

ALDERLEY CHIROPRACTIC

Summer 2020

P: 31623456 E INFO@ALDERLEYCHIROPRACTIC.COM.AU W: ALDERLEYCHIROPRACTIC.COM.AU



Christmas party 2020 @ Baja Modern Mexican, Fortitude Valley



Staff News

Matt: is taking the family down to Palm Beach for a week after Christmas and New Years and is getting back into chess after watching the Queen's Gambit on Netflix!

MJ: has started doing Zoom Pilates with her sister who is in Japan. She is a dancer and Pilates instructor. MJ really misses her home.

Tilly: has graduated University! She finally has some time to relax, so she has been at the beach every weekend!

Jes: is feeling in her element as it heats up and is hitting the beach every chance she gets

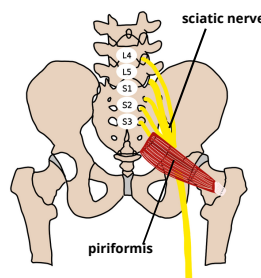
MISDIAGNOSED AILMENTS

Dr Matthew Platz

Last month I did a presentation at the Brunswick Hotel of common misdiagnosed conditions. These conditions have been observed over the last 11 years of practice. A small explanation on the most common is shown below.

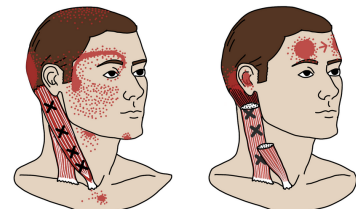
1. Sciatica vs piriformis syndrome

True sciatica is the compression of the L5 S1 nerve roots, however, piriformis syndrome which is much more common is caused by tightness in the piriformis muscle which suffocates the sciatica nerve. Releasing the hips and lower back can eradicate this over a few weeks.



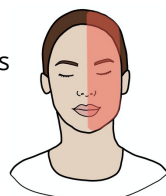
3. Sinus as upper neck dysfunction and SCM guarding

Often chronic sinus can be a pseudo sinus pain which is being caused usually by an old neck or shoulder injury that is being guarded that is being guarded by the SCM diagram of the neck. See diagram.



2. Migraine vs tension headache

headache attacks lasting 4-72 hours
unilateral location
pulsating sensation
moderate or severe intensity
aggravated by physical activity
nausea or vomiting



Migraine

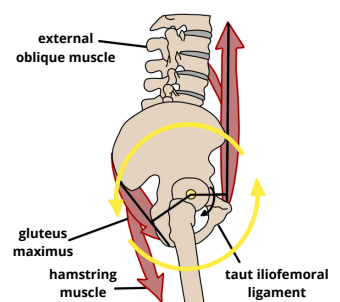
lasting 30 minutes to 7 days
bilateral location
pressing/tightening sensation
mild to moderate intensity
not aggravated by physical activity
no nausea or vomiting



Tension headache


4. Low back arthritis vs Lumbo pelvic rhythm


If we X-Ray and MRI'd 90% of the population over the age of 25 we would all test positive of osteoarthritis of the lower back. If you get the muscles working better through the hips and lower back, your lower back pain can easily be managed.





2021


At the end of each year Dr. Matt reflects on a year that was and sets goals for the year to come. This year has been very different and most of us have been thrust out of our comfort zones into many unknowns. Albert Einstein famously said that "In the middle of difficulty lies opportunity." To set positive intentions going into 2021, we recommend jotting down three points on the five categories listed below.

 **Health**
1.e.g. I am going to group PT twice a week! 2..... 3.....

 **Career/study**
1.e.g. I am going to join a networking group! 2..... 3.....

 **Financial**
1.e.g. I will save for an end of year holiday to Tasmania! 2..... 3.....

 **Self-love**
1.e.g. I will treat myself to at least a quarterly massage. 2..... 3.....

 **Relationships**
1.e.g. I will catch up with a friend at least once a month! 2..... 3.....

The best compliment you can give is a referral!


Family & friends initial
consult is \$60! (Chiro
only)


Congrats to J. McMinn &
E. Baker for referrers
of the month!


THANKYOU



MJ sheds light on when it's best to use ice or heat!

 **ICE** is a vasoconstrictor and causes blood vessels to **narrow**, limiting internal bleeding at the site of injury. It helps provide direct numbing effect to sensitive nerves. Ice should be used within 72 hours for most **ACUTE** injuries where inflammation, swelling and tenderness are present. These injuries include sprains, bruises and falls.

 **HEAT** dilates blood vessels and **increases blood flow** to the area. Heat shouldn't be used for acute injuries as it can stimulate inflammation rather than relieve it. Heat will help **stimulate circulation**, increase tissue elasticity and facilitate muscular **relaxation**. Heat should be used for **CHRONIC** injuries which include chronic neck and back pain, muscular spasms chronic bursitis and tendinopathies.

 **!** Both should be moderated in use, and be applied for no longer than **20 minutes** at a time. If you're still confused, ask MJ or Matt which would be best suited.

Merry Christmas & Happy New Year!



Thank you for all your support over the year! The team here would like to wish you all a very Merry Christmas and a fruitful New Year! The **clinic will be shut** from the 24th of December to the 11th of January.



Frozen Refresher

Handful of frozen raspberries
chunks of frozen watermelon
5 mint leaves
water to cover all frozen fruit
(+ honey or coconut sugar
if wanting a lil sweeter!)

Put all ingredients
into a blender and
blend for one
minute!
Enjoy!



We will be posting more on
instagram, with loads of
information to keep you
motivated! Follow us at



@alderleychiropractic
@mjarigato



Chiropractic