

## OUR CHIROPRACTORS

### Dr Gareth Calverdash

B.Sc, Hons (Chiro), B.Chiro, ICCSP

Graduated from Murdoch University.

He is the head of the well-being team.

### Dr Cameron Rennie

B.Sc,(Chiro), B.Chiro, BSPORTSc, ICCSP

Graduated from Murdoch University.

Has an interest in Sports Medicine.

### Dr Sasha Aspinall

B.Sc, Hons (Chiro), B.Chiro

Graduated from Murdoch University

as Dux of her class. Her particular

interest lies in spinal pain.

### Dr Tanja Ricciardi

BSc (Neuro), BSc (Chiro), BChiro

Graduated from UWA with

Neuroscience major then went on to

complete a Chiropractic degree at

Murdoch University

## CLINIC STAFF

### Jo Brook

Senior Receptionist

### Alexandra Wetton

Receptionist/Marketing

## CONSULTATION TIMES

Consultations are by appointment.

### Monday to Friday

8.00am - 11.00am & 2.30pm - 6.00pm

### Saturday

8.00am - 12 noon

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# Health Adjustment

## AUTUMN 2021

### Editors Note - Dr Gareth Calverdash

Dear Friends, Welcome to our newest, homegrown, Hilton Chiropractic specific newsletter! It's been a long time coming & I'm so glad we are able to share it with you. Our intention is to update you every season/quarter with: **what's on**, some **education** on how to **keep healthy and active** and any thing else you ask of us. I hope you enjoy this issue and we would love to have your feedback. Regards Dr Gareth.

**ALSO, Keep an eye out for our Autumn Special - If we haven't seen you in a while we would love to help get your health back on track!** 😎

### Welcome our New Chiropractor - Dr Tanja Ricciardi

Dr Tanja has always been fascinated with human movement and anatomy. In 2006 she completed her Bachelor of Science degree (neuroscience major) at UWA. She then went on to work as a Research Assistant at Sir Charles Gairdner Hospital and as a Sleep Technician assisting people with sleep disorders. Following this she completed a double degree in Chiropractic at Murdoch University. She has a strong interest in sports chiropractic and exercise rehabilitation.



Over the years she has provided chiropractic care for many sporting events and teams including amateur football, triathlons, tennis and the Rottnest Channel Swim. She is currently undertaking further study to obtain her International Certificate in Sports Chiropractic (ICSC).

As a mother of two young children herself, she is aware of the changes the female body goes through pre and postnatally and hopes to assist other women through these stages of life with chiropractic care.

While life is busy between chiropractic and mum life, Tanja enjoys her free time keeping active, gardening, and enjoying good food and coffee.

She looks forward to getting you moving and feeling your best as quickly as possible. She will equip you with advice and exercises to ensure that you keep your body functioning at its best for the long term.

## VANILLA CHEESECAKE - LOWER CARB



### NUTRITION

• Calories	261
• Protein	13g
• Fats	14g
• Carbs	20g

### METHOD

1. Blend Oats & Lsa in food processor until roughly chopped and blended.
2. Mix melted coconut oil and rice malt syrup into dry mixture .
3. Press base mixture firmly into a 6 serve jumbo muffin tin and let cool.
4. Blend cottage cheese, stevia ,vanilla and sour cream until smooth and creamy.
5. Spoon mixture onto base and top with strawberries or blackberries.
6. Place in the fridge to chill before serving. (can be frozen to enjoy later)

### INGREDIENTS

- 1 Cup Oats
- 3 Tbsp Coconut Oil
- 50g LSA
- 2 Tbsp Rice Malt Syrup
- 500g Cottage Cheese
- 100ml Light Sour Cream
- 3 Tsp Vanilla Extract
- 6 Tsp Stevia.

## FMS - Functional Movement Screen



Watch out this Autumn for our 7 Movement patterns for our Functional Movement Screen. We will be uploading each movement to social media every Saturday from April 3rd and you will also find a laminate in our waiting room.

The Functional Movement Screen (FMS) is a screening tool used to evaluate seven fundamental movement patterns in individuals with no current pain complaint or musculoskeletal injury. The FMS is not intended to diagnose orthopedic problems but rather to demonstrate opportunities for improved movement in individuals.

The screen is designed to place an individual in extreme positions where movement deficits become noticeable if appropriate stability and mobility are not used. Even though individuals are performing an activity or sport at a high level, it has been observed that many of these same individuals are limited in fundamental movement. This leads to the use of compensatory movements in order to achieve or maintain the level of performance needed for the activity. The inefficient use of compensation during movement will lead to poor biomechanics that limit gains in performance and reduces the body's ability to remain adaptable and durable against the risks of being involved in the activity or sport. [www.functionalmovement.com](http://www.functionalmovement.com)

## Knee Pain and Arthritis - Not as bad as you think!

Knee pain due to osteoarthritis (degeneration) is a common problem we see in the clinic, and there are lots of misconceptions out there about it! Did you know... modern evidence is showing that **surgery for knee osteoarthritis is often not as effective as we once thought!**

**EXERCISE:** It's also a common myth that exercising when you have knee arthritis is dangerous. This isn't true, and in fact **exercise is an effective treatment!** Sometimes exercise may be painful, but most types of exercise will not cause damage or increasing 'wear and tear' on the joints. **Exercise actually stimulates growth and healing in cartilage and improves joint lubrication** - we love the saying "motion is lotion".

**HIGH VALUE CARE:** A recent article has encouraged people to try 'high value' care before considering invasive treatment options like surgery. What does that mean? If you have pain due to knee osteoarthritis, 'high value' care means:

1. Exercises to improve your **hip and knee strength, balance and flexibility.**
2. Lifestyle changes like **weight loss and increasing general physical activity.**

"High value" physical care is the most likely treatments to benefit you.

Other treatments like massage, dry needling, foam rolling, and ultrasound don't seem to help long term, but they are safe and non-invasive so they may help you to manage knee pain while also engaging in the 'high value' care. It is recommended you **only consider injections, arthroscopy and knee replacement surgery after you have given 'high-value' care a red hot go!**

**At Hilton Chiropractic we treat knee problems and would love to help you get symptoms of knee osteoarthritis under control. Please call if you have a query or question, one of our chiropractors or staff should be able to help.**

## AUTUMN SPECIAL 2021

If you haven't been in for over 6 months we would love to help keep your well being in check. To take advantage of our Autumn Special and receive an extended appointment for the cost of a standard appointment: Call 9337 6033 or book online and visit [www.hiltonchiropractic.com.au](http://www.hiltonchiropractic.com.au)

*Did you know that Hilton Chiropractic can ALSO help with the following:*

- \*foot pain
- \*dizziness/vertigo
- \*low back pain
- \*neck pain
- \*headaches