

Wellness and Wisdom

www.thechiropracticdomain.com.au

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Would you stop brushing your teeth????

No, I don't think you would! But why?

Well it might have something to do with the fact that you have created a regular healthy habit of dental hygiene which you have been trained in since you were a child. If you were super good, you might even gargle daily and floss regularly too! That would make many a dentist happy!

So what does this have to do with a Chiropractic newsletter? Well the fact is people usually give more attention to their dental hygiene than their "spinal hygiene", that is of course until something goes wrong!

Many years ago the Dental professional faced a quandary, people would only come when they were in dire need of dental care, (i.e. they had an unbearable toothache) Over the years their profession pursued a relentless message about the virtues of regular brushing of teeth to prevent tooth decay and regular dental check-ups. Many years later, there may still be some people who wait until they have a dental emergency but a great proportion of the community now know and value their own dental hygiene and a dental check-up even when their teeth "feel" fine.

Chiropractors often have found that people may first attend the clinic when they have "symptoms" and think that when the symptoms are alleviated that they are fixed! As many of you may have found out through your own experience with your initial consultation and report of findings visits, the problems that caused you to suffer are rarely from a recent initial cause and may originate many months or even years ago.

When we are able to help you achieve relief we also want to help your body learn healthy new habits instead of returning to the old habits that brought the problem to a head! Also I am cautious to use the word "fixed" especially if there is existing spinal degeneration which needs ongoing attention and care. You see, like dentists, we understand the importance of regular maintenance to prolong the working life of your spine and how well your nerve system functions. So when we recommend and remind you about regular ongoing care, it is for very a good reason and we don't want to see the work we have achieved together undone through lack of care and attention or abuse through bad habits. Like regular teeth brushing, regular spinal check-ups help a great deal!

—Dr Paula

Happy 13th Birthday TCD!!!!

The end of this July marks the 13th birthday of The Chiropractic Domain clinics. Some of you know the story of my very humble beginnings, originally operating from the rear office of the home I was renting in Millswood and one room in Mount Barker. I am proud to say I still look after a number of families from these early days; we're all growing older together! (Hopefully with some grace with the help of Chiropractic!)

In 2007 we acquired the Mt Gambier clinic just before my daughter Stephanie was born and I sold the Mt Barker clinic soon after. It is lovely to see my clients from these places too. I assure you that have no ambitions to have more clinics as I think my hands will be full with the pending arrival of my twins! Thanks for your loyal patronage over the years, it is a pleasure to serve you and I look forward to continuing to do so!



Paula in original Millswood clinic in 1998



Dr Paula and federal MP Kate Ellis at new Goodwood clinic opening in 2005.

the **Chiropractic**
DOMAIN

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Consulting hours:

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

Tuesday: 3.30-6pm

Wednesday: 9am-12noon

and 3-6.30pm

Friday: 8am-11am 2-5pm

Dr Nicki Ross is back to help for 2011!

We are very pleased to have Dr Nicki joining us to give me some extra help at the clinic during July as I need to wind down my physical work because these babies are getting really heavy!!!! I am trying to cross my legs until the end of the month as I officially go on maternity leave from August 1st when Nicki will take over all my shifts at Goodwood to care for you all, until I return part-time in November.

For those of you who may not have met Nicki previously, she and I go back a long way. We were both at Adelaide University doing our Science degree in the early 1990's. Nicki pursued some other interests then eventually went onto graduate with her Chiropractic qualifications from Macquarie University about 4 years after me in 2001. Nicki worked in Adelaide and then NSW for some time then travelled and worked in Ireland before returning to Adelaide with her husband (also a Chiropractor)

Fortunately for me that was in time to do my maternity locum for when my daughter Stephanie was born in 2007. Nicki has helped here in Goodwood since then at different times when I have had to work in Mt Gambier.

Nicki and I have a very similar adjustment styles and Nicki also some additional skills with 'Active Resisted Technique', which can be very useful in RSI type or chronic muscle problems.



Dr Paula @ 7 months pregnant and Dr Nicki



- **Many clients have joked with me recently that our "pregnancy posters" really required a reversal to reflect my currently pregnant body.**
- **So to keep all you jokers happy we asked Kylie and her little boy Taj to once again pose for us last month.**
- **Co-incidentally I was 7 months pregnant then, the same stage as when Kylie posed for our poster series.**

Feeling good vs. true healing and functioning well

This is a concept that our clients often ask us about. When we conduct your progress reviews we are looking to assess a number of components of your body changes and improvements.

While we want to know and understand how you are feeling so far in response to your adjustments and what changes you have personally noticed, we also need to have your body "prove" to us that things have improved through posture, alignment, mobility, flexibility and your nerve systems function as measured by neurological tests and the scan results.

Quite often a person may start to experience less pain and discomfort, but the posture is still improving, full range of movement may not quite have returned or the scan results show that there is still some nerve system interferences. We do celebrate these early changes and improvements but we don't want to do a 'shoddy' job by reducing your treatment frequency prematurely, thereby possibly setting you up for a future relapse. We prefer to do it properly the first time around then teach you things that you can do to help you hold your adjustments better over time, while we continue with maintenance. So if you find us giving you a follow-up call, know it is because we have a duty of care to assist your continued improvements.

We want you to function better not just feel better!