
Welcome To The Practice

What to Expect on Your First Visit Today

How We Help You. The Tests to Be Conducted. Take Home Advice.



A very warm welcome to you today.

The Spinal Centre provides Postural and Structural Based Correction with a focus on spinal rehabilitation and conditioning programs.

We are a very unique team specialising in research based Chiropractic BioPhysics, Neuro Acupuncture, Spinal Remodelling, Traction, Mirror Image Exercises, Nutrition, Pilates, Exercise Physiology, Core Strength and Stability.

These methods have enabled our patients to achieve their optimal health. Even when many other treatments, surgery or other interventions have failed.

Because of the specialised approach, we may not accept you as a patient until we are absolutely certain we know the cause of your condition.

We need perform the necessary tests to establish an optimum rehab program for you, and be completely confident we can help you recover your health and wellbeing.

Please know if we do accept you as a patient we will make specific recommendations based on our understanding that your health will become your TOP PRIORITY.

For your convenience and further reflection, a copy of this document is provided in the 'Patient Resources' section of the Clinic Website.

Thank you for again for applying as patient in our Clinic.

Dr. Warrick R. Hooper

Director, Chiropractic Physician and Chinese Medicine Practitioner

Dr. Hooper is the founder and Clinic Director of The Spinal Centre Practice. He performs the initial consultations and progress evaluations of all patients within the Practice.

By way of background, Dr. Hooper began as a medical scientist with majors in Advanced Neuroscience and Molecular Genetics. Dr. Hooper was a full scholarship athlete of the Australian Institute of Sport (AIS), the Victorian Institute of Sport (VIS), and member of the 1992 Olympic rowing squad and "Oarsome Foursome".

He was a multiple Australian Rowing Champion and multiple Victorian Rowing Champion. Dr. Hooper was also winner of the prestigious "Kings Cup" the Champion Rowing VIII's of Australia.

Dr. Hooper represented Australia and formed part of the Australian Rowing Team from 1989 to 1992. The Australian Rowing team competed in Austria, Britain, Holland, New Zealand, Switzerland and Germany during these years.



With an extensive knowledge of neuroanatomy and physiology, Dr. Hooper progressed to Chiropractic and Sports Nutrition. Beyond this, Dr. Hooper furthered his expertise in the areas of holistic health including Chinese Medicine and Natural Medicine, specialising with a Masters in Acupuncture. For the award of his Masters Degree, Dr. Hooper completed a thesis on the treatment of spinal pain and lower back disc injuries using clinical Neurologically based Acupuncture (Neuro Acupuncture).

Dr. Hooper continues to study and advance his skills in the area of Spinal and Postural Rehabilitation. He is one of only 16 doctors in Australia with a Chiropractic BioPhysics (CBP) Certification. CBP is an advanced form a Chiropractic Care focused on structural correction. Indeed, he is the only Chiropractor in Australia to hold CBP Certification and a Masters Degree in Chinese Medicine.

The Initial Consultation

When you see an Orthopaedic surgeon or Heart Specialist, your initial consultation is primarily concerned about achieving the correct diagnosis. As it is here.

We need to establish the real reason for your pain and other symptoms. Rather than just treating the pain itself - which can mask underlying problems.

We will be performing a thorough Case History and Evaluation to establish your health goals and address your concerns. There will be Neurological and Orthopaedic Testing to gain a greater understanding of how you are functioning.

Most patients usually have a 42 point Neurological Assessment and detailed Computer Spinal Scan also known as a Surface Electromyographic Study or 'SEMG'. The SEMG precisely measures the nerve signals passing out of your spine to the important muscles of your back. Details of the SEMG are explained later in the document.

Based on your case history, SEMG and initial enquires by Dr. Hooper you may be referred to a member of The Spinal Rehabilitation Team for a 'Pre Screen Consultation'. The details of the Pre Screen Consultation are outlined in the next few pages.

Finally, most Spinal and Orthopaedic patients are referred for Radiographs (X-Rays) to carefully examine the spine for the correct curvature and alignment, as well as ruling out nasty pathologies such as cancers, tumours or fractures.

Food for Thought

In a society that screams at the microwave because it is too slow, we all tend to look for quick fixes. However quick fixes rarely work, and never achieve significant long term improvements to our health.

Remember, even the best treatment applied to an incorrect diagnosis is useless. You can have cancer for many years before you actually notice the cancer.

Indeed a treatment applied without proper consideration or inappropriately can be catastrophic for the patient. For example, when an osteopath, physiotherapist or chiropractor attempts to manipulate a patient without X-rays or the appropriate neurological and musculoskeletal assessment.

In easy terms; You can't diagnose what you can't see. And, you can't fix something you can't measure.

If you would like to address the real issues within the spine and improve your overall health both now and in the future – then you are in the right place.

Most patients generally appreciate our thoroughness.

The Spinal Scan: SEMG

Surface Electromyographic Analysis

During the initial consultation patients usually have a detailed Postural Evaluation and Spinal Scan - Surface Electromyographic Study (SEMG).

The SEMG precisely measures the nerve signals passing out of your spine to the important postural muscles of your back. The measurement is very precise - to one tenth of a microvolt.

Essentially, we are measuring the electrical potential of the muscles within your spine. The MOTOR function of the nervous system.

The state of the art technology:

- Detects areas of nerve disturbance
- Detects muscle imbalance and postural disturbance
- Documents and monitor your results
- Helps us to deliver the appropriate Chiropractic Care



SEMG – Surface Electromyography

Nerves control the muscles of the spine. The SEMG measures how well the motor nerves are working by reading the amount of current found in the muscles.

Structural damage, misalignments, scoliosis, disc injuries or postural imbalances disturb the function of the nerves. This can cause an abnormal amount of muscle activity, muscle tightness or even muscle spasm, fibrillation and spasticity.

Different colours show the amount of muscle activity on the scan. It is very easy to understand and correlate it to problem areas within the spine, or areas that still need more work. The results are shown as bars on the print out:

- White; show normal nerve and muscle function, within normal limits
- Green; mild nerve interference and muscle tightness
- Blue; moderate nerve interference and muscle spasm
- Red; severe nerve irritation and muscle spasm; 3 standard deviations above normal
- Black; nerve damage and irritation with extreme muscle spasm
- Yellow; nerve compression (shut down), neurogenic muscle weakness or wasting

Muscle Balance or symmetry

Muscle balance is extremely important because the vertebrae in the spine depend on the muscles to move properly. If one or more vertebra do not move properly this will disturb nerve function. Nerve interference or disturbance creates muscle imbalances.

Any abnormal muscle pattern or “asymmetry pattern” reveals an increased amount of tension or pull on one side compared to the other. This “tug of war” within the muscles must be removed to ensure good spinal function. Relapses are inevitable if asymmetry patterns are left within the spine.

The question of “How do I know I am getting the right amount care?” is answered with the use of this scanning technology. You will be able to see the changes clearly on progressive scans. With this technology we will be able to provide a “tailor-made” program to meet your specific health needs.

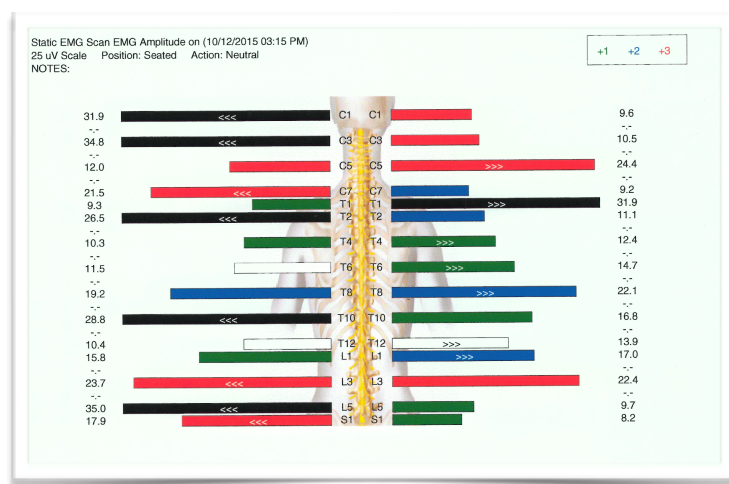
If you had a Computer Spinal Scan then the results of your analysis will be given to you on your next appointment - The Report of Clinical Findings or Dr's Report.

SEMG Result Prior To Care

The first scan on the right is an example of a patient in very bad shape at the beginning of care.

The large red and black bars show multiple areas of nerve interference and potential nerve damage.

Note: The SEMG does not measure pain but nerve damage and altered muscle function (muscle spasm).

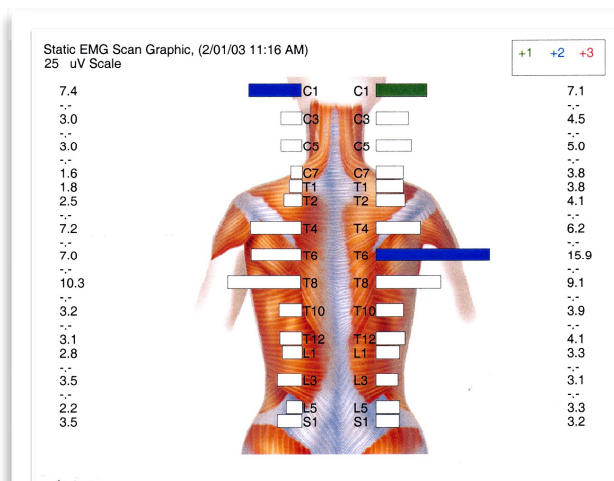


The more reds or blacks in an area of your spine => The more likely you are to have pain and disability in that area.

SEMG After Reconstructive Care

The second scan is an example of a patient who has successfully completed their treatment protocol and really participated in their recovery with corrective exercises and appropriate stretching. The spine is stable and quite symmetrical.

The white bars show the electrical potential of the muscle within an optimal range. Good spinal function is essential for better health.



Pre Screen Consultation

Advanced Testing with The Spinal Rehabilitation Team

Digitised Postural Assessment

The Pre Screen Consultation involves an advanced Neuro-Musculoskeletal, Postural, Structural, Balance and Core Strength examination. It is essential to establish a baseline for patient being considered for Spinal Rehabilitation and Postural Correction.

One of the key comments of the consultation is the Digitised Postural Assessment. We use state of the art computerised posture analysis technology to accurately and completely assess a patient's posture.

The green line is called the Vertical Access Line (VAL) - your centre of gravity. The VAL should line up in the middle of the body from the front, and your ankle to ear from the side.

Proper Posture and Good Health.

Why correct poor posture? Simple, correcting postural issues can alleviate and prevent a number of health disorders.

This includes sore and strained muscles, disc injury, scoliosis, lifting injuries, machines and pains from driving and sitting, sports injuries, back pain, neck pain, headaches, carpal tunnel, shoulder and ankle injuries. Yes they are all related to your posture.

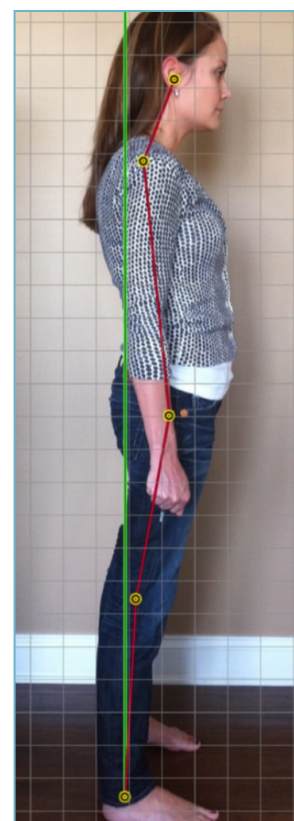
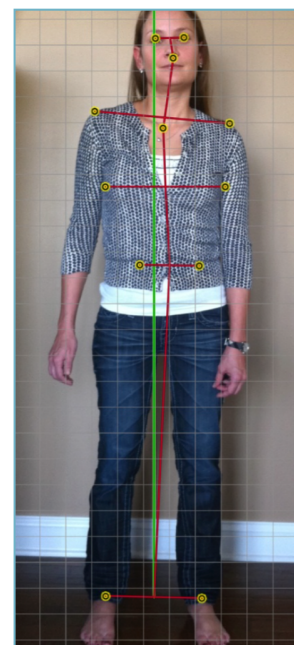
In short, proper posture means your body can work as designed. And when you body works better; you feel better!

Better Posture and a Better Spine leads to Better Health.

Posture Screen is like looking at your posture (or your kids) with 'fresh eyes'. You begin to see what a Chiropractor sees when we perform orthopaedic assessments.

Most patients are amazed by this simple, but effective tool. Posture Screen can be used on children and teenagers, highlighting important growth issues.

It is very important that all members of your family be checked for postural changes to rule out spinal problems that may pass from generation to generation (genetic and hereditary spinal problems).



Self Management Strategies

What Can You Do To Help? Rest. Ice. Rotate Duties. Heat.

Treat your complaint like a sprained ankle or broken leg. Give it some time and let the inflammation settle down with appropriate treatment. We will commence care on your next session with Dr. Hooper - The Report of Findings.

In the mean time, rest up and avoid prolonged and repeated use of affect areas. Exercise or unnecessary overuse, especially in the acute stage, may cause further injury. So try to avoid obvious sources of aggravation.

Frequent Rotation of Duties

Whatever the work or home duties/tasks you perform, do not do them for extended periods. Frequently change or rotate the various duties that you have to do during your day. Implement the following modifications to any tasks:



- No repetitive bending, lifting or handling objects more than 10 to 15% of body weight
- Frequent job task rotation, at least every 20 to 30 minutes (10 to 15 mins if acute pain)
- Avoid unilateral repetitive use of the body in associated work tasks
- Avoid repetitive use of injured areas particularly in work or commercial activities
- Avoid tasks that keep hands and arms above the waist or shoulder level
- Avoid repetitive squatting, sitting, standing or kneeling
- Avoid stretching and reaching forward or laterally to the side
- NEVER, EVER bend forward and twist from the lower back

Do not underestimate the value of Ice and Heat

There is often a great deal of confusion as to when to apply heat and when to apply ice. For clarity, think of the football or soccer field. Heat is used to warm up prior to the game, ice is used after the game to reduce inflammation or when there is an acute injury.

If you have an acute injury it is important to use ice as soon as possible. Crush the ice, place in a plastic bag, then wrap in a tea towel. Gel packs are also available at the Clinic. Ice can be applied to the affected area in 20 minute intervals for one hour (20-on/20-off/20-on). We recommend icing for 1 to 2 hours of an evening after work or Rehab care.

Heat is good to warm things up and get you going for the day. Continuous low level heat in the form of Flexeze heat plasters (available at the clinic) is well supported by current research and clinical experience to manage pain and keep you moving.

Remember; the use of Rest, Ice, Heat and Rotation of Duties is recommended throughout your care at The Spinal Centre. These are very effective self management strategies.

The Report of Findings

Start To Regain Your Health and Feel Great Again

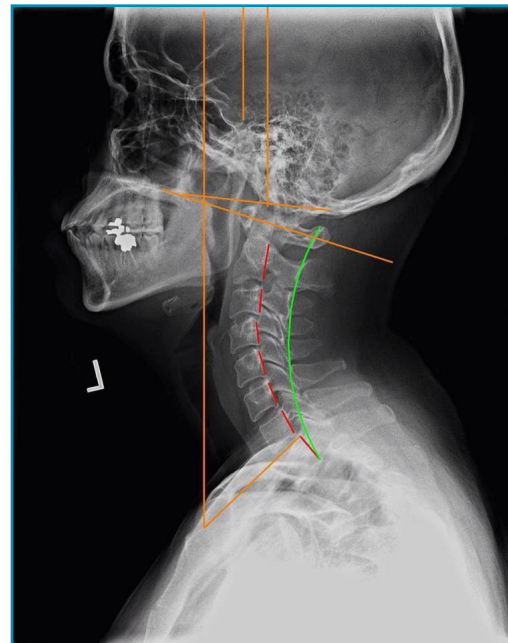
Understand What is Wrong and How to Correct It

After completing your Pre Screen Consultation and Radiographs your next session with Dr. Hooper will be for The Report of Clinical Findings.

We will cover the questions like:

- What is wrong?
- Can we help you?
- What treatment is required?
- How long will it take?

The Report of Findings is where we go through the results of the detailed testing and comprehensive analysis of your X-rays.



You will receive perhaps the most scientific and researched based analysis of your spine and posture available. Your spine will be compared to true normal in an easy to understand report that makes sense to you and your family.

You will be able to see what normal should look like (the green line) in comparison with yours. It is very easy to see where your spine is in alignment. Or out of normal alignment.

If there are changes we will explain what they are in detail and then propose a course of treatment that will correct these problems, reduce your symptoms and help you move toward better health. Aim to spend at least 45 minutes at this appointment.

The Report of Findings is one of THE MOST IMPORTANT visits within the Practice so plan ahead and organise a time suitable for you.

We strongly recommend that you bring your PARTNER OR SPOUSE to the Report of Findings so they may adequately understand your complaint and how they can support you.

If you don't have a partner then a close friend or someone interested in your welfare would be fine.

Importantly we will begin care on this visit and commence the journey for you to achieve optimum health.