

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 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

Senior Receptionist

Alexandra

Receptionist/Marketing

CONSULTATION TIMES

Consultations are by appointment

Mon: 8 - 11am

Tue: 8 - 11am & 2pm - 6pm

Wed: 9 - 12pm & 2pm - 6pm

Thur: 2pm - 6pm

Fri: 8 - 11am

Sat: 8 - 12 noon

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Health Adjustment

SPRING 2023

Editors Note - Dr Gareth Calverdash 🕶️

Hi All. The weather is getting sunnier and this Spring we are here to help the ladies of our community. If we haven't seen you in a while or if you have never been in before, please book in and take advantage of 50% off a discounted initial consultation or returning patient consultation.

There have also been a few reviews in the literature relating to the **best approaches for treating lower back pain** which i think are worth looking at. (see page 2).

I look forward to seeing you all this Spring Dr G.

Women's Health Week: 4 - 8 September 2023

Women's Health Week runs annually in September as a nation-wide campaign of events and online activities - all centred on improving women's health and helping you to make healthier choices. Women's Health Week is a reminder for all women to set aside time for your health and wellbeing.

This year, womens health week will be offering new resources and information on hormones, polycystic ovary syndrome (PCOS), menopause, cervical screening self-collection, heart health, persistent pelvic pain, nutrition and more.

About Jean Hailes

Jean Hailes for Women's Health is Australia's leading and most trusted women's health organisation. For more information, please follow the link to her website: www.jeanhailes.org.au

How chiropractic can help with pelvic pain.

Chiropractic is one of the most effective treatments for acute low back pain for either gender. This involves more than just the back but pelvic girdle (groin) & down the leg.

More relevant to women & the pelvis is pregnancy & there is some great information on our website about how we can help with our pregnant ladies.

[Click here for more information on chiropractic and pregnancy.](#)

WOMENS SPRING SPECIAL 2023

TO ALL THE AMAZING

WOMEN OF PERTH

In alignment with
Women's Health Week
we would love to
offer you 50% off

*Review consultation

*Initial consultation



Did you know that
Hilton Chiropractic
can ALSO assist with:

- *Pregnancy Pain
- *Pelvic Pain
- *Hip Pain
- *Incontinence
- *Abdominal Wall
- *Low back pain
- *Headaches

To book this special, please call 0401 914 313 and request
a "SPRING SPECIAL APPT"

[CLICK HERE TO MAKE AN APPOINTMENT](#)

Clinical Care Standard For Low Back Pain

(A REVIEW OF HOW AUSTRALIA CARES FOR LOW BACK PAIN AND WHAT WE NEED TO CHANGE GOING FORWARD)

LOW BACK PAIN costs Australian health system \$4.8 billion annually, they also recognise that it has been poorly managed in the past. Here are some of the take home messages from it:



Statement 1: Initial clinical assessment

- Screen for specific/serious pathology.
- Consider psychosocial factors
- Follow-up with evidence based low back pain pathway.

Statement 2: Psychosocial assessment

- Screen for psychosocial factors that may affect their recovery.
- Assessing & understanding their concerns about diagnosis & pain.
- Impact of pain on their life.
- Measure progress

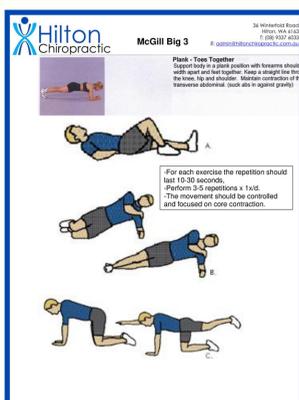
Statement 3: Reserve imaging for serious pathology

- Expectations of imaging & limited role in diagnosis
- Only refer when signs/symptoms of serious pathology
- Incidental findings & relevance



Statement 4: Patient education and advice

- Provide patient with information about their condition and targeted advice.
- Make sure patient is educated on their condition and how they can get best care/management.



Quality statement 5: Encourage self-management and physical activity

- STAY ACTIVE**
- CONTINUE OR RETURN TO USUAL ACTIVITY ASAP**
- COLLABORATE WITH PATIENT TO GET THEM ACTIVE IN A WAY THAT WILL BE SUSTAINABLE FOR THEM.**

Quality statement 6: Physical and/or psychological interventions

- physical and/or psychological interventions based on clinical and psychosocial assessment findings.

Quality statement 7: Judicious use of pain medicines

- Goal of pain medicine is to help them get back to physical activity and not eliminate the pain.
- Avoid anticonvulsants, benzodiazepines, antidepressants and ideally no prolonged use of opioids.

Quality statement 8: Review and referral

Refer anyone appropriately if their symptoms aren't improving in an appropriate time.



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