

Wellness and Wisdom

www.thechiropracticdomain.com.au

Issue #1 - 2011

The Chiropractic Domain is expanding!

Welcome all to 2011, it has been a tumultuous year already for many around Australia, and the world (i.e. New Zealand and Japan) I am sure you all join my thoughts for the many people who have endured hardship, trauma, and the loss of loved ones with the series of natural disasters we have observed from afar. It makes one very grateful to have a roof over one's head, a purpose in life, people to love and be loved back!

This year has seem me continue my travels back and forth between Mount Gambier and Adelaide. This should reduce by April as I will have successfully introduced our two new Chiropractors to our Mount Gambier clinic. Some of you may have met them over the last month or so at Goodwood as they have been going through their training and induction period with me.

Here is a brief introduction from Dr Michael Korzcynski, graduate from Macquarie University, Sydney:

"Having grown up in Canada and spending the last four years living and working in Sydney I have relocated away from the lights and sounds of the big city for the peace and closeness of a smaller community. I was drawn to Chiropractic as an elite athlete to help improve my sporting performance. My chiropractic philosophy is that of health and wellness with an emphasis on exercise and self empowerment. Chiropractic has the ability to impact and improve many facets of our lives. It is my belief that by using Chiropractic we are able to perform, move and think better. I look forward to getting to know you better as we strive to improve your health."

I would also like to introduce Dr Melisa Hon, a graduate of Murdoch University in Perth:

"I'm originally from Malaysia and came to Australia eight years ago to continue high school and university education. I used to do Ballet for nine years and took part in various track and field events. My love for sports and dance put significant stress on my body due to high levels of intensive training. As a result, I suffered from chronic back and shoulder pain. I did not know who to look for help at that time and had to put up with it. I was first introduced Chiropractic by one of my brother's mates, who has been a mentor for me. My back pain improved significantly after frequent chiropractic care and I am stunned at the effectiveness of Chiropractic adjustment. While studying I worked several years with Sports Medicine Australia and a few football clubs in Perth. I enjoy working with athletes and other health care professionals. I look forward to meeting and helping you."

On another note, my husband Trevor and I are please announce that we are pregnant again (in case you hadn't heard the rumour!) The real surprise is that we are expecting identical twins!!! (Yes, we said OMG too!) While we are very happy we were a bit shocked initially. This means from July I will need to reduce my hours and look forward to welcoming Dr Nicki Ross back to Goodwood to help and maybe Dr Melisa if needed. This pregnancy is a little harder than last time and I am glad that I my travels to Mt Gambier clinic will slow down in April.

Yours in health - Dr Paula

the **Chiropractic**
DOMAIN

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Dr Paula Stacey-Thomas
B.Sc. M. Chiropractic

Consulting hours:

Monday: 8am-11am & 3-6.30pm

Tuesday: 3.30-6pm

**Wednesday: 9am-12noon
and 3-6.30pm**

Friday: 8am-11am 2-5pm

Closed for Easter and Public Holiday

**Anzac Day April 26th. Easter Monday
appointments will be rescheduled to**

Wednesday 27th April



Chiropractic Mathematics: Regular adjustments + rehabilitative exercises = better results

Getting great results from your Chiropractic care is usually a top priority for most of our clients. For that very reason, we are very thorough in our initial analysis of your presentation and we conduct regular reviews of your progress under our care. Our progress reviews don't just focus on whether you are feeling better (which we hope you are over time) but we also judge your progress on if your spine is starting to take on new and better habits, whether it is becoming more flexible and balanced.

For these reasons above we acknowledge that your journey towards a happier and healthier spine is a partnership between us, your Chiropractors, and yourselves. By 'partnership' we mean that both parties need to contribute to the overall goal.

As your Chiropractors, our job is to do our best to understand the causes of your problem, perform enough adjustments over a period of time, as well as helping you to learn and understand ways you can help yourself.

Essentially to help us achieve the best results under care for you we need you to follow our recommended schedule of adjustments and follow through as best you can with the advice we share. Yes! This often means we set you homework!!!!



We try to keep our rehabilitative exercise homework for you short and sweet. We don't believe in giving people lots of different exercises as we know that as busy people you may find it hard to fit it into your routine. We use the "keep it simple" method by only setting you 2-4 exercises that we ask you to do on a daily basis.

The good news is that you are rewarded for your efforts by discovering that you hold your adjustments longer and that your spine handles stress better over time as it stabilizes.

Many adults who come to us with problems that have been present for more than a few months find it can take 6-18 months for their problems to firstly improve and secondly to stabilize. *Your enthusiasm and dedication to doing your "rehab" greatly speeds up your recovery time!!*



A big thank-you to all my Goodwood Clients
...who have been very understanding over the last 6 months while I have been assisting in our Mt. Gambier clinic and who have had to change their appointment times or have appointments with Dr Nicki Ross on Fridays . I appreciate your loyalty and understanding. Wednesday afternoon shifts return to 3-:6:15pm from April 20th.
Love from Dr Paula