

# SHIRLEY RD CHIROPRACTIC



## What is Chiropractic?

The word chiropractic comes from the Greek words 'chiro' and 'praktikis' meaning '**done by hand**'. Treatment by hand was an accepted form of therapy in ancient Greece. Hippocrates, who is regarded as the founder of medical inquiry, made the first recorded references to spinal manipulation.

Chiropractic is a healing discipline firmly grounded in science. Recent research has found chiropractic to be safe, effective and most cost effective for disorders of the spine and musculoskeletal system. Its main focus is the relationship between the spine and the nervous system, but it is also concerned with the care of the entire body. Chiropractors use various diagnostic methods, including x-rays, to discover the state of your health. Gentle spinal adjustments/manipulations are their primary methods of helping your body heal.

## How does it work?

Chiropractic helps remove postural imbalances and structural misalignments that can accumulate in our bodies over a period of time. Our spines change and develop problems just like our teeth, eyes and heart. Left unchecked for an extended period of time, these changes eventually lead to pain, stiffness, arthritis or other serious problems.

The nervous system is the communication system between your brain and all your body's muscles, organs, and tissues. For your body to remain healthy, your nervous system must function well. For your nervous system to function well, it must be free of interference. The spine is the most common site of nervous system interference because nerves travel from the spinal cord through openings on either side of the spine to get to all the cells and organs of your body.

Each of us is born with the ability to heal and recover from illness. Our bruises heal, cuts mend and common colds are overcome. Your nervous system regulates this inborn healing ability.

The customised care you receive from your chiropractor can help to improve your posture, muscle balance and mobility. It can help to restore the integrity of your nervous system and get rid of pain quickly. So you can get back on your feet and start feeling good today!

## Is Chiropractic safe and effective?

Chiropractic care is both safe and effective.<sup>1-4</sup> Recent scientific evidence, proving that chiropractic care works, is overwhelming. Over the past 20 years, many controlled and independent research studies have shown again and again that chiropractic is safe and effective for treating low back pain, neck pain, headaches and other conditions related to the spine (the extent to which a person can benefit from care varies, depending on their problem and how long it has existed.) Based on scientific studies, the consensus is that chiropractic care is the treatment of choice for most spinal problems.

## Why should I see a Chiropractor?

From professional athletes to homemakers, engineers to electricians, infants to seniors, chiropractic care is the answer to optimum health. Many people see a chiropractor for back, neck or joint problems, whilst others may seek relief from the discomfort caused by headaches, high blood pressure, asthma or other conditions. Still others find that regular visits to their chiropractor can help keep them in peak condition and help improve their athletic performance.

A dentist regularly checks our teeth, an optometrist checks your eyes and doctors check your blood pressure and heart. Yet we take the spine – a crucial component of our body for movement and the protection of our nervous system – for granted.

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•Rosen, M., Breen, A. et al. (1994) **Management guidelines for back pain**. Appendix B In: Report of a clinical standards advisory group committee on back pain. London, England: Her Majesty's Stationery Office (HMSO).  
•Cassidy, J.D., Thiel, H.W., Kirkaldy-Willis, K.W. (1993) **Side posture manipulation for lumbar intervertebral disc herniation**. J.Manip. Physiol. Ther. 16: 96-103.  
•Nwuga, V.C.B. (1982) **Relative therapeutic efficacy of vertebral manipulation and conventional treatment in back pain management**. Am. J. Phys. Med. 6: 273-278.

## About Us

Shirley Rd Chiropractic was founded in 1998 by Brent Gordon and is driven by a philosophy of serving the local community and helping its members to a better understanding of the importance of improving and maintaining their health. Shirley Rd Chiropractic offers diversity yet consistency in practitioners, which ensures you receive specialised care.



**Brent Gordon** completed a Bachelor of Medical Science (Honours) at the University of Sydney (1995) and Master of Chiropractic at Macquarie University (1997). He has a special research interest in neuroscience and lectures in Neurology and Pre-clinical studies at Macquarie University and at the Australasian College of Complementary Medicine. Brent developed Spinal Vision's Virtual Spinal Care Class, the in-house education programme that is playing in the waiting room, and in those of other chiropractic practices. He is available at both the Crows Nest and Baulkham Hills practices.



**Ravi Rudner** completed a Bachelor of Science at Macquarie University (1998) and completed the Master of Chiropractic at Macquarie University (2000). He joined Shirley Rd Chiropractic in 2000 for 3 years before leaving to practise in Dublin, Ireland for 2 years. Ravi returned to Australia in 2005, bringing with him many new techniques and experiences from abroad. He enjoys seeing families and works well with people who may be suffering from allergies or sensitivities. Ravi works at the Baulkham Hills practice.



**Jana Kalocay** completed a medical degree in Slovakia in 1998. She then moved to Australia to study chiropractic at Macquarie University and joined Shirley Rd Chiropractic in 2006. Jana has worked as a lecturer and tutor at Macquarie University in Differential Diagnosis, Clinical Preparation and Patient Management / Rehabilitation. Jana's particular interests lie in neuromuscular rehabilitation, low force manipulative therapy and core stability exercises. She is fluent in Slovak, Czech, Polish and Russian. The diversity of skills and medical expertise that Jana brings to the Baulkham Hills practice is highly valued.



**Steven Cannon** graduated from Macquarie University with a Bachelor of Science and Masters of Chiropractic in 2000. He has also completed an International Chiropractic Sports Science Diploma and is member of FICS. Steve worked in Ireland where he was involved in looking after the Clare senior men's hurling team on and off the pitch in the All-Ireland Senior Men's Hurling Championship. He also treated Gaelic and International Rules footballers in his clinic. In 2003, Steve was flying to Paris on a regular basis to treat the Moulin Rouge Dance cast. Steve has a passion for sports and health, as well as the treatment of sports-related injuries. He tutors at Macquarie University in Chiropractic Skills. Steve works at the Crows Nest clinic.



**Christopher Jolliffe** has tertiary qualifications in both Education and Chiropractic, as well as a B.Sc. from Sydney University (1986). He has been in private practice since 1989, and has also held positions at Macquarie University as Clinic Manager, Skill Lecturer and Clinic Fellow. He is currently Senior Tutor in Pre-clinical Studies, Skills, Spinal/Peripheral/Neuro Orthopaedics and Radiographic Positioning. Chris' particular interests are in Chiropractic Education, men's health and geriatrics. Chris works at our Baulkham Hills Clinic.



**Stephen Dominguez** graduated from RMIT University in 2000 and has worked in chiropractic clinics in several Australian cities and country towns. He has been in suburban family practices, mining towns, tourist hubs, Aboriginal communities, hospitals and outback stations, honing his chiropractic skills. Stephen has also managed a recruitment business and provided administration to the US government and military. He brings a wonderfully diverse range of skills to our Crows Nest Clinic, where he commenced in 2010.



# Call your Shirley Rd Chiropractor today, because regular checkups of your spine can help you maintain better health.

Our passion is to help our patients, and the community at large, achieve and maintain optimum well-being. We believe that, as a gentle, non-invasive, drug-free therapy, Chiropractic is the best profession through which to achieve this goal. We fully subscribe to the principle that prevention is better than cure and that no one is too young or too old to improve their health.