



# CHIROPRACTIC FIRST

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## CHIROPRACTORS

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## OFFICE STAFF

Lynda Riley (Office Manager)

Brooke Johnson (Chiropractic Assistant)

## OFFICE HOURS

### Monday

9:00am–12:30pm      2:30pm–6:30pm

### Tuesday

2:30pm–6:30pm

### Wednesday

9:00am–12:30pm      2:30pm–6:15pm

### Thursday

8:15am–12:00pm      2:00pm–6:00pm

### Friday

8:00am–12:00pm

We would love you to share our newsletter with a friend, neighbour, work colleague or family member when you have finished reading it.

# YOUR CHIROPRACTOR

JULY/AUGUST 2021

FREE!

This month we discuss...



TAKING CARE OF YOUR HAMSTRINGS



BACK ACHE FROM WALKING & STANDING



MANAGE STRESS - BOOST YOUR HEALTH



GETTING YOUR DOSE OF VITAMIN D

## Frozen shoulders can thaw

Is your shoulder painful, and are you experiencing stiffness and disability which has worsened over time? Have you been diagnosed with a frozen shoulder?

Frozen shoulder, also known as adhesive capsulitis, is common. It tends to strike between the ages of 40–60 years, more so in women and people with certain underlying illness. And it can hurt! While sharp pain is experienced with extremes of motion, the usual pain is described as dull and aching.

### WHAT IS FROZEN SHOULDER AND HOW DOES IT PROGRESS?

Our shoulder joint is the most mobile joint in our body. Thanks to its ball and socket design, it can move forward and backward, in and out, and rotate in either direction. This provides incredible mobility. A flexible capsule surrounds the joint and holds in a lubricant called the synovial fluid. As with the engine of a car, the lubricant allows frictionless motion, reduces wear and tear, and is key to optimal function.

Frozen shoulder occurs when this capsule around the shoulder joint thickens and tightens, restricting its movement and lubrication. Your shoulder starts to "stick", and pain increases while mobility decreases. This happens in stages:

- **Freezing stage:** any movement becomes difficult and causes pain, lasts between six weeks to nine months.
- **Frozen stage:** discomfort might ease but, like a rusted hinge, it just won't budge. Dressing, undoing a bra, scratching your back, and reaching are difficult.
- **Thawing stage:** full or partial resolution occurs after one to three years.

### WHY DOES IT HAPPEN?

While there are accepted stages, a cause often remains elusive. Diabetes, heart disease, thyroid conditions, and Parkinson's disease increase the risk. It may

develop after a fall or injury, or if you're unable to move your arm, such as being in a sling or following stroke or mastectomy. Not using it may be a greater problem than overuse. This makes healthy use — and a healthy life — important for possible prevention and recovery.

### WHAT SHOULD I DO ABOUT IT?

If you have been diagnosed with frozen shoulder, it's important to understand its natural progression; how long it will take to recuperate. Recovery can take several years, so a tailored treatment plan is essential. With this in mind, what approaches will work?

Adjustments may reduce pain and improve function, and exercises and stretches that encourage motion of this joint may help. However, your chiropractor will assess and determine the most effective form of care for you. This will depend on your stage, your pain level, and the assessment findings.

With the right approach, dedication and appropriate care, it's possible to find relief and help recovery.



Approximately 3-5% of Australians develop frozen shoulder during their lives, and up to 1 in 5 diabetics are affected.

Our newsletter is free! You can take a copy with you.

# Does simply standing and walking make your back ache?

Walking is usually great for wellbeing. But what if it makes your back ache? If even the act of standing triggers increased discomfort, what could be wrong?

When these two simple actions hurt, it's more challenging to keep mobile. Over time, this may result in loss of muscle strength, spinal motion, function and flexibility. You guess correctly, this can then make your pain worse.

## WHAT COULD BE CAUSING YOUR PAIN, AND WHAT CAN YOU DO ABOUT IT?

There are many structures in your back that can cause pain which is made worse by walking and prolonged standing; these include muscles, tendons, ligaments, nerves, bones, and joints.

When we stand, the discs and vertebrae become compressed. If you have a herniated disc, the pressure of weight bearing can push the damaged disc onto a nearby nerve and cause back pain. This can also happen with a condition called lumbar spinal stenosis. Stenosis means narrowing. In this condition a narrowing of the spinal



canal occurs. This can result in too little space for the spinal cord and its nerves.

Then there is our posture. The gentle natural curves of our spine support stress from movement and gravity, and help us stand upright. If these curves are too pronounced your posture is affected, which can increase pressure on your spine, particularly when standing for long periods. In turn this can affect your muscles, discs, joints, and nerves; causing pain.

If you're overweight or obese, walking can increase the risk of back pain from strain on the muscles – especially those that support the lower back.

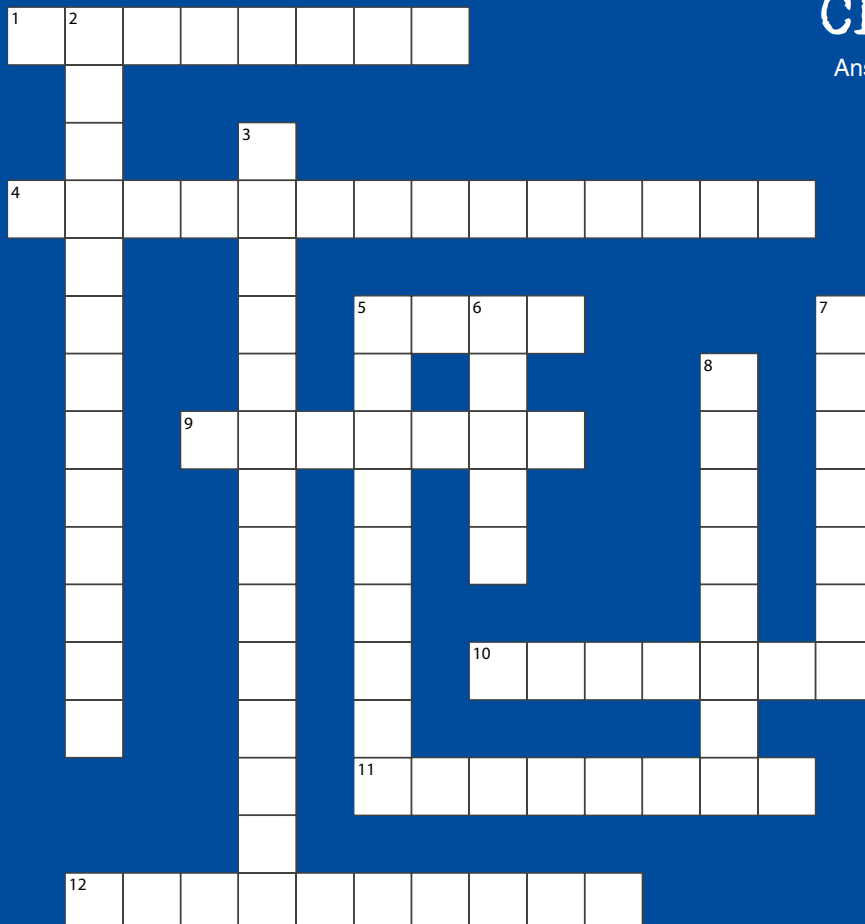
With all of this in mind, how can you find relief? To open a lock, you need the right key. So it is with treatment. To fix a problem, you need to first identify the cause. Your chiropractor may use a variety of evaluation tools. Your history, including any trauma, physical examination, chiropractic assessments, and scans might be needed. Once the cause of your pain is determined, the right treatment can be recommended.

### CORRECTION TO ARTICLE PUBLISHED IN YOUR CHIROPRACTOR MAY/JUNE 2021 EDITION

The article "Walnuts – health in a nutshell" on page two incorrectly stated that 100g of shelled walnuts contains the recommended dietary intake (RDI) of 171% for Manganese and 79% for copper. The correct figures are: 100g of shelled walnuts contains 61% of the adequate intake (AI) for manganese and 96% of the AI of copper. All percentages stated are averages only. We apologise for any confusion and problems this error may have caused readers.

## CROSSWORD CORNER

Answers can be found in this edition of Your Chiropractor



### ACROSS

1. Our body's ability to resist a disease
4. Another name for adhesive capsulitis (2)
5. Part of the spine
9. A dark pigment that is naturally present to varying degrees in our skin, hair, and eyes
10. Extreme tiredness
11. Being able to move
12. A trio of muscles that help us walk, run and jump

### DOWN

2. A nutrient we need for our health but only in small amounts, e.g. a vitamin or mineral
3. One of the muscles that form the hamstrings
5. A muscle between our abdomen and lungs
6. Vertebrae
7. Hard to find
8. Our main source of vitamin D

Solution is on the back page

## Are you getting enough vitamin D?

Now that we're in the middle of winter it might be time to think about your vitamin D intake. Vitamin D is an essential micronutrient – one of its most important functions is to help grow and maintain strong bones and teeth. Some research has shown that vitamin D can also help our immunity and reduce depression.

### WHAT AFFECTS VITAMIN D LEVELS?

Some foods contain vitamin D, particularly oily fish and dairy products, but we're generally unable to meet our recommended intake through diet alone.

We produce vitamin D in our skin when we're exposed to sunlight and can usually get enough from a small amount – however this is dependent on a number of factors.

- **Sunlight** – lower levels of vitamin D are more common in winter and places with little sunlight; if you're indoors all day, or cover your body up when outdoors.
- **Skin colour** – darker skin has higher levels of melanin, which absorbs less vitamin D.
- **Disease** – conditions that affect our gut and digestion, like celiac disease and chronic pancreatitis, can reduce absorption.

- **Age** – your skin's ability to produce vitamin D drops as you age.

### SYMPTOMS OF VITAMIN D DEFICIENCY

Vitamin D deficiency causes thinning of the bone structure – increasing the risk of falls and fractures in adults. People with vitamin D deficiency often suffer from bone, joint and muscle pain or weakness. Other symptoms can include: fatigue, depression, thinning hair, lowered immunity to colds and flu.

### CAN WE HAVE TOO MUCH VITAMIN D?

It's nearly impossible to have too much naturally-occurring vitamin D; however, it is possible if you take vitamin D supplements in excess. Very high vitamin D levels can cause kidney damage and dangerous heart issues. Only take the recommended dose for your needs.

Also, remember to take a balanced approach to sun exposure – take care to avoid the risk of any sun damage to your skin.

Despite our sunny climate, vitamin D deficiency affects around 30% of Australians to some degree

## Kale, broccoli & cheese quiche with sweet potato 'crust'

*The crispy 'crust' of roasted sweet potato adds a healthy twist to a delicious, calcium and protein-filled dish.*

### INGREDIENTS

#### Base

- 2 large orange sweet potatoes, peeled and thinly sliced
- 4 tsp olive oil

#### Filling

- 1 medium onion, finely chopped
- 1 clove garlic, finely chopped
- 2 tsp olive oil
- 1 cup finely chopped broccoli
- 2 cups chopped fresh kale
- 3 eggs
- 1 cup (250ml) almond or soy milk
- 125g grated hard cheese
- ½ tsp ground nutmeg
- Sea salt and pepper to taste

### DIRECTIONS

Preheat oven to 200°C.

1. Coat a 23cm deep pie dish with 2 tsp of olive oil.
2. Cover the base and sides of the dish with the potato; overlap the slices enough to allow for shrinkage when baked. Brush with 2tsp olive oil and bake for 15 minutes.
3. While base is cooking heat 2 tsp oil in a large frying pan and sauté onions and garlic for a few minutes, add broccoli and stir-fry for 3 mins, lastly, add kale and cook until just wilted.
4. Spread vegetable mixture on the baked sweet potato base. Sprinkle on the cheese.
5. Whisk together the eggs, milk, nutmeg, salt and pepper. Pour over the vegetable/cheese mixture.
6. Lower heat to 190°C and bake uncovered for about 30 minutes, until puffed and golden. Sit in dish for 10 minutes before slicing and serving.



## Taking care of your hamstrings

It's likely you've heard of a pulled hamstring. Maybe you've watched as your favourite sports player suddenly stopped, grasping the back of their thigh. You might have experienced it yourself or know someone who's been struck by this troublesome injury. You may not realise the importance of hamstrings until you injure them.

### WHAT ARE THE HAMSTRINGS AND WHAT DO THEY DO?

Your hamstrings are formed by a mighty trio of muscles: the biceps femoris, semimembranosus, and semitendinosus. Together, they create a powerful muscular unit. Each one starts at what we often call our "sit bones" and runs down the back of our thigh, crossing near our hip and knee and ending in our lower leg. Where they attach determine what actions they trigger, but in general they play a crucial role in walking, running and jumping.

### HOW CAN YOU PROTECT AGAINST INJURY?

Tight hamstrings can affect all of these movements and limit mobility. Having flexible, lengthened hamstrings supports the knee, hip, and spine. The stretch that's best for you depends on your body and its ability; but here's a stretch you can do from a chair which is often recommended.

### SEATED HAMSTRING STRETCH

1. Sit on a chair. Position your bottom toward the front of the seat.
2. Place one leg out straight, rest your heel on the ground and raise your toes towards your body.
3. Keeping your spine upright and straight, bend forward from your hip. When you feel a stretch in the back of your thigh, hold this position for 30 seconds.
4. Rest and repeat. Swap sides.



Spend time stretching and warming up before you exercise, and take care not to overwork them. Remember: Stretches should feel like a stretch. They should not cause pain.

If you experience consistent tightness in the back of the legs, there may be other underlying problems that are causing it, and stretching may not be appropriate for you. Make an appointment with your chiropractor to get help identifying the true issue and finding the right treatment for your body.



## PRACTICE UPDATE

Have you heard about the 'flea in a jar' experiment? A scientist put fleas in a glass jar and watched them jump out. He returned them to the jar, this time placing a lid on it. They quickly learned to jump to less than the height of the lid. Guess what happened when later, he removed the lid? They still only jumped to the height of the lid.

Those of us who love to adventure maybe feeling like we've had a lid on us. Strangely, I find myself testing the lid cautiously. As I write this, Jeff and I are about to venture north, remaining within the 'safety' of WA.

Some of you will remember Dr Michele Boxtel. She has an especially infectious laugh and was a locum for us here several times fifteen years ago. It was Michele who showed us photos from her experience in Karijini National Park, and since then it's been on my "bucket list". Watch this space to see how an extended camping experience plays out this time. 😊

Also in June, our youngest daughter and her fiancée are (fingers crossed), flying in from NZ for a visit. This will be an especially precious time after being apart for so long.

Dr Taneta has been keeping me "well adjusted" and we love her youthful energy. Some of you have benefited from her dry needling expertise. Others of you will have noticed her sharing helpful tips on our Facebook page. Don't be alarmed if you see her moving gingerly on Mondays. Dr Taneta has picked up her hockey stick again, and she doesn't do anything by halves.

By the time you read this, Brooke and her family will have returned from their epic 4WD adventure to Cooper Pedy and beyond. We're looking forward to hearing about some of their stories about family camping life. While she was away Lynda did a sensational job keeping the office running smoothly. Three cheers for Lynda! You might not know that Lynda is not only an awesome CA, she's a fabulous cook and keen gardener too. During this extremely hectic period Lynda amazed me by making delicious feijoa jam and chutney on a Friday afternoon. The feijoas were generously shared by a special practice member. We've appreciated gifts of fruit, vegetables, flowers and preserves in the past couple of months.

To finish, here are a couple of quotes I've been mulling over recently.

"Your issues are stored in your tissues".

And from Brene Brown, "Imperfections are not inadequacies; they are reminders that WE ARE ALL in this together".

I wonder, can we embrace our imperfections so that we store less issues in our tissues?

## APPOINTMENT REMINDER

Your next appointment is on \_\_\_\_\_ at \_\_\_\_\_  
Date Time

## Managing your stress can boost your health

Are you feeling stressed, lonely or sad? Don't be surprised if you become ill. Research has shown that our state of mind affects our health.

Our lives today can be filled with stressors such as financial worries, relationship problems, work issues, loneliness and health concerns. Even positive events such as moving house or a new baby can contribute to stress.

### HOW DOES STRESS AFFECT OUR BODIES?

Our minds and bodies are closely linked, meaning that mental stress leads to physical symptoms. For example, when we feel overwhelmed or threatened; our heart rate increases, muscles tense up and breathing becomes fast and shallow. This is part of what's known as our 'stress response' – our body's natural survival mechanism which allows us to remain alert and fight an imminent threat. The trouble is that this reaction is only meant to be temporary; when it's prolonged (chronic), it can have a negative effect on our health.

Chronic stress can actually contribute to serious conditions like heart disease,

disorders of the digestive system, and mental illness. It can affect our immune system, making us susceptible to all kinds of bacteria and viruses. It's a nasty cycle; stress makes us ill, and illness makes us stressed.

### HOW CAN WE HELP OURSELVES?

Years of research now indicates that we can change the way stress affects us. One study, which monitored students doing days of important exams, found that their immune response became weaker each day. However, when they began to practise stress relieving techniques consistently, their immune system function significantly improved.

There are many ways to relieve stress and practise mindfulness – from practical activities such as listening to music, reading, exercise, and hobbies – to learning strategies such as mindfulness and meditation. Even changing the way you breathe can improve your mood and counteract stress.

We can't avoid external stressors, but we can manage how we react and cope with these. Simple stress-management techniques can have a positive effect on our immune system and health in general.

### TRY THIS EASY EXERCISE

1. Using your diaphragm (the muscle below your ribs) to breathe, rather than your upper chest, inhale slowly through your nose until you can't breathe in anymore and your belly has expanded.
2. Hold for a count of three, exhale slowly until you've emptied your lungs and your belly has deflated.
3. Repeat up to three times, and then resume breathing normally.

You can repeat this sequence as often as you need, but stop if you start to feel faint or dizzy.

## CROSSWORD SOLUTION

ACROSS: 1. IMMUNITY 4. FROZEN SHOULDER 5. DISC 9. MELANIN  
10. FATIGUE 11. MOBILITY 11. HAMSTRINGS  
DOWN: 2. MICRONUTRIENT 3. SEMITENDINOSUS  
5. DIAPHRAGM 6. SPINE 7. ELUSIVE 8. SUNLIGHT

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Our newsletter is free! Take a copy with you.