



“Having looked after the people of Terrey Hills & surrounding communities since 2011, we would like to thank all of our loyal patients for your support.

Best regards, Naomi & Didi Draeger”.

Why we should be looking after you & your family’s health:

We’re extremely thorough

We give you the time you deserve

We help you get out of pain fast

We teach you how to stop the problem coming back

Gentle & most up to date techniques available

Male and female clinicians available

Very reasonable fee structure

We arrange bulk billing for any necessary x-rays

Early & late appointments available

Same day emergency

On the spot health insurance rebates

Terrey Hills shopping village, 3/19 Yulong Ave,

T: 02 9986 3902

E: info@peakperformancechiro.com.au

Appointments available Mon-Fri 7.30am-7pm & Sat 7.30am-1pm

Feedback

To get a gauge whether we are meeting your expectations, we conducted a patient satisfaction survey after six months in operation to rate us on a scale from 1 (very poor) to 7 (the best) across 14 areas like friendliness, willingness to listen, skill and ability, cost of care, amount of time spent with you, explaining treatments, advice to stay healthy and avoid problems, respect shown etc. We had a great survey response rate of 32%. This is what our patients thought: 44.1% of all marks given were 6 (excellent) and 43.8% gave us a 7 (the best). Some of the written comments about what patients thought we did particularly well: "friendly and caring", "[correct]"diagnosis of my problem", "running on time", "felt very comfortable at every visit", "liked the warmth, humour and effective treatment in your practice", "attention to detail", "feel inspired to exercise", "very professional, but very caring at the same time", "taking the time to get to know patients", "flexibility in appointments", "fixing a long-term issue that I wasn't even coming in for at the beginning and providing preventative measures". We did not really get a lot of suggestions how we could improve our service, but we are not assuming that everything is perfect and encourage you to tell us, if something is on your mind .



DID YOU KNOW THAT

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- The human brain consists of approximately 85 billion nerve cells
- 67 of those 85 billion neurons are located at the back in an area called cerebellum
- The cerebellum needs stimulation as much as nutrients and oxygen
- 80% of that stimulation comes from movements of the spine, hips, knees & ankles
- Research suggests that if the cerebellum doesn't work properly, another part of the brain, the pre-frontal cortex is not performing well

WHY IS THAT IMPORTANT

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- The pre-frontal cortex is where our personality sits, the way we see the world, our decision making, short-term memory, ability to concentrate & logical thought.
- So, if you don't get enough movement or the transmission of the nerve signals to the brain is disturbed, you are probably **not thinking, learning, deciding as straight as you could.**
- If you have poor posture in addition to that, like when you are hunched over a PC, iPhone, play station or just over work at your desk, you are very likely to end up with tight muscles, stiff joints, headaches, instability in your lower back, reduced balance, increased risk of falls and compromised breathing.

GOOD HEALTH IS NOT GOOD LUCK ... and it's not about pain only

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Having successfully treated patients from preschool age to those in their 90s, we believe you are never too young or too old for our care. Techniques and treatment goals vary of course for each patient.

It often takes very little for you to start experiencing the astonishing outcomes of chiropractic care, especially in young people. As a commitment to families we are therefore introducing initial consults for kids aged 16 or younger that include two complimentary follow-up visits, if at least one parent has been treated by us within the last three months.