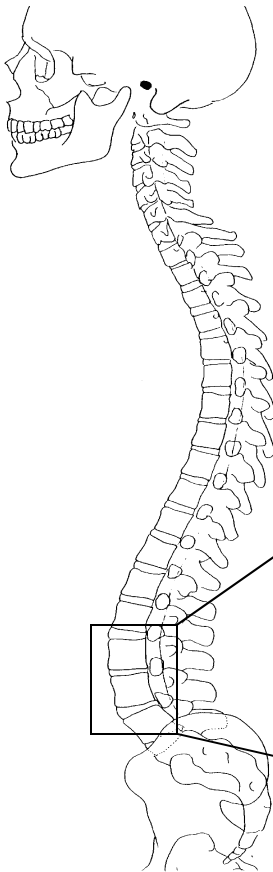


# SHIRLEY RD CHIROPRACTIC

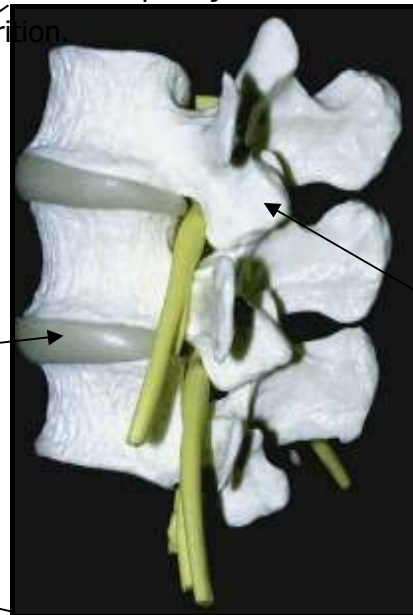
[www.shirleyrdchiro.com.au](http://www.shirleyrdchiro.com.au)

## Features of a healthy spine

- Your spine allows you to stand tall, walk and have flexibility, and, most importantly, protects your nervous system.
- The spinal column is segmented (consisting of 24 moveable vertebrae) and allows for your flexibility while protecting the delicate spinal nerves that exit between the vertebrae.
- A soft, spongy tissue (intervertebral disc) separates the vertebrae.
- Both the intervertebral discs and spinal joints are reliant upon healthy movement for their nutrition.



Healthy  
Intervertebral disc



Spinal  
joint

## Spinal Joint Dysfunction

- When vertebrae do not go through their full range of movement, this diminishes the blood supply and nutrition to the intervertebral disc and spinal joints. The surrounding ligaments and muscles are then unable to give necessary feedback to the brain regarding their position. This often leads to muscle imbalances. Part of your assessment today is to determine if your joints can perform their full range of movement and to test if these automatic reflexes are working to their best ability.
- As chiropractors, we can detect spinal joint dysfunction before there is any pain. Joints that have good function are not painful! But also, keep in mind, the absence of symptoms does not necessarily mean normal function.
- **Immobility** caused by spinal joint dysfunction leads to stiffness and arthritis, and excess movement in the surrounding joints leads to increased **wear & tear** in joint soft tissues.

## Adjustments

- Adjustments at Shirley Rd Chiropractic increase intersegmental motion of restricted spinal joints and reduces excess motion of surrounding joints. Spinal adjustments are gentle, safe and effective.
- There are many different techniques to adjust areas of spinal joint dysfunction. At Shirley Rd Chiropractic we use a combination of styles and not all techniques revolve around the spine! This is because all patients are different and the technique/style that may suit one patient, may not suit another. With some techniques, you may hear a small "crack", with others you may not. The "crack" sound is not bones breaking or ligaments snapping but, rather, an air bubble forming because of the changing pressure in the joint.
- The goals of a chiropractic joint adjustment (or manipulation) are not only to correct musculoskeletal dysfunction, improve range of movement and reduce pain, but also to restore normal function in the nervous system.
- Common symptoms of nervous system interference include dizziness, fatigue, sinus problems, allergies, tonsillitis, asthma, palpitations, indigestion, heartburn, gall bladder conditions, irritable bowel, gas pains, constipation, diarrhoea, decreased libido, bed wetting, leg cramps, menstrual problems, sciatica and haemorrhoids.
- Our aim is not just to treat symptoms, but to improve function. Your ability to heal is affected by and integrated through the nervous system. Having your spine checked and corrected will allow your body to better adapt to physical, chemical and emotional stresses.

## 3 Types of Care

- The 3 types of care offered at Shirley Rd Chiropractic are based on the stages of tissue repair and include:
  1. Acute Care
  2. Rehabilitative Care
  3. Wellness Care
- Our suggestion as to the appropriate staging for you is based on your presenting problem, history, physical examination, imaging and test results.
- While pain relief is high on our list of goals, we like to orientate our treatment toward return of function, not just relief of symptoms, to allow the body to heal. Improving function is the key to long-term pain relief.

*"Pain is the last thing to come, and the first thing to go"*

At Shirley Road Chiropractic, we would like to provide you with the knowledge and understanding of how to maintain the health of your spine. We look forward to helping you achieve your health goals. For further information and references for the above material please visit our website to discover more – [www.shirleyrdchiro.com.au](http://www.shirleyrdchiro.com.au)

## Appointments

We respect your time, as we hope you do ours, and so we appreciate your punctual arrival to appointments. If you do need to change your appointment, please give us at least 24 hours' notice so that others in need of care can receive the service they require. Following a first missed appointment, we ask for a \$25 late rescheduling fee, which we donate to the Australian Spinal Research Foundation. We do our very best to keep on schedule although, on rare occasions, situations sometimes develop which are beyond our control. In these instances, we make every effort to advise you how this may impact upon your appointment time.