

Case Studies and Commonly Helped Conditions

HOMEWORK

There are lots of things you can do at home to get better results from your chiropractic care.

It's recommended to do your chiropractic 'home work' each and every week as it compliments your adjustments and helps you heal faster.

ICE THERAPY

Continue to use your ice pack. Ice works to numb pain and soothe inflammation. Use the ice pack for 5 minutes at a time.



Aussie Surfer Matt Banting

Surfer seeks increased performance through Chiropractic care at the Hurley Australian Open of Surfing Manly.

Australian Open 2012 Pro Junior and Open Men's winner Matt Banting said:

"It was the best and most aligned my body has ever felt for a competition!"*

*Chiropractors Association of Australia

Tiger Woods

Tiger Woods, PGA Tour Professional.

"Being a chiropractic patient has really helped me a lot," celebrity Tiger Woods asserted.

"When I was in a growth spurt, my back became very sore and I was weak. My chiropractor really helped me. Not only did he adjust my spine, he also gave me strengthening exercises to do.

If you are tall and gangly, like I am, or play sports, I would recommend chiropractic."

"Lifting weights and seeing a chiropractor on a regular basis has made me a better golfer.

I've been going to Chiropractors for as long as I can remember. It's as important to my training as practicing my swing."*

*Hayden Institute

Commonly Helped Conditions



Chiropractic Works

A research study conducted by Drs. Anthony Lauro and Brian Mouch, published in The Journal of Chiropractic Research and Clinical Investigation, 1991, indicated chiropractic care might improve athletic performance by as much as 16.7% over a two week period.

The report also concluded that subluxation free athletes react faster, coordinate better, execute fine movements with improved accuracy and precision, amounting to an overall better athlete.

Conditions:

People have reported chiropractic benefits help to improve:

- Back pain
- Headaches
- Ear infections
- Neck pain
- Arthritis and joint pain
- Scoliosis
- Sciatica
- Nerve pain
- Asthma
- Blood pressure
- Healthy pregnancy
- Organ function
- Surgery prevention
- Sports injury

OVERVIEW

- [Success with Chiro](#)
- [Commonly Helped Conditions](#)



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HELP A FRIEND?

If you know someone who is suffering from any of these conditions, why not refer them to chiropractic?

NEXT TIP?

Our next tip will be about inflammation.