

## OUR CHIROPRACTORS

### Dr Gareth Calverdash

BSc Hons (Chiro), B.Chiro, ICCSP

Graduated from Murdoch University.

He is the head of the well-being team.

### Dr Cameron Rennie

BSc (Chiro), B.Chiro, B.SportSc, ICCSP

Graduated from Murdoch University.

Has an interest in Sports Medicine.

### Dr Sasha Aspinall

BSc (Hons), BChiro, PhD

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

### Carolyn Lockhart

Senior Receptionist

### Alexandra Wetton

Receptionist/Marketing

## CONSULTATION TIMES

Consultations are by appointment

Monday to Friday

8am - 11am & 2pm - 6pm

Saturday

8am - 12 noon

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# Health Adjustment

## WINTER 2022

### Editors Note - Dr Gareth Calverdash 🤔

"Hi All, I hope winter time is being kind to you? It appears that COVID is certainly with us for the season so stay safe, and keep healthy! For those who are concerned about their balance, slipping/falling, or just trying to prevent injuries with winter sports. Overleaf I have summarised an article about fall prevention and a bit about what we do for it here in the clinic. Let us know if you want to chat more about balance, dizziness, vertigo or gait/walking in general. Cheers DrG"

### Mens Health Week: 13 - 19 June 2022

International Men's Health Week is celebrated every year around the world in the middle of June. It is an opportunity to highlight the importance of men's health, and to promote and support the health and wellbeing of men and boys in our communities. Men's Health Week focuses on not just physical health, but also men's mental health and emotional wellbeing.

Here at Hilton Chiropractic, we are encouraging men/boys to get checked and stay on top of their physical health. If you have not been checked in over a year, we are offering 50% off your next appointment.

**THIS WINTER IN ALIGNMENT WITH MENS HEALTH WEEK,  
DR GARETH IS OFFERING 50% OFF YOUR CHECKUP**  
Please call 9337 6033 and book a returning patient  
appointment or visit [www.hiltonchiropractic.com.au](http://www.hiltonchiropractic.com.au)



Men's Health Week is designed to provoke thought and discussion about what needs to be done to improve male health.

The theme of Men's Health Week 2022 is Building Healthy Environments for Men and Boys - focusing on creating physically, mentally and emotionally healthy environments in the home, workplace and in social settings.

Men's Health Week works on the understanding that the best people to improve men's health in Australia are those who live, work and engage with men and boys in communities around the country.

To support their efforts to engage with men and boys, the Men's Health Week website provides tools to register and promote community events and provides contact details so that interested people can find out what is happening and who to talk to.

<https://www.westernsydney.edu.au/mens-health-week>



We are offering a complimentary adjustment to the person who likes the most posts this July:) - Winner will be shown on our notice board:)



Don't forget to follow us and receive \$5 off your next visit:)

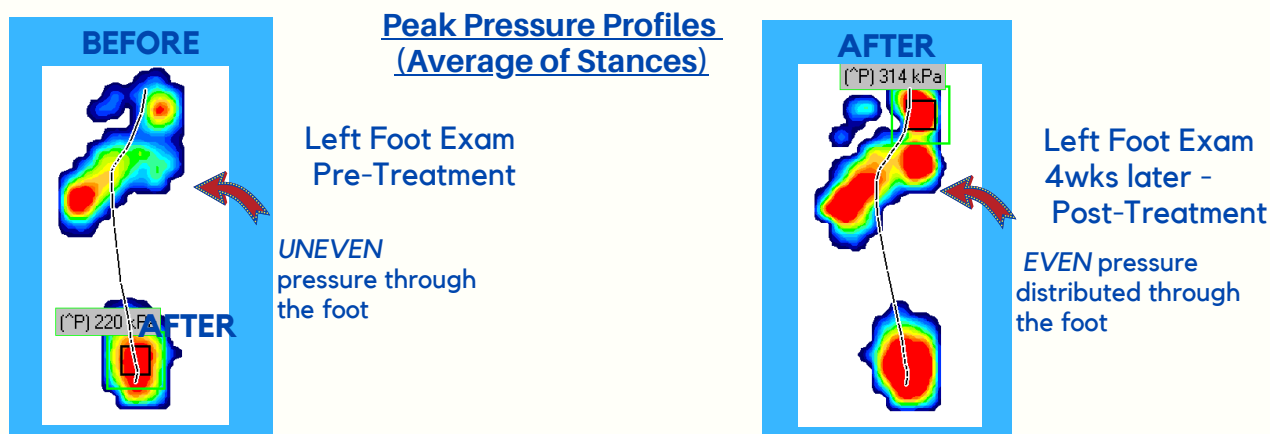
# Fall Prevention

Falling and the risk of falling is problematic, for a couple of reasons:

1. The only way to know our balance is to test our balance, which means falling! (which is problematic for all!)
2. In the over 60s it can be a leading cause of fractures which result in significant hospitalization.

There are a number of great tests that can be used to test someone's balance. Some examples we use in the clinic are:

1. **SINGLE LEG BALANCE TESTS (SLBT)** - timing patient balancing on one leg (eyes open/closed). The longer you last the better.
2. **TIMED UP & GO (TUG)** test - time takes a patient to get up from chair & get walking 3 metres, turn, return to chair & sit down.
3. **DIGITAL GAIT/BALANCE ASSESSMENT** - with our pressure mat we can test your balance and get a digital record of your ability. This is very objective way of measuring progress.



## WAYS TO PREVENT FALLS:

1. **GET TESTED EARLY** - ALL OVER 60s or anyone concerned with their balance!
2. **EXERCISE** - specifically exercises that challenge balance in a safe way; e.g. tai chi, yoga, ...
3. **VIT D/CALCIUM** - appropriate vitamin D & Calcium levels allow for good bone production. It's important to test your bone density too (DEXA scans).
4. **REDUCE BENZODIAZAPINE** - with guidance from your doctor, it is recommended to reduce drugs that contribute to dizziness.
5. **GET EYES TESTED:**
  - a. **DON'T USE MULTIFOCALS** - if you can help it try not to use multifocals (especially if you are walking around).
  - b. Get cataracts fixed
6. **GET BALANCE/FEET ASSESSED** - HELPS WITH YOUR ABILITY TO WALK & GET AROUND.

**Reference:** Nicholas Waldron, Anne-Marie Hill, Anna Barker; (2012) Falls prevention in older adults: Assessment & Management ; URL: <https://www.racgp.org.au/afp/2012/december/falls-prevention> (Accessed: 2022/05/31)

This Winter to show our appreciation our first 6 readers will receive 50% off their next adjustment with Dr Gareth. Please call 9337 6033 and use code word "SLEEP"



## WINTER SPECIAL 2022



*This Winter we would like to offer you 25% off our Pillows!*