr Tracy
10 Dr Tracy Dr Sandie	11 Dr Tara Dr Tracy	12 Dr Tara Dr Tracy Dr Sandie	13 Dr Tara	14 EASTER	15 EASTER
17 EASTER	18 Dr Tara Dr Tracy	19 Dr Tara Dr Tracy	20 Dr Tara Dr Hart	21 Dr Tara Dr Sandie	22 Dr Tara Dr Sandie Dr Tracy
24 Dr Hart Dr Tracy	25 ANZAC DAY	26 Dr Tara Dr Sandie Dr Tracy	27 Dr Tara Dr Hart	28 Dr Tara Dr Chantal Dr Sandie	29 Dr Sandie Dr Chantal Dr Tara
May					
1 May Labour Day	2 Dr Tara Dr Tracy	3 Dr Tara Dr Sandie Dr Tracy	4 Dr Tara Dr Hart	5 Dr Tara Dr Chantal Dr Sandie	6 Dr Sandie Dr Chantal Dr Tracy
8 Dr Hart Dr Tracy	9 Dr Tara Dr Tracy	10 Dr Tara Dr Sandie Dr Tracy	11 Dr Tara Dr Hart	12 Dr Tara Dr Chantal Dr Sandie	13 Dr Tara Dr Sandie Dr Chantal
15 Dr Hart Dr Tracy	16 Dr Tara Dr Tracy	17 Dr Tara Dr Sandie Dr Tracy	18 Dr Tara Dr Hart	19 Dr Tara Dr Sandie Dr Chantal	20 Dr Chantal Dr Sandie Dr Tracy
22 Dr Hart Dr Tracy	23 Dr Tara Dr Tracy	24 Dr Tara Dr Sandie Dr Tracy	25 Dr Tara Dr Hart	26 Dr Tara Dr Sandie Dr Chantal	27 Dr Tara Dr Sandie Dr Chantal
June					
29 Dr Hart Dr Tracy	30 Dr Tara Dr Tracy	1 June Dr Tara Dr Sandie Dr Tracy	2 June Dr Tara Dr Hart	3 June Dr Tara Dr Sandie Dr Chantal	4 June Dr Chantal Dr Sandie Dr Tracy

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>