



SUMMER ~ 2018 / 19

JUMPING CREEK CHIROPRACTIC

NEWSLETTER

Dr Louise Callaghan & Dr Nick Gentile

Hello everyone,

Welcome to our Summer edition

Back to School Checks



It's nearly Christmas and school is winding up for the year, which means it's the perfect time to talk about going back!

Normally by the time we start thinking about school it's late January, however that can be too late to get all the things done that we need to do before starting class again. Here at Jumping Creek Chiropractic, we want to make it easy for you.

We are running free School Bag, School Shoe and Posture Assessments for all children in January. Bags and shoes are such

an essential part of school life and can often do significant damage if they aren't appropriately fitted. Please call us to book in your checks! There is also no better way to start the school year than with a fully functioning nervous system!

2019 Your Best Year Ever

We all had the opportunity to spend the day together at a workshop called "2019 Your Best Year Ever". It was a wonderful experience for all of us. We learnt about finding your vision and following your dreams by, using powerful action steps to bring them about. We also learnt some great tools and techniques to organise yourself so your dreams come true! We look forward to a fantastic 2019 together.

These are wonderful gifts available for your loved ones this Christmas in the clinic like Pillows, Massagers and Essential Oil's, which are all wonderful nurturing presents for your loved ones.

CHRISTMAS OPENING HOURS

The clinic will be closed over Christmas from: **December 23rd till January 13th 2019**

We will Re-open **Monday 14th January 2019**.

For **emergency** appointments please phone

Dr Louise Callaghan 0414267110

Yea Clinic – No January Clinic. Re-opens **Wednesday Feb 6th 2019**

We would like to wish you and your family a wonderful restful Christmas break.



WE ARE NOW OPEN EVERY 2ND SATURDAY FROM 9-12 NOON

We are running small workshops now about Young Living Oils, please register with Kristy or Jo.

FALLS RISK AND PREVENTION

I was recently listening to an interview with Professor Kim Delbare on assessing Falls Risk and Prevention. I thought I'd pass on her thoughts to you all.

Prof Kim Delbare began her research as a child watching her grandmother and two aunties age. One became very fearful of falling which left her barely leaving her home whilst the others continued to be out and about.

Some of Prof Delbare's research shows there are a few factors that play a role in fall risk. She calls them moving, thinking and feeling factors. The "moving" factor is, the more capable you are at doing activities, the better. When you start to have problems with for instance your balance or are unable to stand for long, or can't turn your head easily, then you fall risk increases. The "thinking" factor means your cognitive stamina. We are always thinking and dual tasking. When the cognitive function is declining or you are overloaded in your brain, the brain can become overwhelmed, which puts you at risk of not responding well to a change in a situation and you are at risk of falling. The same applies to if you think you are going to fall, then you probably will!

Prof Delbare's studies found that people with similar physical disability conditions, ones that were fearful of falling didn't move as well, which put them at risk of falling more than the other people with similar physical disability conditions!

The "feeling" factor Prof Delbare consider it to be in regards to the prevalence of depression as we age. Sometimes there are plenty of reasons for someone to be depressed. We could be experiencing loved ones dying or being alone and feeling isolated. All of this contributes to loading your cognitive function, which distracts your brain from responding to changes in your physical surroundings Seeking help in this regard makes a world of difference.

Prof Kim believes sometimes you just need all or some of these factors, to occur which could place you at high risk of falling.

For all of us when we have many things on our mind, we can be at cognitive function overload. All of a sudden you are on the floor and have slipped and was unable to adapt to your environment! So it's not just our elderly that can get cognitive overload. Professor Delbare recommends to be assessed for structural and cognitive function with your Chiropractor.

Some extra suggestions to see how you are going:-

- Get up and go exercise – You should be able to get up from a chair, walk 3 steps, and turn around and come back and sit. This should be able to be done within 15 seconds.
- Stand on one foot – you should be able to do this for 5-10 seconds easily. ** Hold a chair if unsteady.
- Count backwards in 7's or 3's from 100 or 90 without making mistakes.

Prof Delbare found there were four categories of people at risk of falling.

- a. Those that were stoic and did what might be considered risk talking, like cleaning out the gutters.
- b. Those that knew they were at risk due, but chose to be very mindful but not fearful.
- c. **Those at medium risk, but very fearful and worried! It appears this group are the highest risk group of falling.**
- d. Those that were extremely high risk due to considerable physical disabilities.

There are ways to help restore better balance, better function of your body and brain. Exercise keeps the tone in the muscle and is great for depression and cognitive function. Research is overwhelming now that the people that age well are strong, fit and stoic!! We have Functional Neurological Rehab exercises to wake up the part of the brain not functioning well and nutritional support to help heal and restore the brain function. We need to effectively oxygenate ourselves with some deep breathing, walking and perhaps High Intensity Exercise two times a week. All these things do great things for our brain, spine and muscles.

JUMPING CREEK CHIROPRACTIC	WONGA PARK CLINIC HOURS	FEES	YECLA 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 Tuesday 8:30 -12:00 pm 3:00 - 7:00 pm Thursday 8:00 -12:00 pm 3:00 - 7:00 pm Saturday 9:00 – 12:00pm (every 2 nd Sat)	Initial Cons. \$160 Subsq. Cons \$ 65 Family Rate Adult \$ 65 Children* \$ 51 *(One parent needs to be under regular monthly care) Prepaid Plan 12 appointments @ \$61 = \$732.00	Wed 12 th Dec 8.00-1pm January 2019 CLOSED Wed 6 th Feb 8.00-1pm Wed 6 th Mar 8.00-1pm Wed 3 rd Apr 8.00-1pm Yea District Hospital Every 4 weeks 9 Jumping Creek Road Wonga Park Vic 3115 Ph: 9722 1876
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