

Jumping Creek Chiropractic

Dr Louise Callaghan & Dr Nick Gentile, Chiropractors

Spring 2018

Hello everyone! It's time to Spring into action!

This time of year is always great fun as the weather starts to improve, gardens start to brighten up. All the winter sport seasons are heading into Finals. There's a real buzz around getting athletes young and old in tip top shape for important games on the weekend!

Typically Spring is the time where people start getting out and about and start putting some work back into the garden, so please ask Kristy or Jo for our flyer on how to make gardening a good experience for your body. It's also a great time to start exercising again if you've locked yourself away over the winter. Be sure to discuss any new programs with either Louise or Nick, you may be putting in place to get that heart pumping and the oxygen flowing!

Lower back pain, you're in the right hands

The number one leading cause of disability Worldwide is Lower Back Pain. It's the number one cause of early retirement in Australia, and all the consequences that flow from that.

Recent studies have demonstrated that pain medication has little to no effect compared to placebo when used for lower back pain. In fact the research is so overwhelming that it's led to a change in international guidelines, meaning that GPs are now far less likely to recommend pain medication for back pain!

Both the American College of Physicians and the UK National Institute of Health Care Excellence have realised, new guidelines for their members to encourage a shift in the thinking around the way that back pain should be cared for.

In a review into lower back pain management conducted by the University of Sydney, it was suggested that avoiding medication initially and discouraging invasive interventions such as injections and surgery has better outcomes. This shift in the guidelines is an incredible shift from previous thinking, which has been in place for decades.

In an article published in July 2017 in the Minneapolis Veterans' Health Care System, it was found that potentially addictive medications such as opioids were not any better at managing back pain than standard over the counter medications such as paracetamol or ibuprofen.

The Canadian Chiropractic Association published a paper entitled "A Better Approach to Pain Management in Canada". It suggested that manual therapies such as Chiropractic should be the first step when managing lower back pain, as the success rates are overwhelmingly positive and there is no risk of addiction.

The Australian Chiropractors Association is in the process of commissioning a review into the use of opioids, in regards to the management of lower back pain, in the hope of changing the guidelines in Australia.

Notices :-

How to cope with anxiety Olivia Remes <https://youtu.be/WWlolaQpMcQ>

This is an excellent TED talk that I recommend everyone watch. Olivia is a young woman speaking from experience giving some great gems people can work with.

Ryan, from Wonga Park CFA jumped out of a plane, tandem skydive that is, on Sunday 9/9/18 with a large group of fans watching. This was the Women's Local Day Out fundraiser gift from Nancy who was unable to be there due to illness. Get well soon Nancy. See our website for photos.

SATURDAYS :- Clinic is open 9-12

WORLD SPINE DAY TUESDAY 16TH OCTOBER 2018
FREE SPINAL ASSESSMENTS, give us a call.

What is it really like to be a Chiropractor? By Dr Nick Gentile

What is a Chiropractor?

Chiropractic is a profession that is founded on 3 pillars; Philosophy, Science and Art. The philosophy that our bodies are self-healing and self-regulating, and that a properly functioning nervous system is required to drive that process. The philosophy gives us the "Why." The Science is what gives us the ability to know both what we are doing is correct and what is actually happening in someone's body before and after we adjust them. The science gives us the "What." The Art is the techniques that we use to assess and adjust you. The art gives us the "How." As a Chiropractor what I do is a thorough assessment. I then work with the patient to determine their goals. I need to determine what is stopping their nervous system from functioning as well as it possibly can and what may be going on for them from a holistic point of view in regards to work, stress, exercise and food intolerance etc. I work out what techniques will be most appropriate for them.

How do I become a Chiropractor?

Chiropractic is a 5 year tertiary education course. At RMIT University where I went, in Melbourne, it is a Double Bachelor program. Bachelor of Applied Science and Bachelor of Chiropractic Science (Clinical Science). When I graduated it was a Bachelor Health Science (Chiro) and Masters of Clinical Chiropractic.

What does a typical day look like for a Chiropractor?

We normally start quite early in the morning, have a break in the middle of the day, and then see people again in the afternoon and evening. This works out really well, as it gives us time in the middle of the day to do paperwork and other important tasks like writing reports to GP's, X-ray reports or having staff meetings. Our days are very varied. We commonly see many different types of patients with all different sorts of conditions. One of the most common being people with lower back pain, and the trickiest part of this is working out exactly where the dysfunction is. We see people with issues such as headaches, neck pain, constipation, shoulder & balance problems. We have people that have experienced car accidents, personal attacks and more. We look after young people like babies to our wonderful wise oldies who want to stay active & upright. Some of the conditions I find the most interesting to deal with are the sporting injuries, as it's challenging to balance the appropriate amount of recovery while also making sure our patients can get back on the field as quickly as possible. We often work very long days, however when I get to the end of the day I feel like I've spent the whole day catching up with friends! I enjoy being at Jumping Creek Chiropractic because of the community and friendliness I've experienced here.

What are the best parts, what are some challenges?

The best part of being a Chiropractor is seeing people grow and change in front of you. Whether that is getting over an injury, helping someone achieve their goals or literally watching children grow into teenagers and adults. Being a part of people's life and health journeys is the best part. I feel it is a privilege to take care of people.

The most challenging part of my job is supporting people through difficult times in their life. It can be loss of a loved one, (or pet!), loss of job or some poor exam results for example. Going through those sad times with people, is definitely the most challenging.

JUMPING CREEK CHIROPRACTIC	WONGA PARK CLINIC HOURS	FEES	YEA CLINIC HOURS
Dr Louise Callaghan B.App.Sc/ B.C.Sc (Clinical Sc) DACNB Member of ACA, SOTO, ASRF Australian Academy of Functional Neurology, AAFN, NZ College of Research	Monday 9:00 -12:00 pm	Initial Cons. \$160	Wed 19 th Sep 8.00-1pm
	Tuesday 8:30 -12:00 pm 3:00 - 7:00 pm	Subsq. Cons \$ 65	Wed 17 th Oct 8.00-1pm
Dr Nicholas Gentile B.H. Sci (Ergo) B.H. Sci (Chiro) Master Clin. Chiro. Member of ACA	Thursday 8:00 -12:00 pm 3:00 - 7:00 pm	Family Rate Adult \$ 65 Children* \$ 51 *(One parent needs to be under regular monthly care)	Wed 14 th Nov 8.00-1pm
	Saturday 9:00 – 12:00pm (every 2 nd Sat)	Prepaid Plan 12 appointments @ \$61 = \$732.00	Wed 12 th Dec 8.00-1pm January Closed Wed 6 th Feb 8.00-1pm Yea District Hospital Every 4 weeks
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