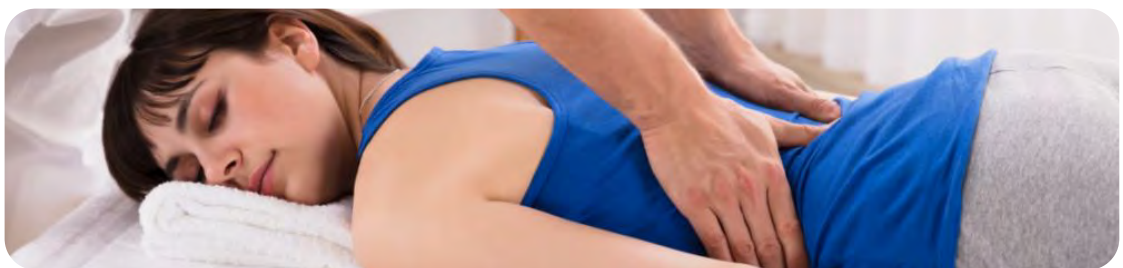


Chiropractors best secrets revealed...

*How to get faster relief and better results
from your Chiropractic Care*

7 WAYS TO AVOID BACK PAIN

- IS YOUR HEADACHE REALLY A PAIN IN THE NECK?
- WELLNESS SECRETS OF CHIROPRACTORS.
- STRETCHES - Upper & Lower Back Stretches.
- IS YOUR CHILD BEING HARMED BY A BACKPACK?
- HOW YOUR BACK WORKS AND WHY IT HURTS!
- AND MORE...



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www.chiroflexion.com.au



Dr Chris Youakim is a Wellness Minded chiropractor who practices a diversified form of chiropractic. With over 30 years of experience his passion for healing has led him to develop a multimodality approach that combines the best of hands-on therapeutic touch with advanced gentle chiropractic techniques using the latest technology.

Dr Chris established Chiroflexion as a clinic that specialises in restoring structural and mechanical integrity to the Spine and Nervous System. Chiro-flexion refers to a Hands-on approach specialising in Spinal Flexion Distraction Therapy that uses a Motorised Flexion Distraction table.

Spinal Flexion Distraction Therapy (FDT) is a unique Spinal treatment modality. Unlike other therapies that provide pain relief only, this system delivers fast results in the detection, correction and prevention of Spinal conditions for people seeking long term Wellness.

Dr Chris' purpose is about "Empowering his patients to Reach and Live their Full Potential".

Credentials:

Graduating from Sydney University with a Bachelor of Science Majoring in biochemistry and physiology in 1984 Chris completed his Masters of Chiropractic at Macquarie University in 1992. He also completed a Diploma of Remedial Massage in 1988 from the Australasian College of Natural Therapies. Chris has over 30 years experience & ongoing education in the mechanics of the human body and the correction and maintenance of the spine.

Problems we solve:

Dr. Chris has a vested interest in proactive patients with Chronic Spinal conditions and those with a structural short leg syndrome that are compliant in making lifestyle changes and keen on learning about the long term management of their Health.

Experience the Chiroflexion Difference:

Chiroflexions' main speciality is a technique that relies on the use of a motorised Spinal-flexion-distraction table. This dynamic technique offers the patient a way of experiencing gentle traction which decompresses their spine. It offers a powerful tool that relaxes, mobilises and stretches them while still being able to adjust their spine. The treatment also rely on other therapeutic modalities such as soft tissue work, ultra sound, heat and orthotic devices to complement the treatment wherever necessary.

Our Mission is "to Enhance the Quality of Your Health for Life".

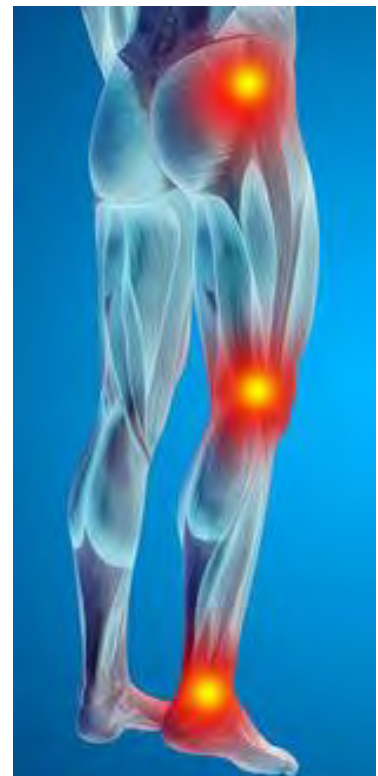
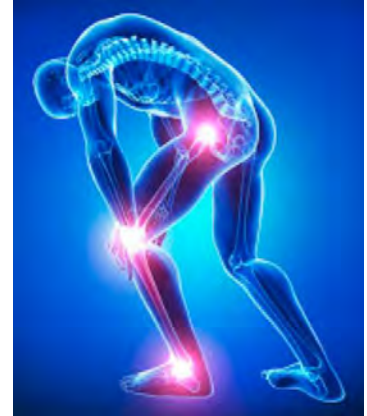
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10 Signs that you should see your Chiropractor?

1. Chronic pain in your joints, muscles or head hasn't improved with traditional medical treatments.
2. Your job requires you to sit for long periods of time or to perform repetitive physical tasks.
3. An injury to a muscle, joint or spine hasn't healed with initial medical treatment, medications or physical therapy.
4. Sharp pain shoots from your hip down your leg.
5. Pain, achiness, a burning sensation or stiffness comes and goes in part of your body, with no explainable cause.
6. You want to address joint or muscle pain without drugs or surgery.
7. The soles of your shoes consistently wear differently. For instance, the left outer heel of shoes for your right foot wears down more quickly.
8. The hem of your skirts or pants hangs unevenly.
9. Your head is positioned forward rather than directly over your shoulders.
10. One of your shoulders is lower than the other.



What does a chiropractor do?



Q. I don't know much about chiropractors. What do they do?

A. Chiropractors are health care professionals who specialise in musculoskeletal and nervous system conditions and the impact they have on a person's overall health. Emphasis is placed on alleviating pain in the back, neck, joints and headaches – and correcting conditions that cause this pain. Long term emphasis is placed on prevention and the maintenance of optimal health.

Q. What kind of training do chiropractors have?

A. The rigorous educational requirements for chiropractors are similar to the requirements for your family doctor.

	Chiropractor	Medical Doctor(MD)
Average Chiropractic or Medical Program Length	5 years	5 years
Average Classroom and Clinical Study Hours	4,820	4,670
Typical Program Content	Years 1 and 2 are very similar to MD. Years 3 and 4, greater emphasis is placed on biomechanics, radiology, adjustments and natural medicine.	Years 1 and 2 are very similar to Chiropractic. Years 3 and 4 greater emphasis is placed on immunology, pharmacology and surgery.

Conditions commonly treated by Chiropractors

Condition	Common Symptoms
Headaches	Throbbing, dull or sharp pain, pain that persists, auras (sensations such as light or warmth that often precede migraines), restricted neck motion, light sensitivity.
Herniated Disk	Symptoms differ per the location of the affected disc but may include lower back pain, pain in one leg, numbness in the back, chest arm or leg, muscle spasms.
Joint Pain	Pain, stiffness, sensations of warmth, swelling, tenderness,
Pinched Nerve	Sharp pain, numbness, tingling sensations, muscle weakness.
Sciatica	Sharp pain that travels from your buttocks to your leg.
Fibromyalgia	Widespread pain lasting longer than three months, fatigue in muscles and tendons, a number of tender spots on the body, morning stiffness, short-term memory loss, headaches, insomnia.
Scoliosis	Spine curves to one side, difference in height of shoulders or hip, head not centered over torso, teens and adults may have pain.
Carpal tunnel syndrome	Tingling, burning sensation, pain or numbness in fingers, palm of the hand, wrist or forearm, finger stiffness in the morning, weak grasp.

Sciatica

Low Back Pain & Neck Pain

Headaches (Tension and Migraine)

Colic, Acid Reflux and Ear Infections in Children

Neurological Conditions

Blood Pressure

Surgery Prevention

Frozen Shoulder

Scoliosis

Athletic Performance

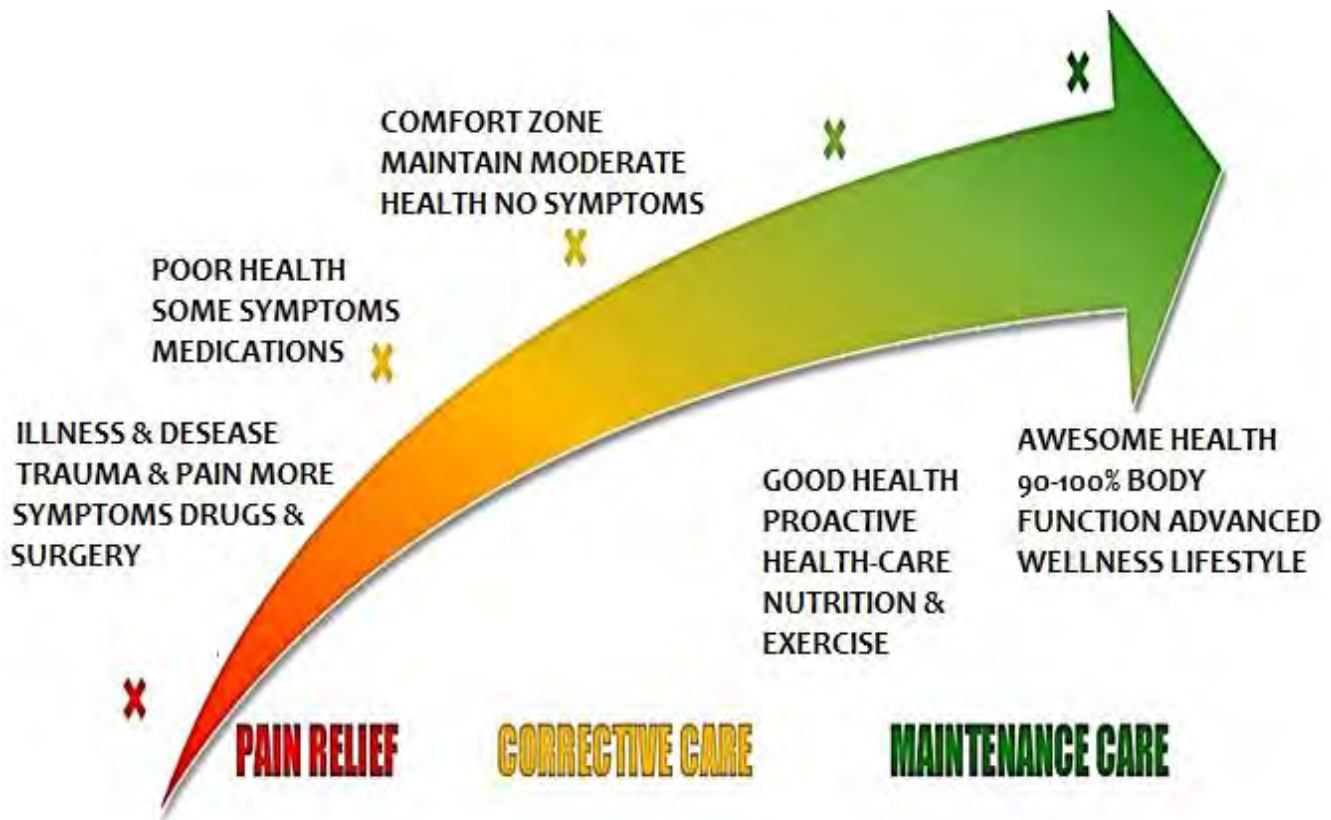


Did you know –

Trigger points aren't always painful to the touch?

Often, pressing them sends referred pain to another part of your body.

THE 3 STAGES OF CHIROPRACTIC CARE



While your symptoms are what brought you here, **dysfunction** always precedes **discomfort!**

Experience has taught us that Spinal problems do not **resolve** themselves and are **recurrent** in nature.

In fact we believe that “**Your Spinal Care Begins when your Symptoms End!**”

The Three Types of Spinal Care Plans:

- ❑ **RELIEF CARE: Symptomatic Relief of Pain or Discomfort Only**
- ❑ **CORRECTIVE CARE: Correcting the Cause as well as the Symptoms**
- ❑ **WELLNESS CARE*: Ongoing Maintenance for Optimal Health and Prevention**

TREATMENT CARE PLAN: The frequency and duration of your treatment will be determined based on your Spinal Health needs and the type of care you choose.

*As a **Wellness Clinic** our experience has demonstrated that patients who continue with **Wellness Care** seem to have fewer future relapses, slow down the ageing process, strengthen their backs, feel good and have more energy!

Experience the Chiroflexion Difference

Q. What is Chiroflexion

- A. **Chiroflexion** is a **Spinal Health Clinic** dedicated towards the detection, correction and prevention of Spinal conditions and the long term maintenance of Spinal Health. “**Chiro-flexion**” refers to a hands-on approach that specialises in “**Spinal Flexion Distraction Therapy**”.

Flexion Distraction Therapy is a unique Spinal treatment approach that uses a **Motorised Flexion- Distraction table**. The treatment is done with the patient lying face down on the table. As the rocking movement gently flexes the Spine, pressure is applied on the back that stretches, mobilises and decompresses the discs and Spinal joints.



Q. How are chiropractors licensed?

- A. Like most other health care practitioners, chiropractors are licensed at the state level, by a state board of chiropractic examiners. Most states also require chiropractors to complete a number of hours of continuing education each year to maintain their licence.

Q. What are the advantages of chiropractic?

- A. Chiropractic is non invasive, unlike procedures such as surgery. Drugs, particularly addictive painkillers, aren't part of the practice. Normally, the cost of treatment is far lower. And often, people who have run out of other medical options find chiropractic provides relief.

Q. Is Chiropractic safe?

- A. No form of medical treatment is totally without risk. Because it's drug-free and non-invasive, however, chiropractic has an exceptional safety record.

Wellness secrets of Chiropractors

- ❑ Sure, you've heard the healthy lifestyle mantra before. But following good wellness practices such as maintaining a healthy weight, eating a balanced diet, getting regular exercise, sunshine, positive mental attitude and getting enough sleep can add more than a decade to your life and improve your quality of life, too.
- ❑ Mum knew what she was doing when she said “stand up straight!” Good posture can help prevent or alleviate a host of bone and joint problems.
- ❑ Reduce stress. Stress has a negative impact on our physical and mental health. Explore methods of managing stress that are effective for you.

Common steps include:

- Regular exercise, walking, yoga, working out at the gym – all ease your stress.
- Learn relaxation techniques such as deep breathing, meditation, visualisation or yoga.
- Make time to do something you enjoy - reading, playing the piano, playing golf, working on the stamp collection, daydreaming - it's your choice.
- Laugh often and spend time in the company of friends.

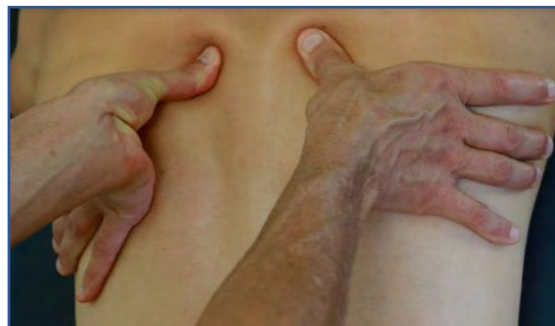
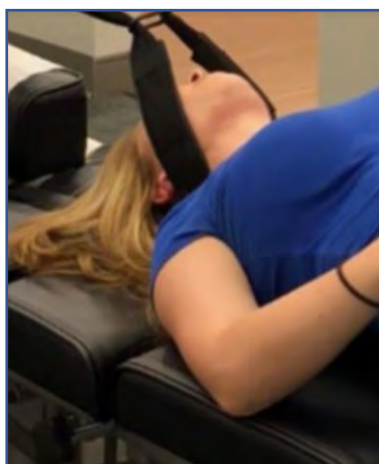
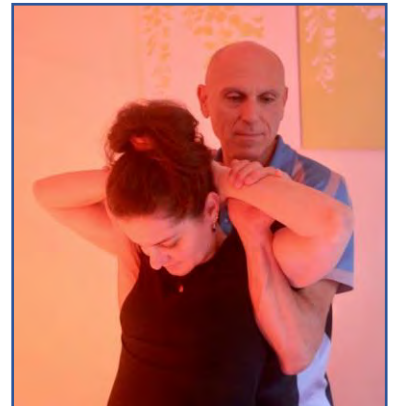
Chemical Stressors to avoid or reduce- “C.A.T.S”

- ❑ **Caffeine: Coffee, Coke and Chocolates**
- ❑ **Alcohol: Additives, Artificial colourings, flavourings and preservatives**
- ❑ **Tobacco: Tannins in Tea**
- ❑ **Sugar: Sweeteners, Salt and Soft drinks**



Chiroflexion

Health in Motion



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Answering your questions about Chiropractic Adjustments



Q. What is chiropractic adjustment?

A. Chiropractic adjustment, also called spinal manipulation, is a procedure used by chiropractors to correct misalignment of the vertebrae of your spine. Untreated, these misalignments can interfere with neurological communications between your brain, tissues and organs.

Q. What happens when you have a chiropractic adjustment?

A. After identifying your condition via examination and testing, and determining that spinal adjustment is the best treatment for you, your chiropractor will position your body so that only the affected area is isolated. Next, your chiropractor will manipulate the joint, freeing it from its “stuck” position. In restoring the joint’s natural movement, inflammation and pain are reduced and your tissues begin to heal.

Q. Is it true that there's a popping sound during an adjustment?

A. Yes, this harmless popping sound occurs when gas bubbles in the fluid surrounding the joint are released during the procedure. Have you ever cracked your knuckles? It’s the same thing.

Q. Does this procedure hurt?

A. Some people are squeamish about spinal manipulation if they aren’t familiar with the procedure.

When conducted by a licensed chiropractor, however, spinal manipulation is effective in reducing muscle and joint pain. Only rarely does chiropractic adjustment cause mild discomfort that typically goes away in a day or two. At Chiroflexion we take care to ensure that your body is well prepared with heat and soft tissue work (massage). Our spinal flexion-distraction motion therapy is very gentle.

Techniques and Tools of the Chiropractic Trade

Doctors of Chiropractic use more than 55 different procedures and methods. The word chiropractor has roots meaning "**hand**" and "**practical,**" or "**done by hand.**" A chiropractor treats patients in part by physically manipulating their spines.

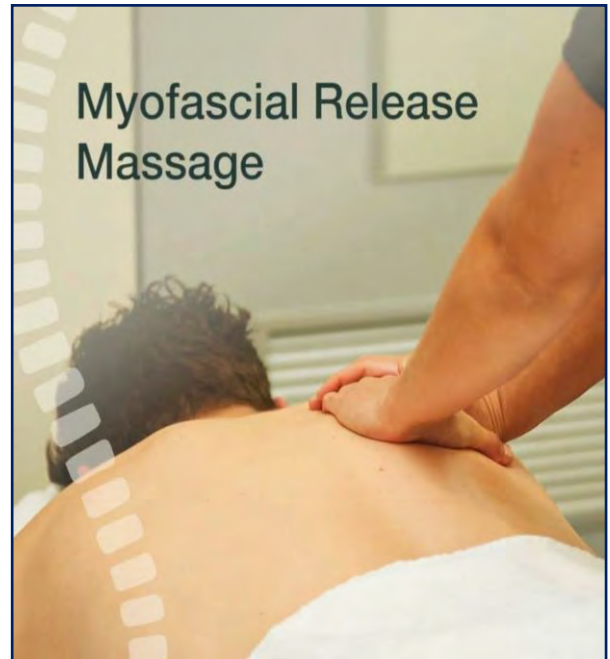
Practices you may experience at Chiroflexion include:-

Chiropractic Adjustment - restore motion to joints, reducing pain and enabling the injured tissue to heal.

The Activator Technique - involves use of a small device to apply pressure or gentle force to misaligned vertebrae.

Myofascial treatments - use massage or pressure to relieve pain from knotted muscle fibres called "trigger points"

Flexion-Distract Treatment - use a motorised table to gently stretch and relieve pressure on your spine while your chiropractor focuses on problem areas.



JENNETICS is a Unique Mind/Body Healing System that combines gentle Therapeutic Touch with Advanced Technology in order to Reduce Stress and Restore the Bioelectrical Balance to the Brain, Body and Nervous System

How Does It Work?

Shock or other internal or external stressors to your body may cause an overload which results in the **Scrambling of Bioelectrical Impulses** of the brain and Nervous System. Each stressful experience you're exposed to is cumulative in nature. This contributes to chemical and cellular breakdown, which may result in most types of pain, illness or disease states. ***JENNETICS** is a **multi modality** approach that combines **Therapeutic Touch** and the **Impulse IQ** adjusting instrument in order to rebalance your brain and reduce the electrical imbalance to your Nervous System. In humans such an imbalance is detected by the presence of an abnormal **electromagnetic field** around the body.

The degree of electrical disturbance in the brain is proportional to the **intensity** of the radiation field, and an instrument called the **Jennetics Radiation Detector** is used to measure the intensity of the field. Using this specialised biofeedback instrument, the **JENNETICS** adjustment physically "**resets**" circuits of the brain and Nervous System through the application of light pressure on **key nerve centres** in a precise sequence.

*(**JENNETICS**= **Jenness' Evolutionary Total Interference Control System**)

CONTRA-INDICATIONS to Chiropractic adjustments

You should **not** have chiropractic adjustments if you have:-

- A fracture
- Cancer of the bone or bone marrow
- Severe spinal osteoporosis
- Tuberculosis of the spine
- A disease of the spinal cord
- Severe arthritis
- An infection in your bone or joint
- Acute gout
- Compression of your spinal cord or cauda equina (nerve roots at the end of your spine)
- Uncontrolled diabetic neuropathy
- A bleeding disorder
- Pain down your leg or arm with increasing weakness, difficulty walking and bowel or bladder control problems.

“ You are as
Young & Healthy
as Your Spine
is Strong &
Flexible”

Prior to treatment, your chiropractor will take a detailed medical history, It's important to give thorough answers, even if you're not sure a health condition has any bearing on your chiropractic care.

This will enable your chiropractor to rule out treatments that aren't appropriate for you.



“It takes time to get sick and time to get well!”

How your Back Works and Why it Hurts.

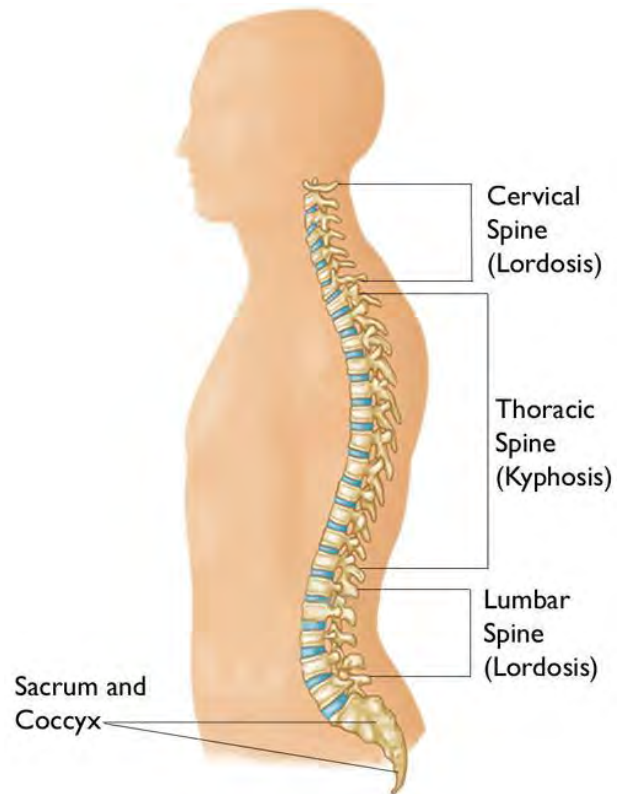
Your back has an important job. It supports your head and torso, enables you to bend twist and stretch and provides protection for your spinal cord. In order to perform all these tasks, your back is made of a complex maze of bones, muscles, ligaments and tendons, each being susceptible to pain and injury. When your vertebrae are out of alignment, because of injury, muscle tension, muscle spasms or loose, weak muscles, you experience pain.

Vertebrae

Your spine comprises 33 bones called vertebrae. Vertebrae contain canals for nerves, intricate joints and are attached to muscles and ligaments. Because your vertebrae are not all the same and have different functions, they're defined in the following three segments.

1. Cervical vertebrae in your neck are smaller and more delicate, so you can move your head freely, in a number of directions.
2. Thoracic vertebrae connect with the ribs and provide some flexibility
3. Lumbar vertebrae, located where your lower back curves, do heavy lifting, providing support for the body and important mobility. Because they carry the bulk of the weight and have a major role in bending at the waist, they're more prone to pain and injury.
4. The sacrum and coccyx are actually fused vertebrae. The sacrum is the larger, shield shaped bone that supports the lumbar vertebrae and protects the pelvic area. Any your coccyx, a reminder of our very early ancestors, is a tail.

As you read this, approximately 3.1 million Australians are experiencing low-back pain.



Discs

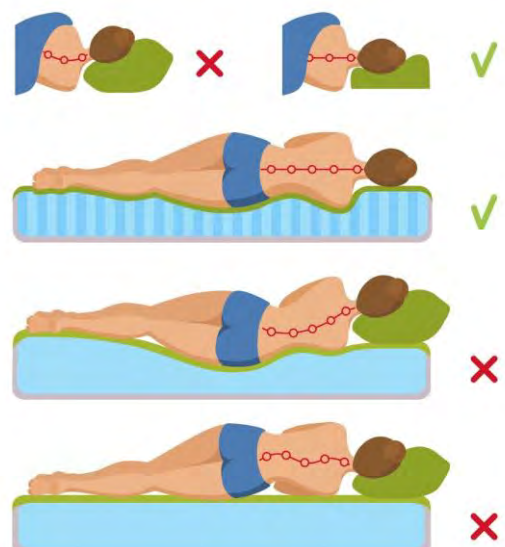
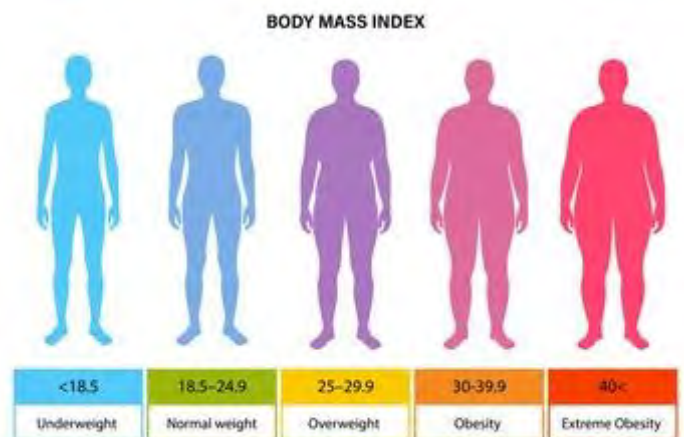
It's likely you've heard the terms ruptured disc and herniated disc. Discs are fluid-filled sacs that fit between each of your vertebra, serving as shock absorbers, holding your vertebrae together and making it easier to move. Sometimes discs slip out of position or rupture. This causes pain, particularly if it presses on a nerve.

Spinal Cord/Nerves

Made of nerve fibres, the spinal cord has the critical job of sending messages to and from the brain and the rest of your body. Sometimes these nerve fibres become irritated because of conditions such as a herniated disc, misaligned disc, injury or degeneration of the vertebrae. When this happens you may well feel symptoms like pain, headache, tingling, numbness weakness. Your chiropractor has a number of techniques for relieving these symptoms.

7 ways to avoid back pain

1. Maintain good posture when sitting or standing.
2. Watch your weight, excess weight places additional strain on your back.
3. Warm up before doing physical work or exercise.
4. Stay active and follow a regular pattern of exercise to keep your muscles and joints flexible.
5. When lifting, bend at your knees, hold the object close to your body and lift from your legs.
6. Avoid sleeping on your stomach, which can strain your neck and back.
7. If at work you spend long periods of time in a chair, talk with your Chiropractor about the best ergonomic options.



Headaches can be a Pain in the Neck

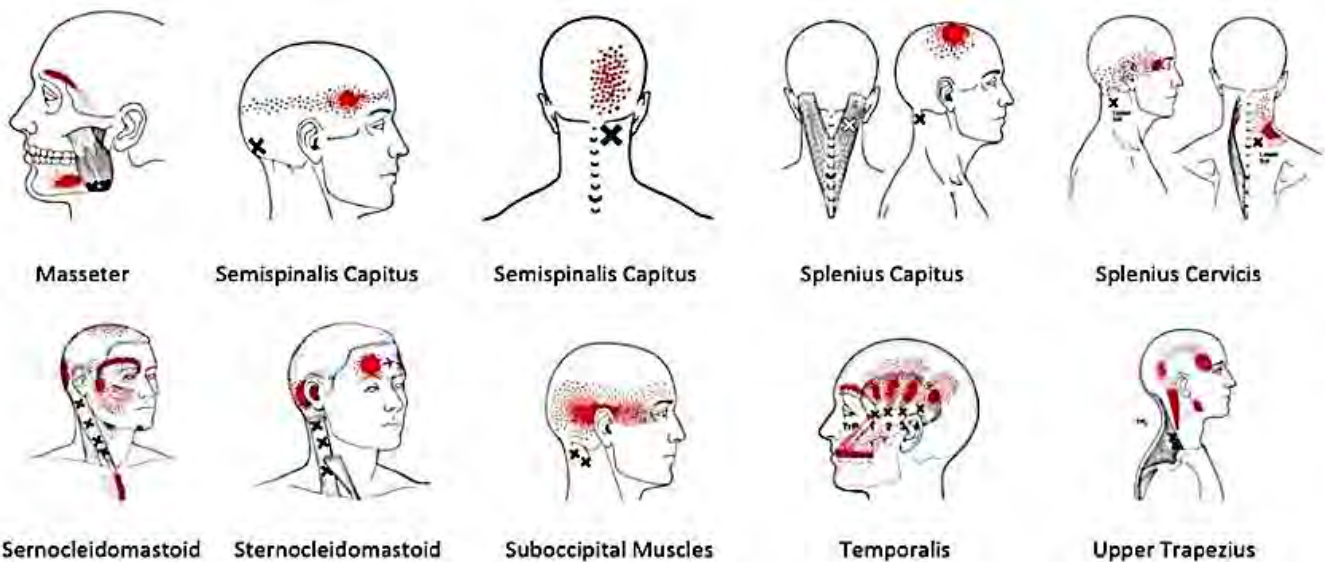
Very often the pain you feel as a headache is actually referred pain from your neck. Referred pain is pain that develops in one part of the body but is felt in another. A common example of referred pain is the arm pain many people feel before or during a heart attack.

Pain that originates in your neck can have a number of causes.

Stress is the top culprit, causing muscles and ligaments in the neck to tighten. When this happens, your vertebrae can be thrown out of alignment, and nerve fibres and blood vessels that are connected with those in your head may become inflamed. Ouch!

Poor posture is another cause of neck and head pain. Although your head and spine have a natural alignment that provides maximum support, any people have a tendency to lean forward, especially when looking at a computer or television screen, driving, or compensating for the heft of a backpack. When you lean forward, the weight of your head – somewhere between 5.5kg to 6.8kg (12 and 15 pounds) – strains muscles of the back of your neck and can pull your spine out of alignment.

Arthritis in your neck (the cervical section of your spine) causes headaches, neck and back pain. This is due to degeneration of the vertebrae, which is common when we age.



Signs that your headache originates in your neck are:

- ☐ You have regular headaches of varying length and degrees of pain, with no-consistent cyclical pattern.
- ☐ Pain is felt on one side of your head.
- ☐ Your headache is preceded by pain in the neck or shoulders.
- ☐ You have a history of neck injury, such as whiplash.

Chiropractic for Kids, too

Always on the go, kids are magnets for falls, sprains, strains and sports-related injuries. Chiropractic is an invaluable therapeutic options for children because it's non-invasive and medication-free. In fact, chiropractic is used so commonly with kids that a survey conducted by the National Centre for Health Statistics revealed that approximately two million children receive chiropractic or osteopathic manipulation each year.

Paediatric chiropractors have post-doctorate training and experience in working with children. They use techniques that are gentle and age-appropriate. The paediatric chiropractors shouldn't replace your child's regular paediatrician. Instead, the treatments should complement each other.

Is a backpack harming your child?

You've probably picked up your child's backpack and wondered if it was full of rocks. What you may not know, however, is that a heavy backpack can be harmful to your child.

Following are ways you can make your child's backpack less of a burden o his or her body.

- The weight of the backpack should be no more than 10 percent to 15 percent of your child's weight.
- Remind your child to always use both straps.
- Select a backpack with a waist belt or frame that places the weight of the pack on your child's pelvis, rather than the shoulders.
- Tighten the straps so the pack is held close to the body.
- Make sure the straps and the side of the backpack that rests against the child's back are well padded.
- Pack heavy items at the bottom of the pack and balance the load as much as possible.
- Choose a backpack with wheels for pulling.



Hot or Cold?

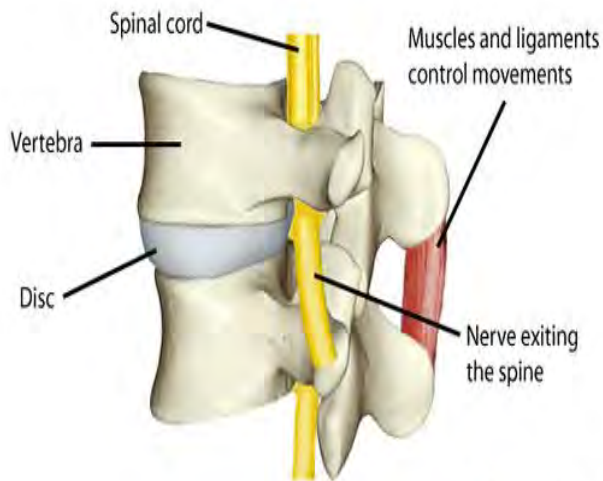
Ice is effective in reducing pain and inflammation.

5 Signs of inflammation: heat, swelling, redness, pain & lack of movement

Use heat when you want to relax aching muscles.

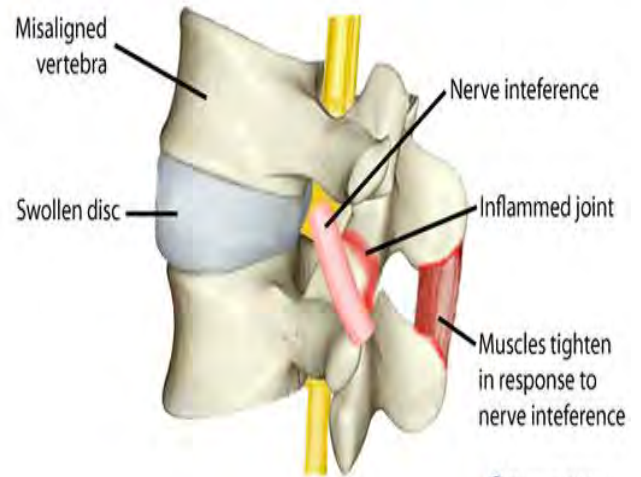
WHAT ARE VERTEBRAL SUBLUXATIONS?

Normal



© Chiropractic Solutions

Subluxated



© Chiropractic Solutions

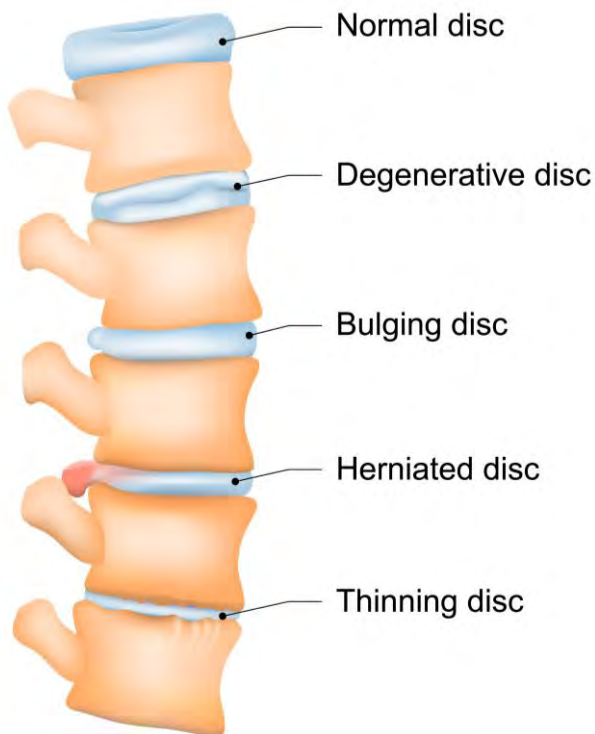
Vertebral Subluxations are misalignments and/or mechanical dysfunction of one or more of your Spinal Vertebrae. They may lead to nerve interference (pinched nerves), muscle spasm, soft tissue inflammation and pain and may also lead to early **excessive** degeneration and aging of your Spinal Joints and Discs.

Untreated **Subluxations** may also have an adverse effect on your glands and organs. At **Chiroflexion** we aim to restore all **5 major components** affecting your Spinal Health- **Structural, Mechanical, Neurological, Muscular and Ligamentous**.

“90% of the Stimulation and Nutrition to the Brain is Generated by the Movement of the Spine”

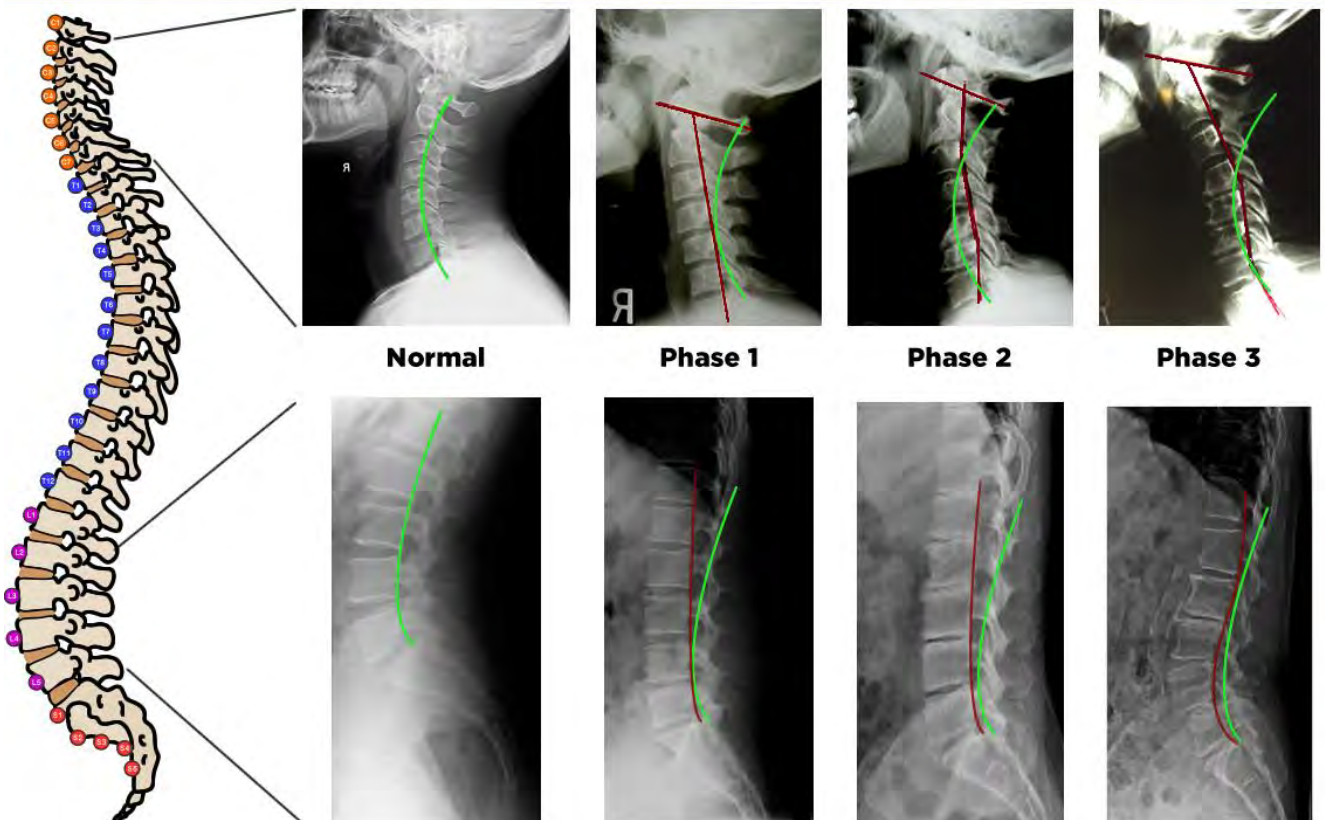


STAGES OF SPINAL DEGENERATION



X-ray views of your spine may be necessary, These can reveal pathologies, show a history of your spinal health, and make your chiropractic adjustments more precise. Today's high-tech equipment and ultrasensitive films minimise exposure.

WHAT DOES YOUR SPINE LOOK LIKE?



Test Your Knowledge of Anatomy

1. T or F Dimples of Venus is the name of a scallop-dish served frequently in Italy.
2. Tor F You have 206 bones in your body; $\frac{1}{4}$ of them are in your feet
3. T or F You can take a horse-with-an-aching back to a veterinary chiropractor.
4. T or F Don't crack you knuckles! It will give your arthritis.
5. T or F The first cervical vertebra is called Atlas, name for Atlas, of Greek mythology, who carried the world on his shoulders.
6. T or F Giraffes have seven neck vertebrae, just like a mouse, whale or human.



The answers are below, but attempt first before turning.

Answers to Quiz:- Test your knowledge of anatomy

1. FALSE The Dimples of Venus are two small indentations on your lower back.
2. TRUE In fat, half of your bones are in your hands and your feet.
3. TRUE More than 1,200 veterinary chiropractors worldwide treat horses, dogs, cats, farm animals and more.
4. FALSE That knuckle-popping sound is simply the release of gas bubbles due to a change in pressure.
5. TRUE Zeus punished Atlas by making him carry the earth and skies on his shoulders.
6. TRUE All mammals, except the two toed sloth and the manatee have seven vertebrae.

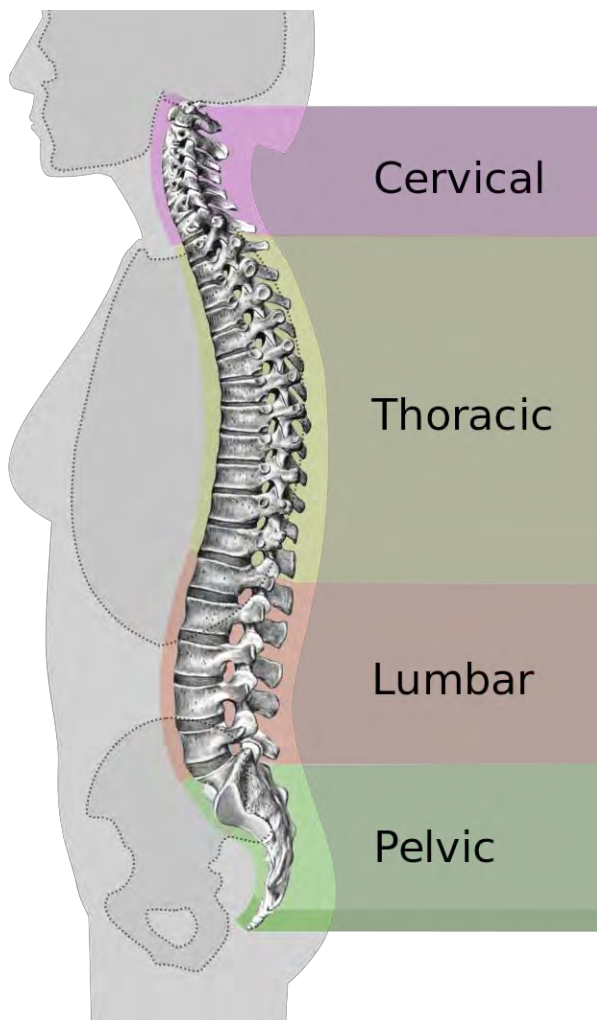


EFFECTS OF VERTEBRAL SUBLUXATIONS NERVE CHART

The Nervous System controls and coordinates all organs and structures of Your Body. Vertebral Misalignments may cause irritation to the Nervous System resulting in the conditions shown below”.

CERVICAL SPINE - NECK	C1	* Headaches * migraines * nervousness *insomnia * head colds * high blood pressure * chronic tiredness *dizziness * amnesia * anxiety * depression * lowered immunity * hormonal problems.
	C2	* Sinus troubles * allergies * crossed eyes * deafness * eye troubles * earache * fainting spells * seizures * certain causes of blindness.
	C3	* Neuralgia * neuritis * acne * eczema.
	C4	* Hay fever * catarrh * hearing loss * adenoids * tonsillitis.
	C5	* Laryngitis * hoarseness * pain in upper arms * whiplash pain * throat conditions.
	C6	* Stiff neck * arm weakness * loss of grip * tennis elbow * whooping cough.
	C7	* Pain in the lower arms and hands * bursitis * thyroid conditions.
THORACIC SPINE	T1	* Asthma * cough * bronchitis * shortness of breath * breathing problems.
	T2	* High or low blood pressure * heart conditions * chest pains.
	T3	* Bronchitis * pleurisy * pneumonia * influenza * congestion.
	T4	* Gall bladder conditions * jaundice * shingles.
	T5	* Liver problems * fevers * anaemia * poor circulation.
	T6:	* Stomach troubles * Indigestion * heartburn * digestive disorders * ulcers.
	T7	* Diabetes * gastritis * pancreatitis * ulcers.
	T8	* Lowered immunity * blood disorders.
	T9	* Allergies * hives * low energy levels * fatigue.
	T10	* Kidney troubles * hardening of the arteries * chronic tiredness.
	T11	• Skin conditions such as acne and eczema * kidney stones and infections * intestinal disorders • menstrual difficulties and pain.
	T12	* Rheumatism * gas pain * lymphatic circulation problems * digestive disorders.
LUMBAR SPINE	L1	* Constipation * colitis * diarrhoea * hernias.
	L2	* Bedwetting * appendicitis * cramps * difficulty breathing * acidosis * upper leg pain.
	L3	* Bladder troubles * menstrual problems * impotency * knee pain.
	L4	* Prostate problems * frequent or painful urination * low back pain * leg weakness * sciatica.
	L5	* Swollen and weak ankles * leg cramps and pain * poor leg circulation * cold feet * low back pain * sciatica * varicose veins * tingling in the feet.
Sacrum		* Pelvic conditions * sacroiliac pain * groin pain * spinal curvature * leg length differences.
Coccyx		* Haemorrhoids * pain with sitting * anal itching.

Good Posture



“Watch your posture, others do!”

Your posture is a dynamic habit that responds to your moods, work habits and body type. In the predominantly sedentary world that we live in our posture is moulded by the type of activities that we mostly adopt.

Keeping in mind that gravity is a constant force that compresses our body and pulls it downwards and forwards, the challenge is to be aware of how you hold and position yourself.

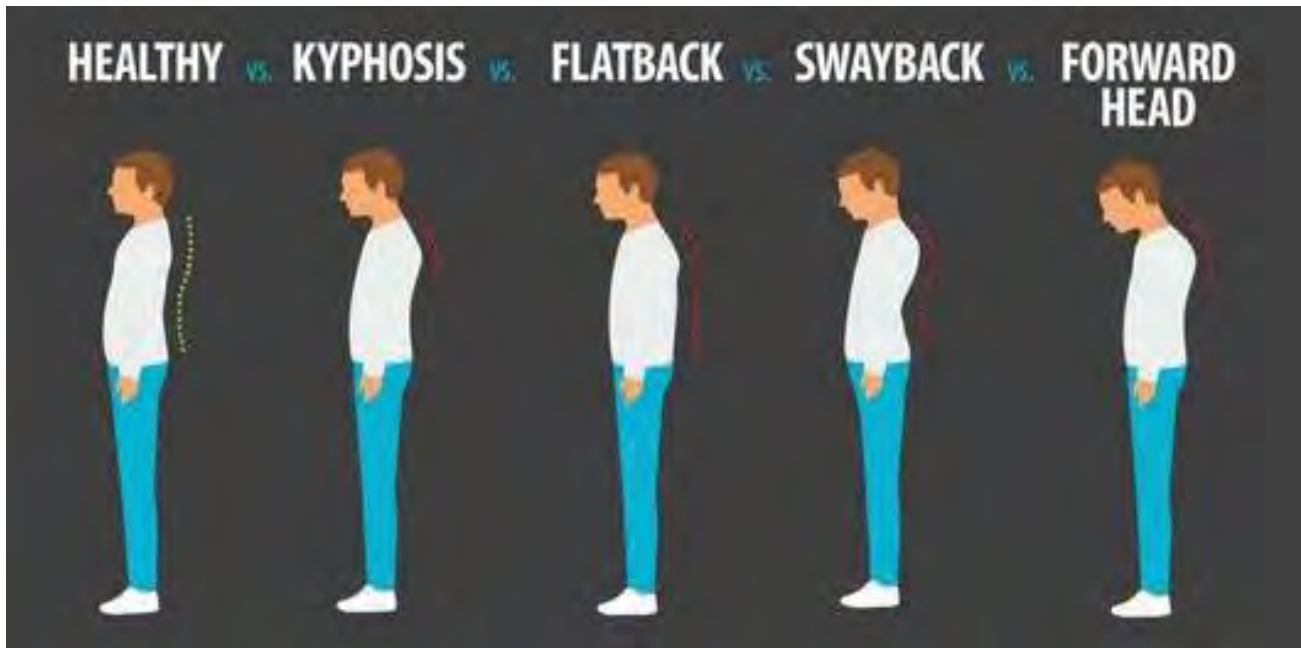
Good posture refers to the "three natural curves that are present in a healthy spine". It is also called neutral spine.

Looking directly at the front or back of the body, the 33 vertebrae in the spinal column should appear completely vertical.

Posture is the position in which you hold your body while standing, sitting or lying down.

Good posture involves training your body to stand, walk, sit and lie so as to place the least strain on muscles and ligaments while you are moving or performing weight-bearing activities.

There are 5 types of Posture



The 7 Habits that promote good Posture


Awareness is the KEY!

1. *Keep moving – limit your sitting to a maximum of one and a half hours. Your body is similar to a three dimensional machine. It thrives on a variety of constant movement.*
2. *Whenever you feel tense take a few deep breaths, shrug and roll your shoulders and then drop them down as you exhale.*
3. *Manage your weight as that puts extra strain on your lower back and maintain good core strength in your abs.*
4. *Sit on an ergonomic chair that fully supports your spine. Otherwise, invest in a lumbar support cushion that can prop up your lower back.*
5. *When sitting, make sure your knees are in alignment or slightly below your hips.*
6. *Avoid sleeping on your stomach or on an unsupportive mattress/pillow.*
7. *Avoid wearing high heels as that increases the arch in your lower back causing excessive stress and strain on the joints.*

Posture Tips

- ☐ Set a Posture Reminder at your desk to have better posture at work.
- ☐ Perform Positive Breaks for 30 seconds every hour of your workday.
- ☐ Bring your computer screen up to eye level to avoid looking down for prolonged periods of time.
- ☐ Plug in your headphones and walk and talk with your head up.
- ☐ Perform Neck Retractions & shoulder shrugs to prevent Tech Neck
- ☐ Stand, sit, walk, stretch- movement and variety is the key to a healthy spine.
- ☐ Sleep on your back or on your side with your spine in a neutral position
- ☐ Perform deep diaphragmatic respirations to reduce stress
- ☐ Take 20/20/20 vision breaks every 20 minutes look up and in the distance 20 feet for 20 seconds.
- ☐ Sit on a posture cushion for lumbar support while sitting.
- ☐ Have a power posture at work with your head up, chest forward and arms open.

"A good stance & posture reflects a proper state of mind"



**"The Doctor
of the future
will give no Medicine,
but will Interest his Patients
in the Care of the
Human frame,
in Diet and in the Cause and
Prevention of Disease"
-Thomas Edison**

www.chiroflexion.com.au

Sitting Posture

Computer/desk chair

Do you spend more time sitting at your desk than in bed? If so, it's important for you to have a chair that provides proper support. Special ergonomic chairs are excellent but can be costly. If you're selecting a regular desk chair, select one that allows you to adjust the height. You should be able to rest comfortably, with both feet flat on the floor and thighs parallel to the floor. Adjustable armrests should enable you to rest your arms without pushing your shoulder up. Remember to stand up every hour or so to stretch your legs.



Computer Screen

The computer monitor should be directly behind the keyboard so you can look straight at the screen without turning your neck. Set the screen so your line of vision is about three-quarters of the way up the screen when you look straight at the monitor. The keyboard should be low enough that your shoulders are relaxed and your arms are comfortably near your body.



Support systems:-

- Mattresses, chairs, and more.....

It's all in the details. Pillows and shoes may not seem like a big deal – but they can make a major difference in the way your body feels and functions.

Mattress

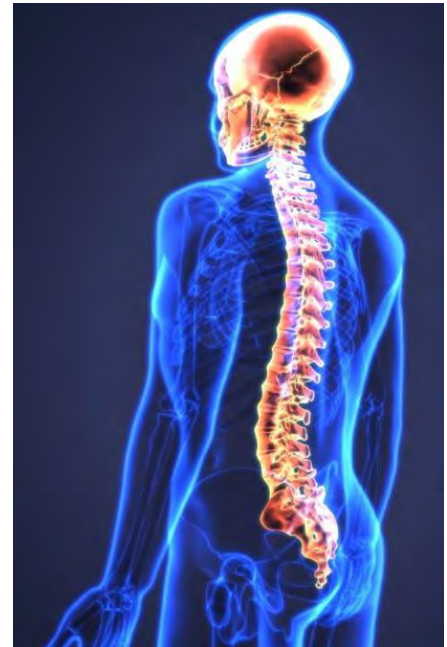
If you're like most people, you spend about a third of the day sleeping. The quality of your mattress impacts the quality of your sleep and the health of your spine. Your mattress should be firm enough to provide adequate support, yet offer enough “give” to conform to your spine's natural curve. When sleeping on your side, the mattress should support your waist, but sink slightly where your shoulder and hips rest.

Pillow

The pillow you use should maintain the alignment of your spine. Avoid pillows that position your head and neck unnaturally – it should remain level with your spine. If you sleep on your side, it also can be beneficial to sleep with a pillow between your legs.

Shoes

Painful feet or feet that aren't being supported properly put stress on the joints in your ankles, knees, hips and lower spine. Chiropractic adjustment of your feet can help alleviate the pain. Your Chiropractor also may recommend specific shoes or shoe inserts to provide better support. When selecting shoes, choose models that have index finger's width between your toe and the tip of the shoe. Your heel should fit comfortably against the back of the shoe and not slide when you're walking. Toss old shoes that are worn out unevenly– their structure won't provide adequate support.



EXERCISE REGULARLY-

The importance of stretching

Stretching is the key to fine-tune your muscles. This is a general routine that emphasises stretching and relaxing the muscles most frequently used during normal day-to-day activities.

In the simple tasks of everyday living, we often use our body in strained or awkward ways, creating stress and tension. A kind of muscular rigor mortis sets in. If you can set aside a minimum of 10 minutes every day for stretching, you will offset this accumulated tension so you can use your body with greater ease.

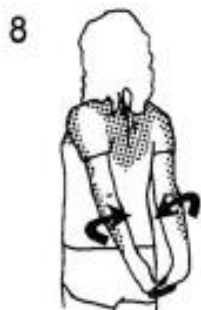
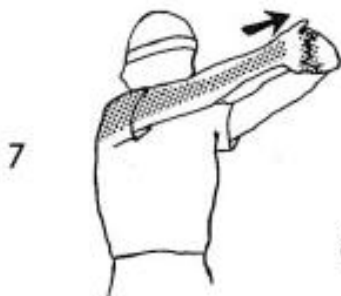
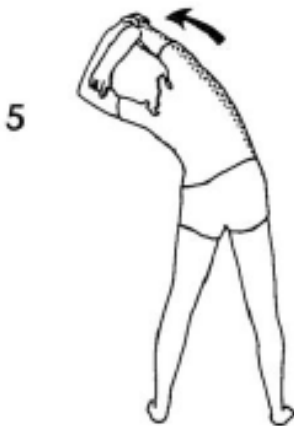
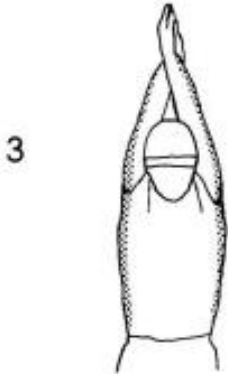
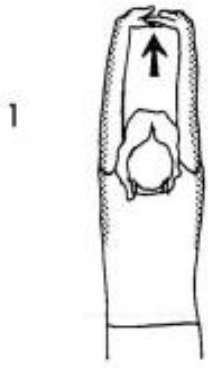
Stretching should be done slowly without bouncing. Make sure you warm up or have a warm bath with magnesium or Epson salts. Hold each stretch for a minimum of 30-90 seconds while increasing the tension slowly. Hold only stretch tension that is comfortable to you and stop if it feels too painful. Do each stretch 2-3 times.

The key to stretching is to be relaxed. Breathe deeply and slowly while concentrating on the area being stretched. Regular stretching retrains your muscles and ligaments to better flexibility and movement.

In most Eastern traditions like Yoga and Tai Chi the emphasis is on Awareness through Movement, Breath and Relaxation.



UPPER BACK STRETCHES



- 1 Heavenly Lift: While sitting or standing, interlace your fingers above your head. With your palms facing upwards, push your arms slightly back and up.
- 2 Shoulder Blade Pinch: Pull your shoulder blades together while lightly pushing back with your head to create tension in the upper back area
- 3 With arms extended overhead and palms together stretch arms upwards and backwards.
- 4 With arms overhead, hold the elbow with the other hand and gently pull down behind your head.
- 5 Gently pull your elbow behind your head as you bend from your hips to the side. Do both sides.
- 6 Gently pull your elbow across your chest towards the opposite shoulder.
- 7 Interlace your fingers in front of you while turning your palms outward as you extend your arms forward.
- 8 Slowly turn your elbows inward while straightening your arms behind your back.

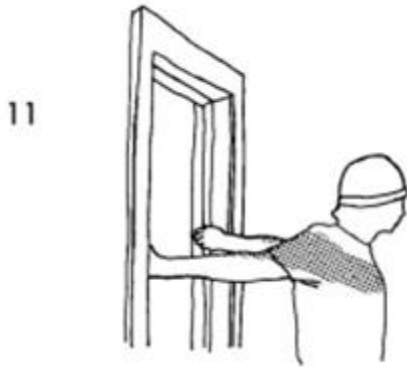
UPPER BACK STRETCHES



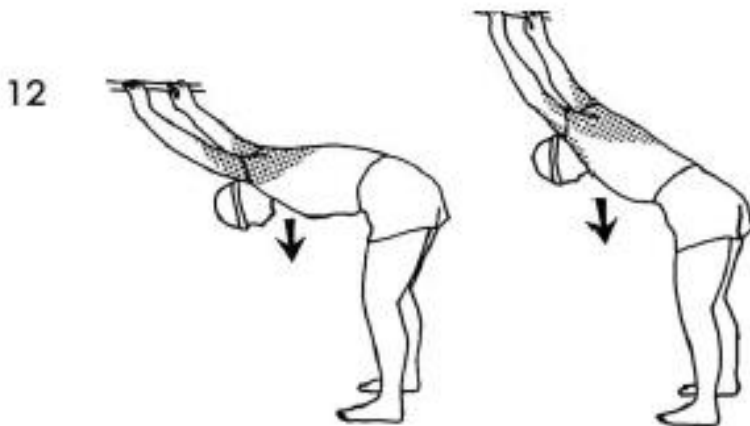
9 Lift your arms up behind you until you feel the stretch. Keep your chest out and chin in.



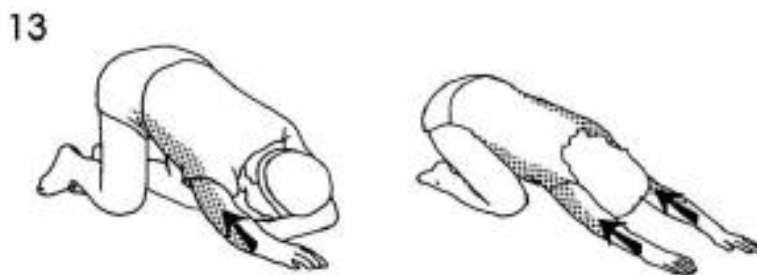
10 Lean your head sideways toward the opposite shoulder while pulling with your arm down and across.



11 Hold both sides of the door way with your hands at about shoulder level. Let your arms straighten as you lean forward. Hold your chest out and up while your chin is tucked in.



12 Place both hands shoulder width apart on a ledge and let your upper body drop down as you keep your knees slightly bent.



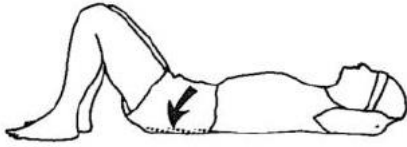
13 Child Pose: with legs bent under you, reach forward and pull back with straight arms while you press down with your palms and flatten your upper back. Do both or one arm at a time.



14 Forearm and wrist stretch: While on all fours, support yourself on your hands and knees. Lean back to stretch the front part of your forearms.

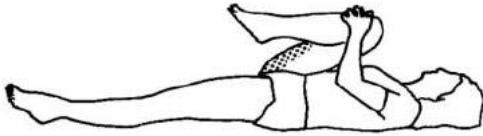
LOWER BACK STRETCHES

1



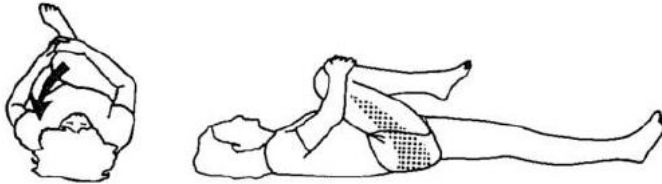
1. The Rest Position: Rest on your back with knees bent and fingers interlaced behind your head.

2



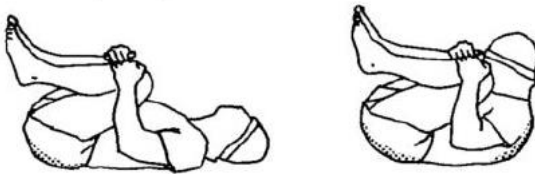
2. Pull your knees one at a time to your chest.

3



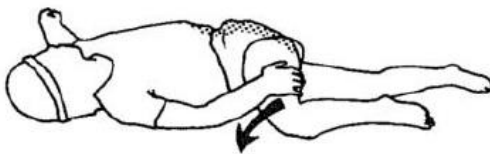
3. Pull your knees one at a time diagonally towards the opposite shoulder.

4



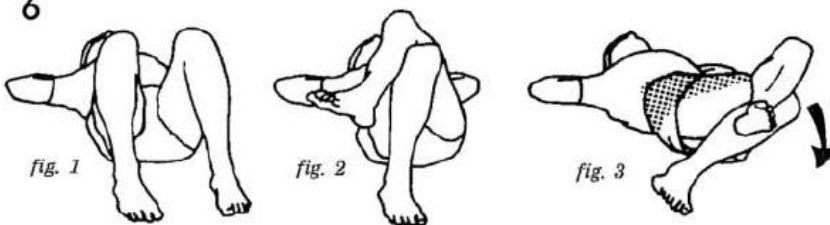
4. Pull both legs to your chest with head on the floor and then curl head towards knees.

5



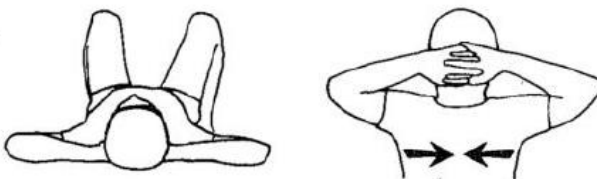
5. With one knee bent to 90 degrees, pull that leg with your opposite hand to the floor while turning your head towards the straight arm.

6



6. With one leg crossed over the other, pull down on the lower leg towards the floor.

7



7. With fingers interlaced behind the head, pull your shoulder blades together.

8



8. Relax with both knees bent and the soles of your feet together while gravity stretches the groin.

LOWER BACK STRETCHES

9



9. Sit cross legged and lean forwards until you feel a comfortable stretch. Hold and relax.

10



10. While sitting pull you knees and chin to your chest and then roll up and down your spine on a mat.

11



11. The Spinal Twist: Sit with one leg straight while crossing the other leg over. Pull across with the elbow of the opposite arm on the outside of the bent leg. Turn your head in the opposite direction to look over the shoulder of the straight arm resting behind you. Do both sides while gently breathing.

12



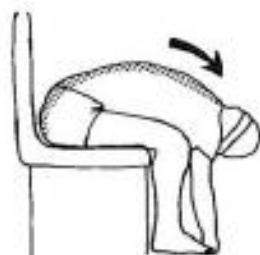
12 AB Curls: Curl up your upper body bringing your shoulder blades of the floor by about 30 degrees. Keep your chin close to your chest all the time while doing 5-15 curls at a medium speed.

13



13 The Squat: Squat down with feet comfortably apart and toes pointing out. Keep your knees outside your shoulders and directly above the big toes. To gain more balance try this stretch while leaning your back against a wall or while holding onto a stationary object with your hands.

14



14. While sitting lean forward to stretch and take the pressure off your lower back.

Cherry pick 4-6 stretches that you can do consistently on a daily basis for 30 days

OUR SERVICES

CHIROPRACTIC CARE AND HYPERBARIC OXYGEN THERAPY (HBOT)

Relax - Recover - Detox - Heal - Anti-aging

Mild Hyperbaric Oxygen Therapy is the medical use of oxygen at an increased level of pressure, (hyper) means increased, (baric) means pressure.

Hyperbaric Oxygen Therapy is a treatment which enhances the body's natural healing process by providing an environment which allows the body to absorb much higher amounts of oxygen than possible at normal atmospheric pressure. It increases the oxygen transport capacity in the blood. This non-invasive therapy is the most trusted way to increase oxygen levels to all organs of the body.

It is used around the world to treat a wide range of conditions, including autism, diabetic ulcers, strokes, traumatic brain injuries, migraines, wounds, inflammation, orthopedic rehabilitation, crush injuries, and is becoming used in a much wider range as research develops. It is also used by athletes who wish to speed up recovery of tissue damage caused by hard training.

Benefits include...

- Repair – promote collagen, bone & cartilage repair – eg Wound & injury healing.
- Recover – reduce pain, swelling & inflammation; eg Stroke recovery
- Rejuvenate – improve energy levels & tissue function and strengthen the immune system.
eg fibromyalgia, acute migraines.



Frequently Asked Questions (FAQ's) | click link

<https://chiroflexion.com.au/hyperbaric-oxygen-therapy-hbot/>



Testimonials

After my first session with Chris to treat shoulder bursitis, I knew he was very different to what I had heard (and believed) about chiropractic treatment. Chris' genuine care, warmth, knowledge and experience not only reassured me I was in "safe hands" but also helped me focus on preventing further injury to my shoulders. After several sessions I have seen a substantial improvement in my range of movement and a decrease in information. Truly blessed to have found "Chiroflexion".

Christine Heinrich

I can highly recommend Chris Youakim for all chiropractic procedures I have had over the last 10 years.

Adrian Russell

Could not recommend Chris at Chiroflexion more. Chris has a wealth of knowledge and is dedicated to improving and maintaining your spinal health and wellbeing. Each session Chris takes his time using his unique chiropractic therapy to ensure your body is relaxed and aligned. He has done wonders for my spinal health.

Tash Yarnold

Good morning Chris, I had a lovely restful night's sleep without any coughing after yesterday's treatment. Yahoo! Many thanks.

Olwyn

Hi Chris, I am already feeling Great after two visits! I have more Energy and sleeping better ... See you on Monday for my next appointment.

Emma

Great Service Chris from Chiroflexion would be in my opinion one of the best chiropractors in the world. Always had life changing treatments.

Tye Wade

Thank you to the amazing Chiroflexion team, they helped me so much to relieve the pain in my neck and upper back. I highly recommend Chiroflexion team.

Gordana Sancanin

Highly recommend Chris from Chiroflexion! I went in with an expectation of a realignment and over 2 years later I still return monthly! Chris is not a normal chiropractor where you walk in and get a quick snap, crack into place and off you go back into the world wondering was that really worth it... Chris provides a full experience from the moment you walk in, places some heat packs on your back (I always fall asleep!), and then provides a massage and then finishes with some back and neck cracking along the way! My daily back nuances from sitting down all day long in a car or behind a computer are gone, an in general feel pain free now. One thing to be mindful of, like all therapies, you need to go more than once to make it worthwhile. At the start I went weekly for about 5 weeks to get me to a point pf maintenance, and am so happy I have found Chris to bring me to this point.

Derrick Smith

E-Book Introductory Offer:

Spinal Check-up & advice, includes:

- Consultation
 - Full Examination
 - Treatment
 - Posture and Xray Analysis and a
 - Report of Findings
- *Get 20% Discount on your first treatment when you simply mention our e-book*

Our Mission is to

“Enhance the Quality of Your Health for Life”



Fast claims... on the spot



Resources

- The Australian Chiropractic Association (ACA) website at <http://chiropractors.asn.au> or by calling toll – 1800 075 003
- International chiropractic Paediatric Association www.ICPA4Kids.org



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