

**World Spine Day** is coming up on **16 October 2012**. Initiated in 2000 to alert the public globally about the serious impact of spinal disability on individuals and health care systems, its objective is to promote better spinal health habits through information and teaching spinal exercises. Spinal disease encompasses joint diseases, osteoporosis, osteoarthritis, rheumatoid arthritis, low back pain, spinal disorders, severe trauma of arms and legs as well as crippling diseases and disorders in children.

### Sit right and sit less for a healthy spine

Do you spend most of your day sitting, whether it's at work, in the car, on public transport, or watching TV? Well, you're not alone. Australians are spending more time than ever sitting, and it's starting to take its toll on our health.

We would like to draw your attention to *Sit Right*, a national initiative that aims to encourage Australians to take note of the potentially dire health consequences from prolonged sitting.

So why not improve your health simply by standing up and moving around more?

It's also important you take regular breaks from sitting to stretch, stand, change or correct your posture or walk around your office.

While you are sitting, here are a few things to remember:

- Keep your hips, elbows and knees at open angles (slightly more than 90 degrees)
- Recline slightly to ease lower back pressure
- Ensure your feet are flat on the floor or on a footrest
- Position the centre of your computer screen at eye level and tilt the monitor upwards slightly
- Only use wrist rests while resting, not while typing

**An active spine is a healthy spine and a healthy spine leads to a healthier life.**

### Healthy Spine Check List

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	Do you have difficulty turning your head so that your chin makes it to your shoulder?
<input type="checkbox"/>	<input type="checkbox"/>	Do you struggle to bend down so your hands drop below your knees when your legs are straight?
<input type="checkbox"/>	<input type="checkbox"/>	Have someone look at you from the side—are your head and shoulders slumping forward?
<input type="checkbox"/>	<input type="checkbox"/>	Squeeze together your trapezius muscles (between your shoulder blades)—do they feel tight?
<b>Take your shoes off and stand up straight:</b>		
<input type="checkbox"/>	<input type="checkbox"/>	Do your feet or knees roll in?
<input type="checkbox"/>	<input type="checkbox"/>	Is there more pressure on one foot or another?
<input type="checkbox"/>	<input type="checkbox"/>	Is one knee more bent than the other?
<input type="checkbox"/>	<input type="checkbox"/>	Does your body or joints feel stiff when you wake up in the morning?
<input type="checkbox"/>	<input type="checkbox"/>	When you walk, do you feel sore or stiff?
<input type="checkbox"/>	<input type="checkbox"/>	Do you have difficulty putting your socks and/or shoes on whilst standing?

If you answered "YES" to any of these questions, it may be time to have a professional assessment of your posture.

**Why not make an appointment with our clinic to assess your spinal health & discuss how being more active will improve your wellbeing?**

***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 provide rehabilitation to help you stop the problem from coming back
- Gentle & most up to date techniques available, including physical therapy
- Male & female clinicians available
- Reasonable fee structure
- We arrange bulk billing for x-rays
- Early & late appointments available
- Same day emergency
- On the spot health insurance rebates

Terrey Hills shopping village, 3/19 Yulong Ave, E: [info@peakperformancechiro.com.au](mailto:info@peakperformancechiro.com.au)  
**T: 02 9986 3902: Appointments available Mon-Fri 7.30am-7pm & Sat 8am-1pm**



**WorkCover**

Our Chiropractor, Dr Dietrich Draeger is now approved by WorkCover NSW for the management of soft tissue injuries like sprains and strains, occupational overuse syndrome (OOS) and other workplace injuries.

If you are an employer, you may be interested in a **free information session for your workers** on a range of subjects, including the importance of appropriate lifting techniques, good seated posture, strengthening and stretching exercises to stave off neck and back problems often associated with prolonged periods of sitting or standing. These sessions usually take 30 minutes.



**You're not just looking at a hip fracture...** it could be far worse! Each year, one in three people over 65 will take a serious tumble that may land them in hospital with a broken hip. Thirty percent of those who break their hip will die within a year. Sixty percent will experience dementia like symptoms. Most will never see home again. You may find those statistics appalling. At the Toronto Rehabilitation Institute those numbers were changed dramatically through a combination of compassionate dementia care and rigorous physical rehabilitation. The vast majority of the patients treated this way have so far returned home. But the best problem is the one, you don't encounter. Research looking at the effects of chiropractic care on balance, chronic pain and dizziness suggests that it can help reduce the risk of falls in the elderly.

### *History Bits & Pieces*

- Did you know that chiropractic advocates have included the famous Italian tenor Enrico Caruso, prolific inventor Thomas A Edison and American oil magnate John D Rockefeller?
- Since 2007 the Formula 1 Red Bull Racing team is receiving regular chiropractic treatment around the world by an appointed team chiropractor. This includes drivers like David Coulthard and Mark Webber, but also mechanics and pit crew. And rather than carrying one chiropractic table to all the races, there are 10 tables in storage around the world.