

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.

Dr Giveney How

BSc (Chiro), B Chiro

Graduated from Murdoch

University with High Distinction.

CLINIC STAFF

Carolyn

Senior Receptionist

CONSULTATION TIMES

Consultations are by appointment

Monday to Friday

8am - 11am & 2pm - 6pm

Saturday

8am - 12 noon

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Health Adjustment

WINTER 2024

Editors Note - Dr Gareth Calverdash

Hello Hilton Chiropractic Community!

In this edition our new chiro Dr Giveney talks about neck pain and headaches. We have a 20% off special on pillows for winter and can review how you sleep to recommend the best pillow for your sleep style.

We also have a crossword in this edition, first participant to reply with correct answers will receive a discount off their next chiro appointment with me!

Keep well and warm this winter, I hope to see you soon.

Dr Gareth 😊

Neck Pain and Headaches

With a **lifetime prevalence of around 50%**, most people are likely to experience neck pain at some point in their life.¹ However, that doesn't mean you have to suffer. Chiropractic care has shown to be effective at managing both neck pain and headaches, both of which we regularly see in our clinic.²

While there are many different causes of neck pain, it often originates from the **joints and muscles in our neck**. This pain can arise due to altered loading of weight due to 'poor' posture or from trauma/microtrauma. Common culprits include slumping over your computer keyboard, working in physical trades that require **forward-flexed positions**, acute trauma like **whiplash**, or microtrauma from repetitive movements like **lifting and sustained awkward postures**.

How can chiropractic help?

There are a variety of techniques we can utilise to help reduce your pain. So, even if you're hesitant about having your neck adjusted, there's still plenty we can do! Some of these methods include:

- **Joint mobilisation & manipulation**
- **Massage, trigger point therapy & dry needling for muscular pain**
- **Stretches & postural/ergonomic education**
- **Strengthening exercises to help reduce future episodes of neck pain and headaches**

Don't let your neck pain hold you back. Visit us at Hilton Chiropractic and see what chiropractic can do for you.

Dr Giveney How (Chiropractic)

REFERENCES: 1. Cohen, S. P. (2015, February). Epidemiology, diagnosis, and treatment of neck pain.

Mayo Clinic Proceedings (Vol. 90, No. 2, pp. 284-299). <https://doi.org/10.1016/j.mayocp.2014.09.008>

2. Bryans, R., Decina, P., Descarreaux, M., Duranleau, M., Marcoux, H., Potter, B., Ruegg, R.P., Shaw, L.,

Watkin, R., White, E. (2014, January). Evidence-Based Guidelines for the Chiropractic Treatment of Adults

With Neck Pain. Journal of Manipulative and Physiological Therapeutics (Vol. 37, No. 1, pp. 42-63).

<https://doi.org/10.1016/j.jmpt.2013.08.010>

WINTER SPECIAL 2024

This Winter we would like to offer **20% OFF** our Pillows & Foam Rollers!

CHANGES TO FEES & EPC APPOINTMENTS AS OF 1 JULY

CHANGES TO MEDICARE EPC APPOINTMENTS

FROM 1ST JULY 2024

All patients who are seeing us using an EPC from Medicare, Please note our payment process has now changed to align with other health providers under the EPC program.

We will now require payment in full. The most efficient way to receive your rebate immediately is to pay us using bank card and have your Medicare card on you also. We will then swipe your Medicare card and process your rebate on the spot. Using your bank card again we will have the rebate paid directly back into your account on the same day.



NEW FEE SCHEDULE FROM 1ST JULY 2024

STANDARD APPOINTMENT \$75
15 minutes

CONCESSION APPOINTMENT \$65
15 minutes

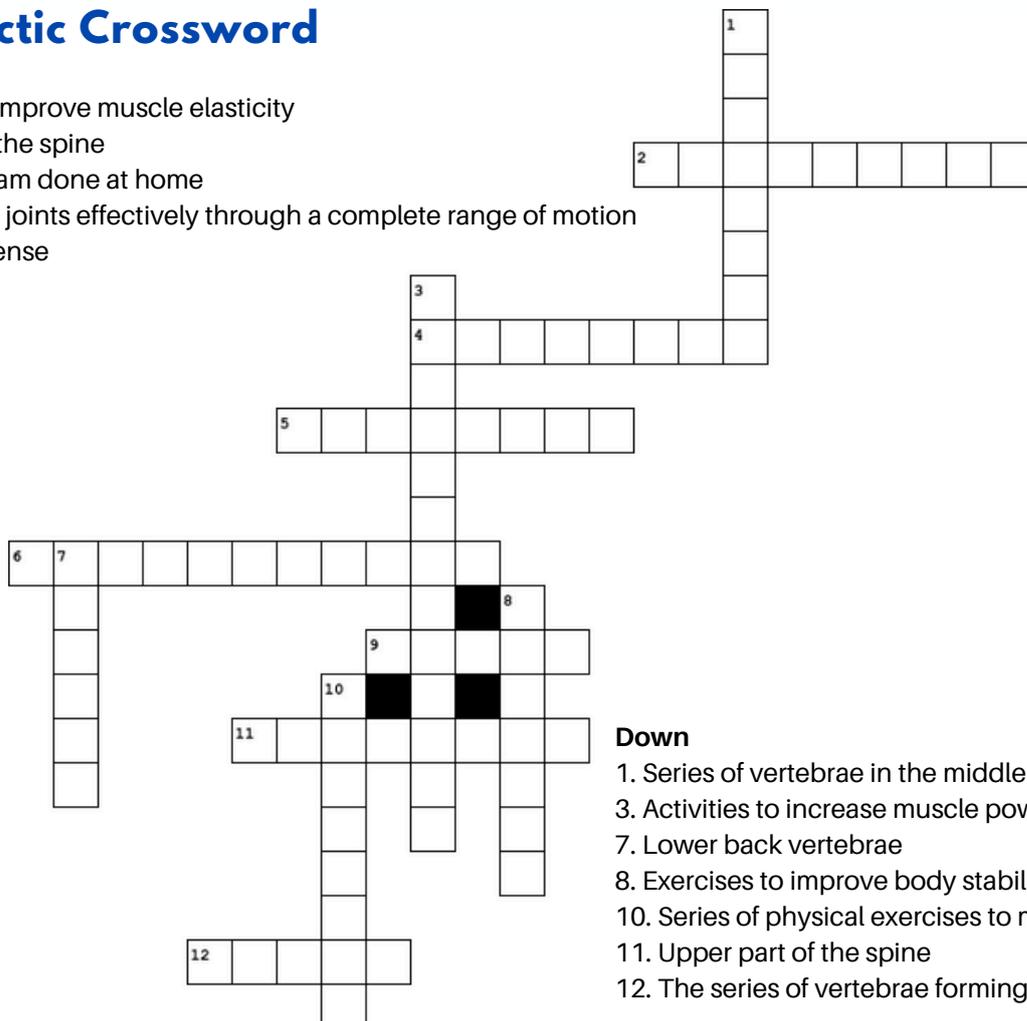
SO WE CAN CONTINUE PROVIDING YOU WITH QUALITLY CARE



Chiropractic Crossword

Across

2. Exercises that improve muscle elasticity
4. Middle part of the spine
5. Training program done at home
6. Ability to move joints effectively through a complete range of motion
9. To make less tense



Down

1. Series of vertebrae in the middle of the back
3. Activities to increase muscle power
7. Lower back vertebrae
8. Exercises to improve body stability
10. Series of physical exercises to maintain or improve health
11. Upper part of the spine
12. The series of vertebrae forming the axis of the skeleton



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