



[Free Posture Photo and Health Check at Hands On](#)

Call 1-300-0-handson

www.handsonsydney.com.au

Do you have a frustrating persistent niggling injury that won't go away? A limp or sore ankle or pain caused by injury? What about an old football, netball, skiing or motor vehicle collision injury that keeps coming back?

Introducing the Specific Injury Appointment:

We at Hands On have, due to great demand, developed an examination process and treatment strategy to deal with these long term persistent 'chronic' injuries called the Specific Injury Rehabilitation Consultation. This is an extended consultation that thoroughly investigates the injury or condition, and then recommends a graded rehabilitation regime. We then combine the extensive knowledge we have of your unique profile with our 30years+ of experience to give you the most comprehensive and effective treatment possible.

Included in this intensive rehabilitation program are a series of exercises. These begin at an easier, achievable level and progress in intensity as your injury improves and your body resumes more natural transmission rather than it's old compensatory position.

As always, at Hands On you will be fully supported during this healing process. We have facilities available for you to do your exercises prior to, or after your SIR consultation. You will have assessable goals with outcome measures, which will be regularly reviewed by your Dr.

Don't put up with your chronic injuries any longer! Allow your nervous system more free energy to focus on other areas of your body, rather than wasting these resources on old chronic injuries.

Let's work together to make a difference! Call today to make your SIR appointment.



Chiropractors' Association of Australia



Meet Dr Brian, our Blue Mountains Chiropractor

I became a chiropractor because I was frustrated that I could not go within a body and give it the resources that it required to resolve problems that I saw when I was a massage therapist. Chiropractic is the most powerful and fastest way to assist the body to return to health using its own resources. I am blessed to be able to help people to have a better life.

Hands On has developed a unique protocol to understand and then work progressively through the layers of the triad of health. The continuous development of this paradigm is a source of intellectual stimulation and satisfaction for everyone in the team at Hands On. This is why I became a business partner in 2008.

Over the years I have developed an interest in anti-ageing and rejuvenation, food as medicine and childhood growth and development.

I bring a wide life of experience to daily life at Hands On - having worked in the Police, run a petrol station, sold real estate, run hotels and been a massage therapist for 12 years. I have a lifelong interest and participation in body building, fitness and nutrition. In my spare time distractions include but are not limited to: photography, music, super sprinting and dog parenting.

“HEALTH IS THE GREATEST WEALTH”



How to boost your mood:

Do you ever feel low emotionally, unmotivated, fatigued, stressed or anxious? The fact is that a high percentage of the Australian population at some time in their lives will feel some or all of these symptoms of ill emotion. For some it is transient, for others these feelings may linger long into the future, but what can be done?

Change your thinking patterns: Patterns of thinking can develop somewhat unknowingly over time, dictating our behaviors, actions, quality of relationships and the list goes on. However if negative thoughts penetrate your mind, a tip is simply not to accept them. The mind does not generally examine thoughts before accepting them - that is up to us. As simple as it sounds, it is best to replace a negative thought with a positive one and train your mind to think of positive outcomes and scenarios.

Training requires effort and the benefit is stronger positive neural pathways:

- * Take time out to relax (deep breathing technique has been known to lower blood pressure and heart rate, whilst releasing feel good chemicals in your body);
- * Do something you enjoy daily (even the small things count);
- * Develop and promote good relationships;
- * Set achievable goals - have a plan, daily, monthly, yearly etc, (don't over-plan, leave room for spontaneity);
- * LAUGH and smile, even if you don't feel like it. Laughter is known to reduce the level of cortisol a stress hormone in the body. Laughter also plays a role in boosting your immune system.

Did you know that our moods and emotions influence our immunity, stress, and a negative mental state can severely reduce our immunity?

We at Hands On are dedicated to your health and emotional well being, ensuring your nervous system is functioning optimally. This means that your emotions and physical, body will begin to heal themselves from the inside out.

JULY ONLY FREE TALK!

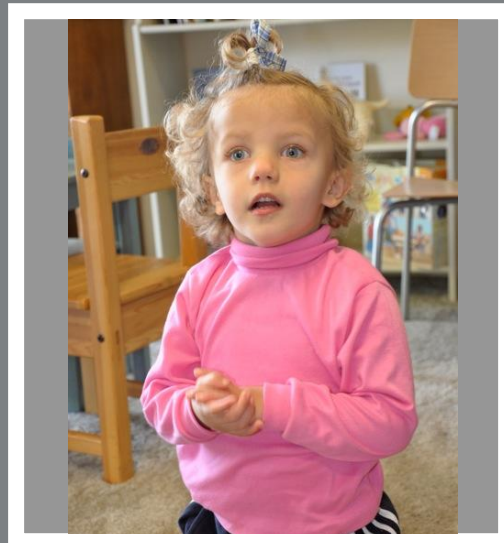
'Boost your mood; feeling great emotionally'

Circular Quay: Tues 20th 6pm & Wed 21st 12pm

Leura: Tues 20th 1pm & Sat 24th 10am

Winston Hills: Thurs 22nd 6:30pm & Sat 24th 11am

All are welcome - bring a friend! Limited places are available so call: 1-300-0-handson or email: info@handsonsydney.com.au to RSVP



Zoe Smith

Celebrating her time at Hands On

When my mum first bought me to Hands On I couldn't sit up let alone walk and talk like someone could at my age (2). I had low muscle tone and was not able to look at you for very long, I liked to look through you. I had no interest in playing toys (anyone or anything). I was happy to take the world in as I saw it, everyone thought I was "up in space".

Through the great work of my chiropractors at Hands On and myself in November I started kneeling, December I crawled and today I held my mum's hand and walked to the car. I had work done on all my body parts especially my head, hips and feet.

I now love playing with other children especially my brother. I am starting to talk and I can feed myself. My pathways are opening up and I am having more fun with people and I know I love Mars Bars!! Mum is teaching me sign language, my favorite is the 'pig'.

Now I am looking forward to the next stages of my life as I turn 3 and start running.