



Kennedy Chiropractic Centre **May Newsletter**

22nd-28th May is Chiropractic Care week



This year's chiropractic week focuses on chronic back pain, which affects 1 in 6 Australians (AIHW, 2016). Of the 3.7 million people suffering from chronic back problems, many are also likely to suffer from poor quality of life and may be unable to engage in an active, healthy life. A sedentary lifestyle and poor posture are risk factors for chronic back pain. The good news is it's never too late to improve spinal health. In addition to chiropractic care, simple measures such as incorporating walking into your daily routine can improve chronic back pain symptoms. Walking keeps the spine active and mobile. Improving posture can also help to relieve strain on the spine and improve circulation.

Looking to improve your spinal health and overall wellbeing? The Chiropractors' Association of Australia have developed apps that can help. Track your walks, log your walking history and find walking events in your local area with the Just Start Walking app. Download from the App Store. Use the Straighten Up app to receive reminders and helpful tips on how to improve your posture. Download Straighten Up (Australia) from the App Store.

And the winner is Millie. Congratulations!

Millie was the very happy winner of the Easter egg guess this year. The correct number was 110.



Patient Kindness

We would like to say a big thank you to some of our wonderful (you're all wonderful) patients who brought us vegies, marmalade and a Japanese stapler last month. We often receive lovely gifts like this and it always makes us smile, and makes our tummies and tastebuds very happy too.

Product Review – Back Support Belt



If you have problems with lower back pain you may benefit from a back support belt. These belts are useful to protect your back from injury during physical stress such as heavy lifting and gardening. They are also great for assisting to speed up the healing process and reduce pain by supporting the muscles and joints as they recover. If you think you could benefit from a back support belt speak to your chiropractor at your next appointment. Price \$55

What Happened in April?

Last month we helped Dr Tara celebrate her birthday by having lunch at the new café Milk and Honey. As we love any excuse to dress up we also put on our bunny ears for Easter. One unsuspecting patient was dragged into one of our photos as it was his birthday. What better way to celebrate a birthday than to have an adjustment.



Musings from Dr Hart



Dr Hart experienced an example of his own thinking some time ago. He asked a man who was getting off a train if he would like some help. The man had had a stroke and was obviously struggling a bit with the steps. "No thank you, I want to do it by myself." To overcome difficulties is a huge help for the thinking and attitude and to take that away from him by forcing unwanted help, would be no help at all. Sometimes our problems are opportunities to help ourselves become greater people.

Thank you

To everyone that has provided an email address to our system. We are emailing receipts to save paper. Now the biggest and best use of paper in the office is for children to colour in.

Staff Update

Dr Hart



Dr Hart took his usual trip to Bathurst over Easter. He has been doing the trip for over 5 decades and this year was happy with his choice of taking the BMW and sidecar. He always catches up with old motorbike friends with old motorbikes. It is a nice easter tradition.

Dr Hart is at work on Monday and Thursday.

Dr Tracy



Dr Tracy was sneaky this year with the Easter guess as she put crumpled paper under the eggs to make it look much bigger than it was. The best 'bribe' was a sob story from Gordon. "Well.. you know we are retired now, (pause) and we can't afford to buy eggs for the grandkids, and it would be really great if you could just tell us the number of eggs so we could guess it right!!!!" Nice try Gordon you trickster, maybe next year.

Dr Tracy is working Monday, Tuesday, Wednesday & alternate Saturdays.

Dr Chan



Dr Chan had a wonderful couple of weeks in Chile and the Bahamas in April. She did some hiking and photography in Patagonia and was also fortunate enough to be able to join a group called Wildquest in Bimini (The Bahamas) where she swam with and photographed Atlantic Spotted dolphins.

Dr Chan works Friday & Saturdays each week.

Dr Tara



Dr Tara had an exciting April with two best friends delivering babies on the same day, April 20th. One birth was in New York and the other one in Ipswich. Tara was able to make it down the range just in time to welcome her new God-daughter into the world.

Dr Tara works Tuesday, Wednesday, Thursday, Friday and Saturdays.

Dr Sandie



Dr Sandie had a trip away to her sisters at Cowra for Easter which coincided with her parents 40th wedding anniversary. It was a big car trip with a pregnant woman, a toddler, a dog and 2 oldies and her lovely husband Tim did all the driving. She was very grateful for her adjustment when she got home.

Dr Sandie works Wednesday morning, Friday afternoon and Saturday morning.

Sue



Sue has been tripping around the countryside again, not as far afield as previously, but still very enjoyable. She spent Easter and the Anzac Day weekend at the farm at Maleny. It was a very relaxing getaway! We all need this from time to time. Thanks again to Leiza, for covering Easter Thursday.

Natalie



Nat's Easter was very full on but her shed is finally finished - whoo hoo. She does get very excited by the little things in life!! Her son Mitch recently had a front-page article in the Chronicle.

<https://www.thechronicle.com.au/news/trapped-in-his-own-body-mitch-needs-help-for-freed/3171593/>

People often humble Nat with their stories and she is happy to know that she can always relate and have genuine empathy.

Leiza



April was a very exciting month with all the long weekends. Lots of stories from everyone about their family/friends catchups and getaways. Leiza also enjoyed sharing her adventures too. She popped up to Hervey Bay to visit family, had friends over for Easter and had a little adventure riding their bikes up to Imbil via Maleny and Kenilworth. Leiza's gorgeous granddaughter Georgie continues to be a bundle of smiles and is fast becoming her own little chubba bubba.

Kennedy Chiropractic Centre - Calendar and hours

May					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 May Labour Day	2 Dr Tara Dr Tracy	3 Dr Tara Dr Sandie Dr Tracy	4 Dr Tara Dr Hart	5 Dr Tara Dr Chantal Dr Sandie	6 Dr Sandie Dr Chantal Dr Tracy
8 Dr Hart Dr Tracy	9 Dr Tara Dr Tracy	10 Dr Tara Dr Sandie Dr Tracy	11 Dr Tara Dr Hart	12 Dr Tara Dr Chantal Dr Sandie	13 Dr Tara Dr Sandie Dr Chantal
15 Dr Hart Dr Tracy	16 Dr Tara Dr Tracy	17 Dr Tara Dr Sandie Dr Tracy	18 Dr Tara Dr Hart	19 Dr Tara Dr Sandie	20 Dr Sandie Dr Tracy
22 Dr Hart Dr Tracy	23 Dr Tara Dr Tracy	24 Dr Tara Dr Sandie Dr Tracy	25 Dr Tara Dr Hart	26 Dr Tara Dr Sandie Dr Chantal	27 Dr Tara Dr Sandie Dr Chantal
June					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 Dr Hart Dr Tracy	30 Dr Tara Dr Tracy	31 Dr Tara Dr Sandie Dr Tracy	1 June Dr Tara Dr Hart	2 June Dr Tara Dr Sandie Dr Chantal	3 June Dr Chantal Dr Sandie Dr Tracy
5 Dr Hart Dr Tracy	6 Dr Tara Dr Tracy	7 Dr Tara Dr Tracy Dr Sandie	8 Dr Tara Dr Hart	9 Dr Tara Dr Sandie Dr Chantal	10 Dr Tara Dr Sandie Dr Chantal
12 Dr Hart Dr Tracy	13 Dr Tara Dr Tracy	14 Dr Tara Dr Tracy Dr Sandie	15 Dr Tara Dr Hart	16 Dr Sandie Dr Tracy Dr Chantal	17 Dr Sandie Dr Tracy Dr Chantal
19 Dr Hart Dr Brianna	20 Dr Sandie Dr Brianna	21 Dr Sandie Dr Brianna	22 Dr Sandie Dr Hart	23 Dr Tara ^{PM} Dr Brianna	24 Dr Tara Dr Brianna
26 Dr Hart Dr Brianna	27 Dr Tara Dr Brianna	28 Dr Tara Dr Brianna	29 Dr Tara Dr Hart	30 June Dr Tara Dr Chantal Dr Brianna	1 July Dr Tara Dr Chantal Dr Brianna

Want an appointment?

Phone: 07 46391060

or email: healthy@kennedychiro.com

We're on the Web! www.kennedychiro.com

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