

## What does your posture reveal about your health?

### Free Posture Checks This Month Only!

Poor posture can affect our bodies in the following ways:

#### **Structure**

Chiropractic care principles are heavily based within a philosophy which states that "structure governs function". If the structure is sound then the function of the body's systems/organ stand the best chance of optimal function, Eg. It's so much easier to take an invigorating breath from the base to the tips of your lungs when you are sitting up straight!! Also, think about tall buildings and how important it is to get their foundations right like the skeleton, so that they will last for many, many years.

#### **Our Muscles**

Our muscles are the mechanical interlopers between our nervous system and our bones. They maintain our posture and co-ordinate our movement via a series of fast electrical messages from our brain and motor nervous system to a system of "pulleys and levers" - our musculoskeletal system. Good posture allows for the use of these "pulleys and levers" in an equal and coordinated way. Good posture supports the equal usage of pairs of muscles that sit either side of the spine. Think about stresses and strains placed on your musculoskeletal system if you stand a lot during your day or conversely if you sit a lot during your day. Poor posture is felt as aching muscles and tiredness. Keep moving, postural change helps you to use your musculoskeletal system in a more universal way.

#### **Our Stress State (Hormones)**

Stress is a good thing. It is part and parcel of life. What counts is the way we manage our stresses. Good stress is a trigger for positive adaptation. We get stronger in the gym in response to the stress of the training load or stress. Our body is always trying to save energy, so it will only do things that are needed. Adrenaline is our survival hormone, the fight or flight choice. This is also a good stress, if it is a matter of survival. It becomes bad stress when there is no clear and present danger, and we don't get to turn it off.



Chiropractors' Association of Australia

National Chiropractic Care Month 2010:

Free Posture Photo and Health Check at Hands On

May Only! Call (02) 9251 3411

[www.handsonsydney.com.au](http://www.handsonsydney.com.au)



## Meet Ryan, our new Blue Mountains Chiropractor

*What a great start to 2010! Serving the community at Blue Mountains Health Resources has been fantastic! Making the change from the city to living and working in the mountains has been a welcome change. Initially I sought help from a chiropractor due to a hockey injury. Over a few weeks I was back to playing, however with further chiropractic treatment I was able to play harder for longer. I have found that when my body is in its best physical and neurological state I am able to perform at a higher level.*

*This year has been a fantastic time to increase my knowledge base in terms of skills and diagnosis. With the experience gained from seeing a greater variety of patients and the extra training that all Hands On chiropractors undertake, I feel more prepared than ever to help those in the Blue Mountains community. When I'm not helping people reach their health goals, I'm at the hockey field playing in the Sydney Premier League, helping out at my local youth group or spending time with friends.*

*I am excited to see the future of Chiropractic as a primary health care provider in this ever changing health paradigm. The skills and knowledge of a chiropractor offer the patient much more than just pain relief. With Blue Mountains Health Resources being involved with the Super GP clinic, I am keen to be involved in the chiropractors active role in allied health and patient centred care.*

**"HAPPINESS LIES FIRST OF ALL IN HEALTH"** GEORGE WILLIAM CURTIS

*The fight or flight response has a postural element. If this state does not switch off, then there are long term postural changes. This then becomes a feedback cycle, the posture of stress keeps the body in a stress state. Hands On whole body adjustments will re-pattern your posture to break this cycle of ill health.*

### **Our Circulation**

*Our circulation is obviously enhanced when our posture is optimal. Blood pressure stands a better chance of remaining regulated and blood pooling, particularly of deoxygenated blood is minimized. If you sit in one position for too long you will end up with "pins and needles" or numbness in a particular spot. This is your body telling your nervous system to move, wriggle or change position because oxygen is lacking and pooling is occurring. Good posture and wriggling and fidgeting support a robust circulation to and from our arterial, venous and lymphatic systems.*

### **Our Nervous System**

*Our nervous system is like a series of electrically conducted water pipes which traverse our entire body. Like our circulatory system, the electrically transmitted messages from our central nervous system to the outer limits of our nervous system will transfer more optimally when posture is strong and robust. Poor posture can create kinks in your nervous system. If poor posture becomes habitual, there are long term effects on the efficiency of your nervous system and the quality of the message transmission.*

*We have now introduced a regular posture assessment as part of our care approach at Hands On. If you have not had a postural assessment performed on you or your family members please give us a call to arrange. The service is complimentary – all you need do is ask and come and see us at the City, Hill or Blue Mountains practices. The only cost to you is your time!*

## ***MAY ONLY FREE TALK!***

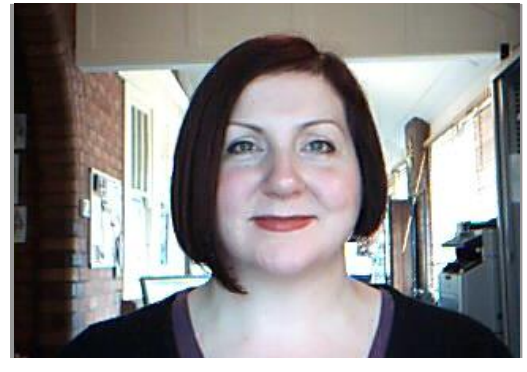
### ***'What does your posture reveal about your health?'***

***Circular Quay:*** Tues 18<sup>th</sup> 6pm & Wed 19<sup>th</sup> 12pm

***Leura:*** Tues 18<sup>th</sup> 1pm & Sat 22<sup>nd</sup> 10am

***Winston Hills:*** Thurs 20<sup>th</sup> 2pm & Sat 22<sup>nd</sup> 10am

*All are welcome - bring a friend! Limited places are available so call: 9251 3411 or email: [info@handsonsydney.com.au](mailto:info@handsonsydney.com.au) to RSVP*



## **Helen's Answer To Family Health Care.** *Celebrating her time at Hands On*

*Like most people, I first consulted a chiropractor when my "back went out". My father had been seeing a chiropractor since I was very young, so for me they had always been associated with relieving back pain. However, it wasn't until I moved to the mountains and came to Hands On that I began my real chiropractic education.*

*The doctors at Hands On did things very differently to my other chiropractors. I was curious: why was this chiropractor telling me to come every week, when I'd only had monthly adjustments at the last place? My back pain had gone, so had my headaches, so why was I still going? Then I asked myself, "Do I feel better than I did before?" and of course, the answer was "Yes!"*

*My energy levels had increased, my mood had improved, my immunity was great (even with three kids bringing home colds from school) and my general health was better than ever. I was intrigued by this method of achieving good health and Dr Brian was happy to oblige all of my questions, continually satisfying my curiosity. Educating patients is important at Hands on.*

*My children also have chiropractic care: one of my twin daughters has a mild disability and the difference in her walking and balance after an adjustment is obvious; my son has had a vast improvement in his general and emotional health. When they feel unwell their first thought is to see Dr Brian, not ask for medicine, and they are learning how clever their bodies can be at healing themselves.*

*I have been working at Hands On for three years now and am still learning on a daily basis how amazing and complex our bodies are and how chiropractic is essential for improving their potential to change and heal. I'd like everybody to find out about chiropractic care because I want them all to feel this good!*