



# Kingsland Chiropractic



345 New North Road

Phone 302 0299

[www.kingslandchiropractic.co.nz](http://www.kingslandchiropractic.co.nz)

December 2010



*Merry Christmas everyone,*

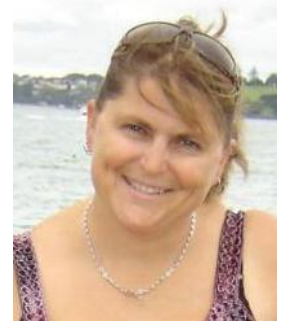
***May this be a time for renewal, peace, wisdom and healing.***

*Thank you for joining the practice and letting me introduce you, your friends and family to the wonders of chiropractic and drug free, natural healthcare. If you haven't been in for a while please stop by for a checkup before Christmas -your body will thank you.*

**Kingsland Chiropractic will be closed from 7pm on 23 Dec and reopening from 1pm on 12 Jan. Please phone the office for emergency contact numbers during this period.**

*Dr Jodie Lamb has been enjoying the challenges of starting her practice. She is undergoing surgery just before Christmas to repair a ligament in her wrist. She should be back at work from mid January and I wish her all the best for a speedy recovery.*

*I studied hard and recently passed basic and advanced certification in Sacro-Occipital Technique. I've gradually been utilizing more of this in practice. I'm finding it's a really holistic approach that gets the body and nervous system in balance and utilizes some cranial techniques too. If I haven't used this on you yet please let me know if you would like to try it.*



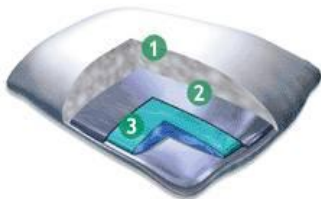
*You might have noticed we have a smart new logo and business cards. We are planning new street signage for the new year and an overhaul of our website. Keep an eye out or join us on Facebook for updates.*

*We're looking forward to a great break to relax and recharge for 2011. Thank you for all your support and referrals during 2010. Have a fun and safe festive season.*

*-Dr Michelle Dickinson*

## NEW - Mediflow pillows

The Mediflow pillow has a number of unique and innovative design features and is an orthopaedic pillow that has been clinically shown to improve quality of sleep unlike any other bed pillow on the market. This water base pillow provides an adjustable fit that can be customised to retain cervical spine neutrality while sleeping in any position.



1. A layer of super-soft, hypo-allergenic **DuPont**®polyester fibre floats over the top of the water layer and provides outstanding comfort.
2. A thermal insulator fully encases the water layer to prevent body heat from being drawn from the head, neck and shoulders. This is an essential component of the comfort of the pillow.
3. A water pouch secured to the base of the pillow provides the responsive head and neck support. Easy to follow instructions show how much water to add for soft, medium and firm support. Use ordinary tap water. No chemical additives are required.

Clinical testing was conducted by the John Hopkins School of Medicine (USA) and by Logan Chiropractic College (USA) and the pillows were shown to improve quality of sleep and reduce pain intensity levels.

*I'm currently trialling one and really liking it. It's a much softer more luxurious feeling alternative to the Chiro-Pil-O but still gives great support. The Mediflow is available from us for \$120 (less than recommended retail).*

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## **Holiday Tips: Travel Can Be a Pain In Your Back**

Even in holiday mode, traveling can be rough on the body. Whether you are traveling alone on business or on your way to a sunny resort with your family, long hours in a car or an airplane can leave you stressed, tired, stiff and sore.

"Prolonged sitting can wreak havoc on your body," says Dr. Scott Bautch, past president of the American Chiropractic Association's (ACA) Council on Occupational Health. "Even if you travel in the most comfortable car or opt to fly first class, certain pressures and forces from awkward positions can result in restricted blood flow. One of the biggest insults to your system from prolonged sitting is the buildup of pressure in the blood vessels in your lower legs. Contracting and relaxing the muscles helps the blood flow properly." Dr. Bautch and the ACA suggest the following tips and advice to fight the pains and strains of travel before they occur.

### **Warm Up, Cool Down**

Treat travel as an athletic event. Warm up before settling into a car or plane, and cool down once you reach your destination. Take a brisk walk to stretch your hamstring and calf muscles.

### **In the Car**

- Adjust the seat so you are as close to the steering wheel as comfortably possible. Your knees should be slightly higher than your hips. Place four fingers behind the back of your thigh closest to your knee. If you cannot easily slide your fingers in and out of that space, you need to re-adjust your seat.
- Consider a back support. Using a support behind your back may reduce the risk of low-back strain, pain or injury. The widest part of the support should be between the bottom of your rib cage and your waistline.
- Exercise your legs while driving to reduce the risk of any swelling, fatigue or discomfort. Open your toes as wide as you can, and count to 10. Count to five while you tighten your calf muscles, then your thigh muscles, then your gluteal muscles. Roll your shoulders forward and back, making sure to keep your hands on the steering wheel and your eyes on the road.
- To minimize arm and hand tension while driving, hold the steering wheel at approximately 3 o'clock and 7 o'clock, periodically switching to 10 o'clock and 5 o'clock.
- Do not grip the steering wheel. Instead, tighten and loosen your grip to improve hand circulation and decrease muscle fatigue in the arms, wrists and hands.
- While always being careful to keep your eyes on the road, vary your focal point while driving to reduce the risk of eye fatigue and tension headaches.
- Take rest breaks. Never underestimate the potential consequences of fatigue to yourself and others.

### **In an Aeroplane**

- Stand up straight and feel the normal "S" curve of your spine. Then use rolled-up pillows or blankets to maintain that curve when you sit in your seat. Tuck a pillow behind your back and just above the beltline and lay another pillow across the gap between your neck and the headrest. If the seat is hollowed from wear, use folded blankets to raise your buttocks a little.
- Check all bags heavier than 5-10 percent of your body weight. Overhead lifting of any significant amount of weight should be avoided to reduce the risk of pain in the lower back or neck. While lifting your bags, stand right in front of the overhead compartment so the spine is not rotated. Do not lift your bags over your head, or turn or twist your head and neck in the process.
- When stowing belongings under the seat, do not force the object with an awkward motion using your legs, feet or arms. This may cause muscle strain or spasms in the upper thighs and lower back muscles. Instead, sit in your seat first, and using your hands and feet, gently guide your bags under the seat directly in front of you.
- While seated, vary your position occasionally to improve circulation and avoid leg cramps. Massage legs and calves. Bring your legs in, and move your knees up and down. Prop your legs up on a book or a bag under your seat.
- Do not sit directly under the air controls. The draft can increase tension in your neck and shoulder muscles.