



Kennedy Chiropractic Centre

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May/June Newsletter

Our New Adjusting Room is Open for Business!

Our renovation on Room 4 (out the back) is complete, and we are now seeing patients in this new adjusting room. The finishing touches were completed in mid-April and we are loving having an extra adjusting room for all our patients to enjoy.

CHIROPRACTIC CARE WEEK 25 -

31 MAY 2018

You may be aware that Chiropractic Care week was held between 25 – 31 May 2018. During this week it is a nation wide goal to shine a light on Chiropractic care and try to help people understand what a difference it can make to their lives. No matter whether you are feeling pain in a specific part of your body, or just generally feeling run down and tired, Chiropractic care can help you live a better quality of life. Our team are passionate about helping you live your best life, so if you have ever wondered what Chiropractic care could do for you, why not pop into Kennedy Chiropractic Centre and speak to one of our Chiropractors. You won't regret it!



KID'S DAY – 24th April 2018

We held another of our fabulous Kid's Days in April. This was an opportunity for all children to be adjusted at no charge. It's just one of our initiatives at Kennedy Chiropractic to give people the opportunity to access Chiropractic care to help them live a better quality of life. Our CA's enjoyed it too as they relived their lost youth in dress up mode! We treasure our families here at Kennedy's and encourage anyone with children to give us the chance to help them make a positive start to their attitude towards their self-care and personal well being.

Some new faces at KCC!

We've welcomed some new members of the Kennedy Chiropractic Team over the last 2 months. We have welcomed Alison (at left in the photo above) on board as our new relief Chiropractic Assistant, and Zareetta will be working on Mondays and Wednesdays. They are both excited to meet all our fantastic patients and keep you in the loop with all things Chiro.



BALANCE AND OLD AGE – BUSTING SOME MYTHS

A lot of people think that as we get older, our balance automatically becomes compromised. This is in fact, not entirely true. Poor balance is the result of a compromised system and a spine that cannot move properly (a subluxated spine) and a cerebellum that cannot receive the clarity of data needed to navigate through space WITHOUT reliance on sight. With falls being the number one cause of preventable death in older people (1 in 4 people report falling) and the death rate related to falls rising 3% per year in the USA, it is time we busted the myth that losing our balance is a normal part of aging. It **isn't**. We know this because we measure balance on a regular basis – eyes open and eyes closed and it's not just the elderly who have difficulty with this test. So, what happens to these people as they age? When their eyesight isn't as clear as it is now? When their gait hasn't been assisted through Chiropractic care, so their body's intelligence can't assist to help keep the body as stable and upright as possible? They fall. And when that happens, they put it down to their age, the quantity of medication they are on and their poor eyesight. But the problem can also include their compromised nervous system. People don't "lose" their balance at 70. They lost it long before that – they just didn't realise it at the time or do anything to fix it.

Taken from an article by Brandi MacDonald

SAD NEWS

It is with great sadness that we share with you the news that our former Chiropractic Assistant Vicki has passed away. Our thoughts are with her family at this difficult time.



"Musings" with Dr Hart

Here is an easy way for you to keep up fitness, even when incapacitated. The rule is simple – when recovering from an injury (such as a fractured limb) do not try to do an exercise that hurts. Pain is telling you that you are doing damage, which is not good for recuperation. But doing nothing for several weeks during this acute stage risks the deterioration of the muscular system. The same applies to any serious injury. So what is the solution?

One option is "isometric exercise" which is very easy. Just tighten a muscle group! Isometric means "effort without motion" – it is like pushing against a wall, but without pushing the wall over! This is helpful because it helps prevent a loss of strength and circulation in the muscles. A loss of circulation will create a loss of endurance within the muscle. The body is always trying to balance muscle strength and endurance, with need. It's the "use it or lose it" principle.

If this is still too much for you, you could always imagine exercising. That's right ... imagine exercising! This involves an amazing connection with the nervous system, more specifically the autonomic nervous system. This is the part of you that keeps your body "together". In plain English, if you image you are doing exercise, it will send messages to your body to say "keep it together please!" – probably not as good as the real thing, but if you are unable to move around or tighten muscle groups, it's better than nothing!

A reminder about our 6 visit review policy

A lot of you have been patients of Kennedy Chiropractic Centre for many years, so when we make changes, it can sometimes cause stress and irritation. Because of our legal requirements, we now have to review your general health and well-being (including any pain and/or symptoms for which you are seeking continuing Chiropractic care) every 6 visits. This means filling in a very brief questionnaire so our records are legally compliant. Please understand we do not ask you to do this just to be difficult! We are passionate about what we do and we need to keep ourselves compliant with all the requirements of the allied health profession, of which there are many! We thank you in advance for your cooperation and apologise for any inconvenience.

What's new with the team at Kennedy Chiropractic Centre?



Dr Sandie

Dr Sandie is heading to Cowra in early June for her brother in law's 40th birthday. Hopefully she doesn't freeze while she's there! Sandie enjoyed the Hampton Food Festival in May and had great fun taking Hamish and Fletcher to the Wiggles concert in April!



Dr Hart

Dr Hart has been busy lately, putting old books, equipment, minutes for meetings etc., in a container, for storage and sorting. The purpose is to preserve as much of the early history of chiropractic in Australia as possible. When Dr Hart first came to Australia in 1962, there were fewer than 50 chiropractors in all of the country, mostly in Victoria and NSW. Now there are more than 5000. All of these new doctors are here because of the work done by the pioneers.



Dr Tracy

Dr Tracy and Glen had a quiet celebration for Glen's 1-year transplant anniversary. Life is getting back to a new normal. Dr Tracy and Dr Hart attended the CQ University award ceremony and continuing education event recently. There are many great students and opportunities to study Chiropractic in Brisbane. Dr Tracy apologizes when she has to adapt her work schedule.



Dr Tara

Tara had a restful Easter then a very busy rest of April/May. She enjoyed doing a restorative yoga course, had a trip to Melbourne for a wedding, the comedy festival, to catch up with friends for her birthday and eat way too much good food! Tara also spent a weekend at Noosa for a retreat specialising in one of the Chiropractic techniques she practices, Network Chiropractic, saw Sarah Blasko in concert in Brisbane and joined in the RSPCA Million paws walk at the Gold Coast!



Dr Luke

Dr Luke had a great time at Kingscliffe this month, attending his cousin's wedding. He caught up with his sister who was visiting from WA and had a wonderful week at the beach.



Dr Chan

Dr Chan has just returned from a two month trip to Chile where she did a lot of hiking, snow camping and photography. She did a lot of background work to organise to take a puma photography trip in Torres Del Paine, southern Chile in late September. She is happy to be home and see some sunshine! Dr Chan returns to work on Friday 8th June.

What's new with the team at Kennedy Chiropractic Centre?



Sue

Sue has loved helping Alison and Zareetta settle into their new roles as Chiropractic Assistants. Away from work Sue has had a lovely “catch up” with an old friend from out of town recently and enjoyed being thoroughly spoilt on Mother’s Day by Sarah, with Tara acting as “substitute daughter!”



Zareetta

Zareetta is busy studying for exams at the moment as part of her Animal Science degree. She is also enjoying getting to know everybody at the practice, learning new faces and names as well as all the tips and tricks Sue has to pass on!



Alison

Alison enjoyed a trip to Seventeen Seventy recently, which included a sunset kayaking trip. Fortunately, she didn’t get too wet! Alison is enjoying learning the ropes at KCC and meeting all the wonderful patients.

June 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Dr Tara Dr Tracy AM Dr Luke PM	2 Dr Tara Dr Luke Dr Sandie
4 Dr Hart Dr Sandie	5 Dr Luke Dr Tara	6 Dr Luke Dr Tara PM	7 Dr Hart Dr Tara AM	8 Dr Chan Dr Tara Dr Luke PM	9 Dr Chan Dr Luke
11 Dr Hart Dr Luke	12 Dr Luke Dr Tara	13 Dr Luke Dr Tracy AM Dr Tara PM	14 Dr Hart Dr Tara AM Dr Tracy AM Dr Sandie PM	15 Dr Tara Dr Tracy AM Dr Luke PM	16 Dr Tara Dr Luke Dr Sandie
18 Dr Hart Dr Tracy AM Dr Sandie PM	19 Dr Luke Dr Tara	20 Dr Luke Dr Tracy AM Dr Tara PM	21 Dr Hart Dr Tara AM Dr Tracy AM Dr Sandie PM	22 Dr Tara Dr Chan Dr Tracy AM Dr Luke PM	23 Dr Chan Dr Luke Dr Tracy
25 Dr Hart Dr Tracy AM Dr Sandie PM	26 Dr Luke Dr Tara	27 Dr Luke Dr Tracy AM Dr Tara PM	28 Dr Hart Dr Tara AM Dr Tracy	29 Dr Tara Dr Tracy AM Dr Luke PM	30 Dr Sandie Dr Tara Dr Luke

July 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Dr Hart Dr Tracy AM Dr Sandie PM	3 Dr Luke Dr Tara	4 Dr Sandie AM Dr Luke 9-11am Dr Tara PM	5 Dr Tracy AM Dr Hart Dr Tara AM Dr Sandie PM	6 Dr Tracy AM Dr Tara Dr Chan Dr Luke PM	7 Dr Tracy Dr Chan Dr Luke
9 Dr Hart Dr Sandie	10 Dr Luke Dr Tara	11 Dr Sandie AM Dr Luke 9-11am Dr Tara PM	12 Dr Tracy AM Dr Hart Dr Tara AM Dr Sandie PM	13 Dr Tracy AM Dr Tara Dr Luke PM	14 Dr Tracy Dr Tara Dr Luke
16 Dr Tracy AM Dr Hart Dr Sandie PM	17 Dr Luke Dr Tara	18 Dr Sandie AM Dr Luke 9-11am Dr Tara PM	19 Dr Hart Dr Tara AM Dr Sandie PM	20 Dr Tara Dr Chan Dr Luke PM	21 Dr Chan Dr Luke Dr Sandie
23 Dr Hart Dr Sandie	24 Dr Luke Dr Tara	25 Dr Sandie AM Dr Luke 9-11am Dr Tara PM	26 Dr Tracy AM Dr Hart Dr Tara AM Dr Sandie PM	27 Dr Tracy AM Dr Tara Dr Luke PM	28 Dr Tracy Dr Luke Dr Tara
30 Dr Hart Dr Sandie PM	31 Dr Luke Dr Tara				