CHIROPRACTIC FIRST

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CHIROPRACTORS

Dr Esyltt Graham
B.App.Sc(Chiro) M.Sc.Chiro(Paeds)
Paediatric Chiropractor (AICE 2022)

Dr Aleta Elliott
B.Chiro

OFFICE STAFF

Maggie Sturges (Chiropractic Assistant)
Sally Horsley (Chiropractic Assistant)
Ruth Kenyon (Chiropractic Assistant)

OFFICE HOURS

Monday	
9:00am–12:30pm	2:30pm–6:30pm
Tuesday	2:30pm–6:30pm
Wednesday	
9:00am–12:30pm	2:30pm–6:00pm
Thursday	
8:15am–12:00pm	2:00pm–6:00pm
Friday	
9:00am–12:00pm	2:00pm–5:00pm

CHRISTMAS NEW YEAR HOURS

Our office will be closed on Thursday December 24th. We will reopen for the New Year on Monday January 4th, 2027.

We would love to see you for a pre-holiday tune up. And wish you a relaxing, peaceful holiday season.

ONLINE BOOKINGS now available



YOUR CHIROPRACTOR

NOVEMBER/DECEMBER 2026



HAS YOUR PACE CHANGED?



CALF STRENGTH MATTERS



CURIOUS ABOUT COLLAGEN?



HEADACHES & YOUR NECK



ONE SORE JOINT, WHOLE-BODY IMPACT

Your body works as a connected system, so pain in one joint can change how you move, how much you do and how comfortable you feel. Understanding this can help you respond to pain without letting it take over your everyday life.

For example, stub your toe, and it's not just the toe pain that changes how you move. Within minutes, you're probably shifting your weight away from the sore foot onto the other one.

Movement isn't produced by one joint working in isolation. Walking, reaching, balancing and even standing still rely on coordinated movement between your joints, muscles and nerves. When one part changes how it moves, other parts may adjust to keep the movement going.

How your body adapts

When a joint hurts, it's natural to protect it. This short-term response is normal and helps you keep moving despite pain or restriction. However, if the altered movement pattern continues, it can become established and automatic, both while the problem is ongoing and after it has improved.

Over time, this may mean other areas consistently take on more of the movement or load. They may become tight or sore and, in some cases, this can contribute to discomfort elsewhere.

This doesn't mean the painful joint is necessarily causing pain elsewhere. Your body is connected, but it doesn't work like a simple chain reaction, and not every change in movement is harmful.

Common patterns worth knowing

If your hip is stiff, the way you walk may change, with other joints and muscles adapting to the reduced movement. This can sometimes be associated with discomfort in the lower back or knee.

A sore foot or ankle can also change the way you walk, which may be associated with discomfort around the knee or hip.

These are just examples — pain in one area doesn't always mean another area is compensating. But they illustrate why a new ache can sometimes appear away from the original problem.

What this means for you

A few practical takeaways can help:

- Although you may want to avoid your usual activities, gentle movement rather than complete rest is often helpful for musculoskeletal pain. You can modify any movements that noticeably aggravate your symptoms.
- As you become more comfortable, you can gradually build strength and fitness with activities suited to your abilities.
- If you develop unexplained pain elsewhere, note where the pain is and when it started. This can be useful when discussing your symptoms with your chiropractor.

Pay attention to the bigger picture

Changes to your normal movement patterns can place different demands on other areas of your body over time. Pay attention to any new or persistent pain, even if it seems minor or unrelated.

If pain worsens, or starts affecting how you move or manage everyday activities, have it assessed to help work out what may be contributing to the problem and how best to keep moving.

Your body adapts when something hurts — but what happens next?

Our newsletter is free - please take a copy with you

CALF STRENGTH MAY MATTER MORE THAN YOU REALISE

You may not think much about your calf muscles – until something goes wrong. Yet these muscles have an important job to do every time you walk, climb stairs or rise on to your toes.

Keeping your calf muscles strong can help you move more easily and confidently, particularly when changing direction or moving over uneven ground. Strong calves also help you push off the ground and stay steady on your feet.

More than just a push-off

Your calf muscles help control your ankle and foot as you walk. They also provide the final push that helps move your body forwards with each step.

Try walking up a hill and you'll soon notice your calves working harder. They also help you rise onto your toes and maintain your balance when your weight shifts.

This makes calf strength important for everyday movements that you may normally take for granted.

Your calves and balance

When you stand or walk, your body is constantly making small adjustments to keep you balanced. Strong muscles around your lower legs can help you control these movements.

Muscle weakness in the lower limbs is associated with a greater risk of falls in older adults. Research specifically examining calf strength has also found links between calf function, balance and walking performance.

That doesn't mean weak calves will cause you to fall. But maintaining strength in your lower legs is one part of staying mobile and confident as you age.

Putting your calves to work

Walking helps keep you moving, but it doesn't always provide enough resistance to build or maintain muscle strength.

One simple option for strengthening your calf muscles is heel raises. Slowly rise up onto your toes, pause briefly, then lower your heels. Repeat several times, gradually building up as you get stronger.

You can also give your calves more work by adding hills or stairs to your usual walk.

Start gradually and use support if you need it. If you have pain, an injury or difficulty balancing, ask your chiropractor about exercises that are appropriate for you.

Regularly strengthening your calf muscles can help support walking, climbing and everyday activity.



WORD SEARCH

BALANCE
BONES
BRAIN
CALCIUM
CALVES
CARTILAGE
CERVICOGENIC
CHIROPRACTOR
COLLAGEN
DIET
DISCOMFORT
FLEXIBILITY
HEADACHE
HIP
JOINTS
KNEE
LIGAMENTS
MOBILITY
MOVEMENT
MUSCLES
NECK
NERVES
OSTEOARTHRITIS
PHOSPHATE
SHOULDERS
SPINE
STRENGTH
SYMPTOMS
TENDONS
TENSION

X J B S S C V P E H O R P N L E K C E N
S S M R K R E Y R M I O K E G G C W H S
T M M O A H F R Y N B P K R X A O P W Z
N O M M B I V L V T Z U E V P L L B E Q
I T S K D I N D E I O E D E Q I L O A X
O P E N U S L N I X C E E S C T A P Z I
J M K T E W S I M S I O U N C R G K V R
M Y K V U I W Y T E C B G P K A E R S B
T S L C O H U V J Y N O I E H C N X N C
N A D N Y U W D O F W I M L N J A B O E
C M O V E M E N T K Z B P F I I J L D C
R O T C A R P O R I H C L S O T C N N N
E H Q N E T A H P S O H P S V R Y Z E A
F F F S R E D L U O H S C T M D T T T L
V H B O N E S S E L C S U M P S I E H A
O U I O I V A Z O J V R F C O L S E J B
U N W I O J G M P D H M S L S J W J T A
V M I A S V O S T E O A R T H R I T I S
E H C A D A E H Y X B T C A L C I U M X
P J S T R E N G T H L I G A M E N T S Y

MORE THAN SKIN DEEP: WHAT COLLAGEN REALLY DOES

Collagen is often associated with skin and beauty products, but this protein does much more. It's an important part of your tendons, ligaments, cartilage and bones. So, what does it do, and are collagen supplements useful?

What does collagen actually do?

Much of the collagen in your body is found in connective tissues – tissues that support and link different parts of your body. Tendons connect muscles to bones, while ligaments connect bones to each other. Both contain large amounts of collagen, helping them handle the forces of everyday movement.

In cartilage, collagen provides strength and structure, helping it withstand pressure. In the joints, cartilage forms a low-friction surface covering the ends of bones, helping them move smoothly against each other.

Your bones contain collagen too. Think of collagen as the flexible framework of bone, with minerals such as calcium and phosphate providing hardness. This combination gives bone both strength and flexibility.

What can affect collagen production?

Your body is constantly making and breaking down collagen as part of normal tissue repair and renewal. As you age, your body tends to make less collagen and may not replace it as quickly. Factors such as repeated UV exposure and smoking can also increase collagen breakdown, particularly in the skin.

What about collagen supplements?

Collagen supplements are often promoted for healthier joints and bones. Research suggests they may provide a small improvement in pain and function for people with osteoarthritis, although results vary between studies. However, they are not a replacement for a healthy diet and exercise, or for any prescribed treatment.

Check supplement ingredients and follow the label directions, particularly if you take medicines or have a medical condition.

How your body makes collagen

Collagen supplements don't travel directly to your skin or joints. Your body breaks collagen down during digestion, then uses the building blocks in different ways.

Your body makes collagen from amino acids obtained from protein in your diet. Eat a variety of protein-rich foods, such as meat, fish, eggs, dairy and plant-based proteins. Vitamin C is also essential for making collagen, so include plenty of fruit and vegetables too.



UNDERSTANDING THE NECK-HEADACHE CONNECTION

Not every headache starts where you might think. For some people, the pain can stem from structures in the neck, even though it may be felt mainly in the head. This is known as a cervicogenic headache.

How neck pain can be felt in your head

The joints, muscles and nerves in your upper neck are closely connected to the nerve pathways that sense pain in your head. When certain structures in your upper neck become irritated, the pain can sometimes be felt in your head rather than just your neck.



Cervicogenic headaches often start around the back of your head or neck and may spread towards your forehead, temple or behind your eye. They may feel worse when you move your neck or hold your head in one position for a long time.

Everyday habits can play a part

You may notice symptoms after spending hours at a computer, looking down at a phone or driving. These positions aren't necessarily harmful, but staying in one for a long time can make your neck feel stiff or uncomfortable. Try changing position often and taking short movement breaks throughout the day.

Gentle neck and upper-back exercises can also help maintain movement and strength.

When your headache keeps returning

Not all headaches come from neck issues. Migraine and tension-type headaches have different causes, although the symptoms may overlap.

If your headaches are becoming more frequent or severe, or the usual pattern has changed, it's worth having them assessed rather than assuming your neck is the cause.

Your chiropractor can assess your neck and movement, discuss factors that may be contributing to your symptoms and, where appropriate, develop a tailored plan to help you move comfortably, or refer you for further assessment.

Sometimes the neck is part of the headache story.



FESTIVE CRANBERRY, ORANGE & WHITE CHOCOLATE BITES

These delicious bites combine dried cranberries with oats and nuts, orange, and a little white chocolate for a touch of Christmas indulgence.

Makes about 12–14

INGREDIENTS

- ½ cup quick cook oats
- ¼ cup finely chopped pistachios
- ⅓ cup dried cranberries, finely chopped
- ¼ cup desiccated coconut
- 2 tbsp chia seeds (optional)
- 3 tbsp nut butter
- 2 tbsp honey or maple syrup
- Zest of 1 orange
- ½ tsp cinnamon
- ¼ tsp ground ginger
- 40g white chocolate, chopped

METHOD

1. Mix the oats, pistachios, cranberries, coconut, chia seeds if using, and spices in a bowl.
2. Gently melt the white chocolate. Stir in the nut butter, honey or maple syrup and orange zest.
3. Pour the chocolate mixture into the dry ingredients and mix well.
4. Roll firmly into 12–14 balls, chill for 20–30 minutes.
5. For a festive finish: melt a little extra white chocolate and drizzle it over the balls. Decorate with finely chopped pistachios and cranberries, chill until the chocolate has set.

WHEN A CHANGE IN WALKING SPEED MATTERS

How quickly you walk may not seem important, but a change in your walking speed can provide a simple indication of your physical function. It is commonly used to assess mobility, particularly in older adults.

This doesn't mean that walking faster automatically makes you healthier. Rather, if your pace becomes noticeably slower than usual, it can sometimes signal that something has changed and is worth paying attention to.

Walking is a whole-body activity

Walking looks simple, but it requires your brain, nerves, muscles, joints, heart and lungs to work together. You also need good balance and coordination to move safely and efficiently.

A slower walking pace can sometimes accompany health problems, reduced muscle strength, poorer balance or other changes that affect your ability to move easily. Studies in older adults have found that slower walking speed is associated with a higher risk of falls, disability and hospitalisation.

Importantly, these studies show an association – not that walking slowly causes poor health. A slower pace can have many possible causes, and isn't necessarily a sign of a physical problem.

Why change matters

There is no single walking speed that suits everyone. Your age, height, fitness, injuries, health conditions and surroundings all affect how quickly you walk.

What can be more useful is noticing a change from your normal pace. Perhaps you used to walk briskly but now find yourself slowing down, taking more breaks or avoiding hills and stairs.

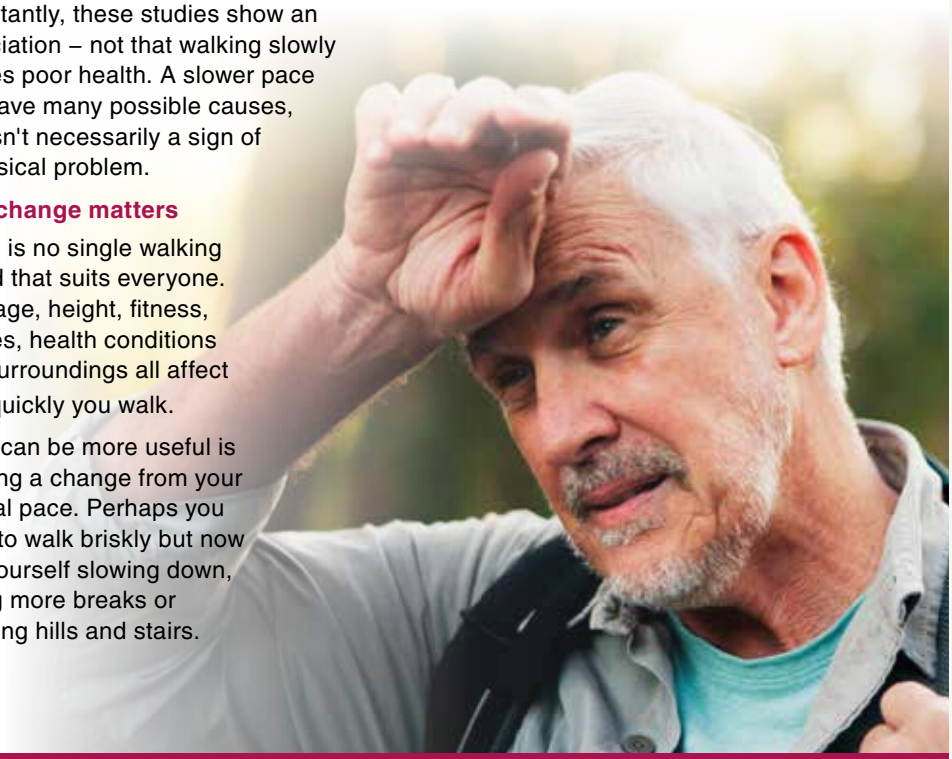
You may struggle to keep up with your usual walking companions, or find that a walk that once felt easy now leaves you tired. These changes shouldn't simply be put down to getting older.

How can you keep walking well?

You don't have to turn every walk into a race. Regular walking at a pace that feels comfortable is a simple way to keep moving, while activities that challenge strength, balance and coordination can add variety.

For Australians aged 65 and over, current movement guidelines recommend muscle-strengthening activities on two or more days a week, along with activities that target mobility, balance and coordination on three or more days a week.

If your walking pace has become slower, or walking has become painful or difficult, don't ignore it. A chiropractor can assess whether a musculoskeletal issue may be contributing and discuss appropriate movement strategies that may help.



APPOINTMENT REMINDER

Your next appointment is on _____ at _____

Date Time

Disclaimer: The information in this newsletter is not intended to be a substitute for professional health advice, diagnosis or treatment. Decisions relating to your health should always be made in consultation with your health care provider.

Our newsletter is free - please take a copy with you

PRACTICE UPDATE

And it's a wrap! As 2026 marches swiftly towards the finish line what has lit you up this year? And what has challenged you?

In late August Dr Aleta and I had a fabulous and intense three days at the ACA national conference in Adelaide. Where we took a dive into how we, as chiropractors support nervous system adaptation.

Our brain has one job. To respond to the environment (both internal and external), and to experience. And it does this via the nerve pathways that travel through our spinal column.

Sometimes we wish that life would be all smooth sailing. We think that the ideal life is one of continual happiness, completely free of physical and emotional pain. However, life is not like that.

Adaptability and resilience are keys to not only surviving the storms, but healing and growing from them.

Two of the keynote speakers at the conference emphasised the importance of feeling safe to enable healing and adaptation. For children the presence of a nurturing caregiver is vital to this process. If birth trauma has produced a nervous system that is too often in fight/flight a child will be reactive, hypersensitive and often anxious. Chiropractic may help elevate vagal tone, helping to reset the nervous system.

Professor Lorimer Moseley' s research proved that understanding pain science may help people recover from chronic persistent pain. The **four essential pain facts** are:

- **Pain Protects Us and Promotes Healing**
  Pain acts as a vital alarm system that focuses your attention on a body part needing protection, giving tissues safe space to heal and remaining essential for survival.
- **Persistent Pain Overprotects Us and Prevents Recovery**
  When pain continues long after body tissues have actually healed, the nervous system can become overly sensitive and stuck in a protective mode, which unintentionally hinders recovery.
- **Many Factors Influence Pain**
  Pain is an individual experience shaped by a wide network of biological, psychological, and social elements—including stress, sleep quality, mood, past injuries, and general health.
- **There Are Many Ways to Reduce Pain and Promote Recovery**
  Gradually shifting and managing the various lifestyle and environmental factors influencing your nervous system can lead to positive changes and a gradual reduction in pain.

We have loved supporting you this year. We're proud of reaching our 35 year milestone of serving our community.

Thank you for trusting us.

