



Chiropractic Health Centres

193 High Street, Honiton, Devon. EX14 1LQ 01404 549270
Pam Cottey House, Chard Street, Axminster, Devon. EX13 5DZ 01297 35844



The Chiropractic Health Centres' team:

Chiropractors: *Richard Stenning, Louisa Snell, Michael Norris*

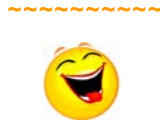
Chiropractic Assistants: *Jacky, Carol, Kay, Sarah, Margo, Sue & Sally* PR: *Jan Brand,*

NEWSLETTER

May 2009

Thought for the month

*There is no use trying," said Alice; "one can't believe impossible things."
"I dare say you haven't had much practice," said the Queen. "When I was your age, I always did it for half an hour a day. Why, sometimes I've believed as many as six impossible things before breakfast." - Lewis Carroll*



May Humour: Some Real Signs

In Notice in a farmer's field: THE FARMER ALLOWS WALKERS TO CROSS THE FIELD FOR FREE, BUT THE BULL CHARGES.

Message on a leaflet: IF YOU CANNOT READ, THIS LEAFLET WILL TELL YOU HOW TO GET LESSONS

On a repair shop door: WE CAN REPAIR ANYTHING. (PLEASE KNOCK HARD ON THE DOOR - THE BELL DOESN'T WORK)



Don't forget that we also have therapists who provide the following treatments:

Acupuncture - Aromatherapy - Chiropody – Homeopathy Hypnotherapy - Indian Head Massage - Kinesiology Metamorphic Massage - Neuro Linguistic Programming [NLP] Polarity Therapy - Reflexology
Rehabilitation Exercises including Pilates - Rejuvenessance Remedial Massage - SCIO Quantum Healing
Restylane Wrinkle Reduction and Frown Line Treatment



Sunflower Therapy for Children

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The Importance of 'Core' Strength

For many years we have been obsessed with the appearance of our bodies. We have dieted and exercised in an attempt to appear fit and feel strong. However, many of us have missed out on the essential part of our body, the part that is vital for our agility, stability and strength. It is also crucial in the prevention of injuries to the spine.

The group of muscles we miss out on are the 'core muscles'. A strong group of core muscles provide a powerful and supportive structure for our bodies. The core helps to stabilize our body and helps to prevent us from accidental falls. A weak core leads to a decrease in mobility and makes us susceptible to injuries.

Core weakness is frequently the result of a sedentary life, weight gain, bad posture, injury and pregnancy. It can cause pain and injury in the back and mean your balance is poor.



People who practice dance, yoga and pilates work on their core strength. Why not consider joining a class or getting the advice of a personal trainer. Fitness balls are very useful tools and can even be used instead of a chair. When sitting on a large fitness ball you will find that your body has to use it's core strength to keep in position thus making your core muscles stronger.

Your main core muscles are in your abdominal region, mid and lower back. Other core muscles are in your hips, around your pelvis and inside the pelvic cavity.

Next time you visit your Chiropractor ask about core strength and he or she will be happy to advise you on appropriate exercises to help you improve this very important part of your body.





Driving Accidents at slow speeds can cause a lot of damage too.

Drivers are always being told to slow down and that speed kills. However, it is also true that we can get injured when we are driving slowly. Injuries can happen when vehicles are travelling at less than five miles per hour. The majority of these collisions happen during the rush hour and are frequently due to the driver not paying enough attention or being slow to respond.

It has been found that many people who have been involved in this type of accident continue to have symptoms of their injury years after the actual event. Chiropractic care can help both the long-term and short-term effects of whiplash.



Remember to position your seatbelt correctly, as whilst seatbelts are vital in lowering fatalities in high speed accidents, they can increase injuries in low speed accidents. Also remember to properly position your headrest. It should be directly behind your head.

Symptoms of whiplash can include: Neck and jaw pain, Headache, Loss of movement, Shoulder pain, Back pain, Arm pain and weakness, also dizziness. There is often a delayed reaction in the symptoms becoming noticeable; they can develop two or three days after an accident. Remember, early treatment can help the severity and duration of whiplash problems.

Finally, please also keep in mind that good posture is just as important when you are driving as it is when you are walking or sitting at your desk.



ANOTHER REMINDER:

NICE recommends manipulation for back pain

NICE guidelines for treating back pain recommend the use of manipulation, as used by chiropractors, as a safe and effective treatment. NICE - the National Institute for Clinical Excellence – is the government body that decides whether there is good evidence to recommend particular treatments for use in the NHS. See *'the latest news on page 4.....'*

If you are a new Patient, welcome to our Health Centres, we are here to help you and your family.

How long does it take before chiropractic treatment works?

Actually chiropractic works immediately. At the precise moment the Chiropractor adjusts your spine stress is released from your body - your nervous system, body structure, discs, blood vessels, muscles, glands and internal organs. From that moment your body becomes more balanced and more blood flows to your brain and fluids flow freely to your body parts. Your nervous system is then better able to work and handle stress. Your posture is also more balanced.

When will I get better? You obviously want to get better immediately. Sometimes this is exactly what happens. However, sometimes it can take a few adjustments, sometimes it can take longer and sometimes a condition never fully recovers.

Why?

The answer is that everyone is different. We all have different medical histories and needs. For some people an adjustment is all they need. However, long-term damage needs time to heal. It is important to discuss your progress with your Chiropractor so he or she can advise you fully about the best way forward.



The Latest News from our Centres

Manipulation for back pain

The NICE guidelines are due to be published at the end of May and they will recommend manual manipulation as a first course of treatment for chronic (long standing) low back pain.

Special Note:

Why not give a copy of this newsletter to your friends and family. Alternatively, give us their address and we would be happy to send them one every month.

Remember, your friends and family's health is their most important asset. Why not suggest they make an appointment for a check-up.

Your nearest chiropractors can be found at Honiton on 01404 549270 or at Axminster on 01297 35844.

