

TROWSE CHIROPRACTIC

NEWSLETTER - SPRING 2017

WIN \$100 WINDY POINT VOUCHER

We have just launched our new website and to celebrate we are giving away a \$100 voucher to spend at Windy Point Restaurant. Windy Point is an award winning restaurant that showcases the finest South Australian seasonal produce with an amazing view of Adelaide.

TO ENTER:

1. Google **search: Chiropractor Adelaide** (you may need to go to page 2 or 3!!!)
2. Find & click on the **Trowse Chiropractic** website
3. Browse the website to **find the 3 hidden mannequin images** & the corresponding **codewords**.
4. Go to the **"Contact"** page and use the form to **tell us** what the **codewords** are.



CODEWORD

1 CODEWORD = 1 ENTRY, FIND ALL 3 FOR A BONUS ENTRY!



GARDENING TIPS FOR YOUR SPINE

Gardening is a wonderful hobby for many people and yard maintenance is a necessary evil for most. Whether you are a gardening enthusiast or a reluctant homeowner with a lawn to mow, you want to make sure you are able to do your gardening jobs without pain.

Here are three tips to prevent lower back pain after gardening, chiropractic style...

1. Get a spine tune up

If you haven't been to your chiropractor for a while, Spring is a great time to get a check up. We usually recommend people see us when they are starting or changing activity to make sure their body is functioning at its best. Sub-optimal functioning can make you more prone to injury and pain.

2. Warm up

Warming up our body is something we think about doing before going for a run or walk, but not usually before working in the garden. Gentle movements and stretches before and after gardening increase blood flow to your muscles, increase your range of movement and decrease your chances of causing strain and injury to your back. Make sure you take regular breaks throughout your gardening session too.

3. Lift & bend properly

This is a no-brainer! Good bending, lifting and proper posture can help prevent injuries and pain. Most people have heard that they should lift with their legs, but many don't know why. The reason is that the muscles in your upper legs and buttocks are significantly stronger than your back muscles. Your leg muscles were quite literally made for heavy lifting; so let them do it!

If at any point, you experience pain, remember that pain is your body's way of saying that you should stop. Ice the area regularly until you can get to the chiropractor for an adjustment. Even though it is tempting, DO NOT use heat as it can increase your inflammation and pain. Happy gardening!

QUICK GUIDE TO PROPER LIFTING

1. Bend using your knees
2. Keep your back straight as you lean forward. Hinge forward from your hips (not curving your low back).
3. Know your limits. There is no prize given to those who lift too much or too quickly.

OTHER TIPS...

- Use the correct tools e.g. extendable handles instead of reaching
- Use knee pads or stools
- Take breaks and vary the tasks (sustained postures and repetitive tasks can be just as bad as lifting too much)



IT'S A GIRL!!

Congratulations to Dr Paul and Abby. They had a beautiful baby girl. Mum & bub are doing well and Dr Paul is a very proud Dad!

CLINIC HOURS

DR JOHN

Mon: 9-1 3-7
Tue: 8-12
Thu: 8-12 3-7
Fri: 9-1

DR PAUL

Tue: 8-12 3-7
Wed: 9-1 3-7
Fri: 9-1 3-6
Sat: 8-12

DR KIMBERLEY

Mon 9-1 3-7
Tue: 3-7
Wed: 9-1 3-7
Thu: 8-12 3-7
Fri: 3-6
Sat: 8-12



WHY YOU NEED TO WALK MORE

Have you ever wondered why your chiropractor tells you to go for a 5 minute walk after your adjustment or regular walks during the day? There are the common health benefits that we already know like cardiovascular health and weight loss, but walking also:

- **Reinforces & supports your chiropractic care** by stimulating the nervous system to remember the changes that are happening in your body & re-coordinate your movement patterns.
- **Decreases pain** by increasing endorphin release (these are pain inhibiting hormones) & decreasing inflammation.
- **Improves circulation & healing** by bringing vital nutrients to the joints and decreasing inflammation (removing the rubbish created in the healing process)
- **Improves bone density & strength** - this decreases your risk of osteoporosis
- **Increases strength, flexibility & balance**



RECIPE - GREEN GOODNESS

- 3 onions
- 2 leeks
- 3-4 carrots
- 3-4 zucchinis
- 3 stalks of celery
- 1 large bunch of spinach
- 4 cloves garlic (crushed or chopped)
- salt & pepper
- olive oil
- tin of broad beans or chickpeas
- 1 litre bone broth or water

This is delicious as a soup, side dish or main meal.

Add your favourite veges or herbs to create a yummy meal. Enjoy!

1. Heat oil in large saucepan.
2. Saute chopped onions and leek until softened.
3. Add the chopped celery, carrots & garlic.
4. Cover with bone broth & bring to boil.
5. Reduce to low simmer
6. Add drained & rinsed beans/chickpeas, rough chopped zucchini & spinach.
7. Add olive oil and salt & pepper to taste.
8. Cook for 20-30mins to reduce.

This recipe is pretty variable - add a little more of this, a little less of that. It's a great way to use up left over veges in the fridge. Get creative!

ALL OF THESE VEGES ARE IN SEASON NOW!

*Let food be thy medicine
and medicine be thy food.*
HIPPOCRATES

UPCOMING EVENT

FOOT, ANKLE & KNEE INJURIES RECOVERY & PREVENTION

WED 29 NOVEMBER 7PM

**Do you suffer from pain in your knees, ankles or feet?
Are you starting a new activity and want to avoid hurting yourself?**

Join us to learn what you can do at home to start feeling better and learn what is going wrong so you can try and prevent any injuries.

Some common injuries we will cover are:

- Knee pain
- Shin Splints
- Muscle strain
- Plantar fasciitis
- Bunions
- Flat feet



www.trowsechiropractic.com.au

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