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# Your Spinal Health Report



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## Findings and Recommendations - Background Reading

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Your spine is the freeway for your nervous system. Your nervous system controls all aspects of your body's function. Indeed, it is your body's operating system.

Your spinal structure and posture have a direct effect on your health. Damage to the spine and postural changes effect the nerves that exit the spine and tension the spinal cord.

Nerve damage and pressure on the spinal cord impacts organs. Often leading to disease and ill health. In fact, we now know that a loss of disc height correlates to loss of life span.

Any type of back or neck pain will involve damage to your nervous system. Indeed, the spine, nerve and muscle systems are directly involved in most conditions we struggle with - particularly as we age. Think of most folks in nursing homes. Drugs are not the answer.

How you stand, how you move, how you eat and how you think will determine your health. Today we take control of your health to help [You Feel Great Again](#).

### Your Road To Recovery will involve the following Steps:

- 1. Chiropractic:** At the core of all good nerve, muscle and skeletal function is Chiropractic. Without correct spinal and postural alignment - you cannot have good health.
- 2. Acupuncture:** Traditional Chinese Medicine, and new developments in Neurologically based Acupuncture can speed your recovery and comfortably reduce your pain.
- 3. Smart Nutrition:** We recommend all patients remove grains from their diet. This is a low inflammatory program that, by itself, makes a remarkable improvement in your health.
- 4. Natural Medicine:** Smart nutrition should always include the appropriate natural medicine. We believe you should eat well and supplement well.
- 5. Spinal Rehabilitation:** Achieving optimal spinal function will usually require some type of spinal remodelling and corrective exercise which is a part of Chiropractic BioPhysics protocols. Spinal Rehab includes traction and mirror image exercises to correct your posture, strengthen your spine and improve core strength and stability.

We have the latest equipment and rehabilitative tools to help you achieve true correction.

**True Health** = Optimal Spine + Great Posture + Smart Nutrition + Corrective Exercise.

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## Why Do I Have Pain, Discomfort or Disability?

As you examine your Radiological (X-ray) findings and Postural Assessments you will notice areas of the body that are not in good alignment or do not work as they should.

If you had a Computer Analysis of your spine (SEMG) you will note individual segments of the spinal column that again, may not be working as they should. This is indicated by green, blue, red or black lines. Ideally, you want a spine that is showing good neurological function (white lines), as described in the "Welcome To the Practice" Handout given to you on the first visit.

Finally, you may have had a Magnetic Resonance Imaging (MRI) to show intervertebral disc injuries or instability. Again, altered alignment causes increased pressure on the discs and therefore tearing of the ligaments and soft tissues structures around the spinal cord.



***We Treat the Cause,  
Not just the Symptoms!***

### **What is a Subluxation? How does it affect Me?**

The nervous system, consisting of the brain, spinal cord and all the nerves of the body, controls and regulates your entire body. Everything from your nose to your toes.

Your nervous system is so vital that it is protected by bone. The brain is protected by the skull, and 24 bones of the spinal column sheathe the spinal cord. If spinal bones get "stuck", "jammed" or do not track correctly, they can irritate or chafe delicate nerves.

If a joint moves too much, spinal bones can press against adjacent nerve tissue. This can interfere with vital nerve traffic that keeps your brain communicating with your body.

The result is the Vertebral Subluxation Complex, or more simply, a Subluxation. A Subluxation, is a serious condition identified by its five parts:

- Spinal Kinesiopathology - The spine does not work or move correctly
- Neuropathophysiology - Nerve irritation and damage
- Myopathology - Muscle spasm and weakness
- Histopathology - Pain, inflammation and swelling
- Spinal Pathophysiology - Spinal Decay

The Vertebral Subluxation Complex is ***the cause*** of the Structural and Postural Alignment problems that you see on your X-rays and Postural Screen Assessments.

Only Chiropractic focuses on the detection and correction of The Vertebral Subluxation Complex. Chiropractic BioPhysics (CBP) Practitioners are the only health professionals formally trained to identify Subluxation and Postural Alignment problems. As well as correct them with appropriate Spinal Remodelling and Rehabilitation.

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## The Vertebral Subluxation Complex

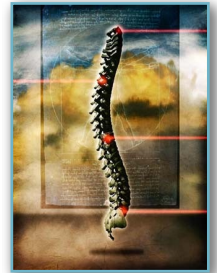
### Joint Fixation or Instability - The spine does not work properly

The spine does not work correctly resulting in the jamming or locking of some of the 105 joints that make up the vertebral column. This causes interference of the nerve messages as they travel from the brain to the body, and from the body to the brain. Physical trauma, improper lifting, car accidents, repetitive motions and poor sleep habits etc. can all lead to abnormal motion and position of spinal bones.



### Nerve Damage - Spinal nerves are being interfered with or choked

If the spine does not function correctly, the delicate nerves that exit from the spine will become irritated, pinched or choked. Whatever that nerve supplies will be affected. Nerve interference to the arms or legs may be felt as burning, tingling, “pins and needles” or numbness. Sometimes nerve damage may only be seen as headaches, shoulder pain, tennis elbow, knee or heel pain.



If the damaged nerve supplies the stomach, lungs, bowel, bladder or genitals then these organs will not work correctly. As most organs do not feel pain they still function, but at reduced or altered capacity.

### Muscular problems - Muscles become weak or are in spasm

If the nerve to a particular muscle (say in your back or neck) is being choked then that muscle will weaken and eventually waste away. If the nerve to a muscle is being irritated, then the muscle will become very tight giving stiffness and muscle spasms. You may even be affected by both of these processes in the same area leading to fibrosis and scar tissue in the muscle making them difficult to re-pattern and retrain.



### Inflammation - There is pain and inflammation

Any unusual change in motion or position of the spinal bones will affect local structures. Discs, ligaments and other connective tissues will become orn, irritated and inflamed. Inflammation, oedema and swelling are often accompanied by an accumulation of blood and lymph, rise in temperature and tenderness to the touch. Discs and ligaments are known to have a poor blood supply. This can make the healing of soft tissues a time-consuming process.



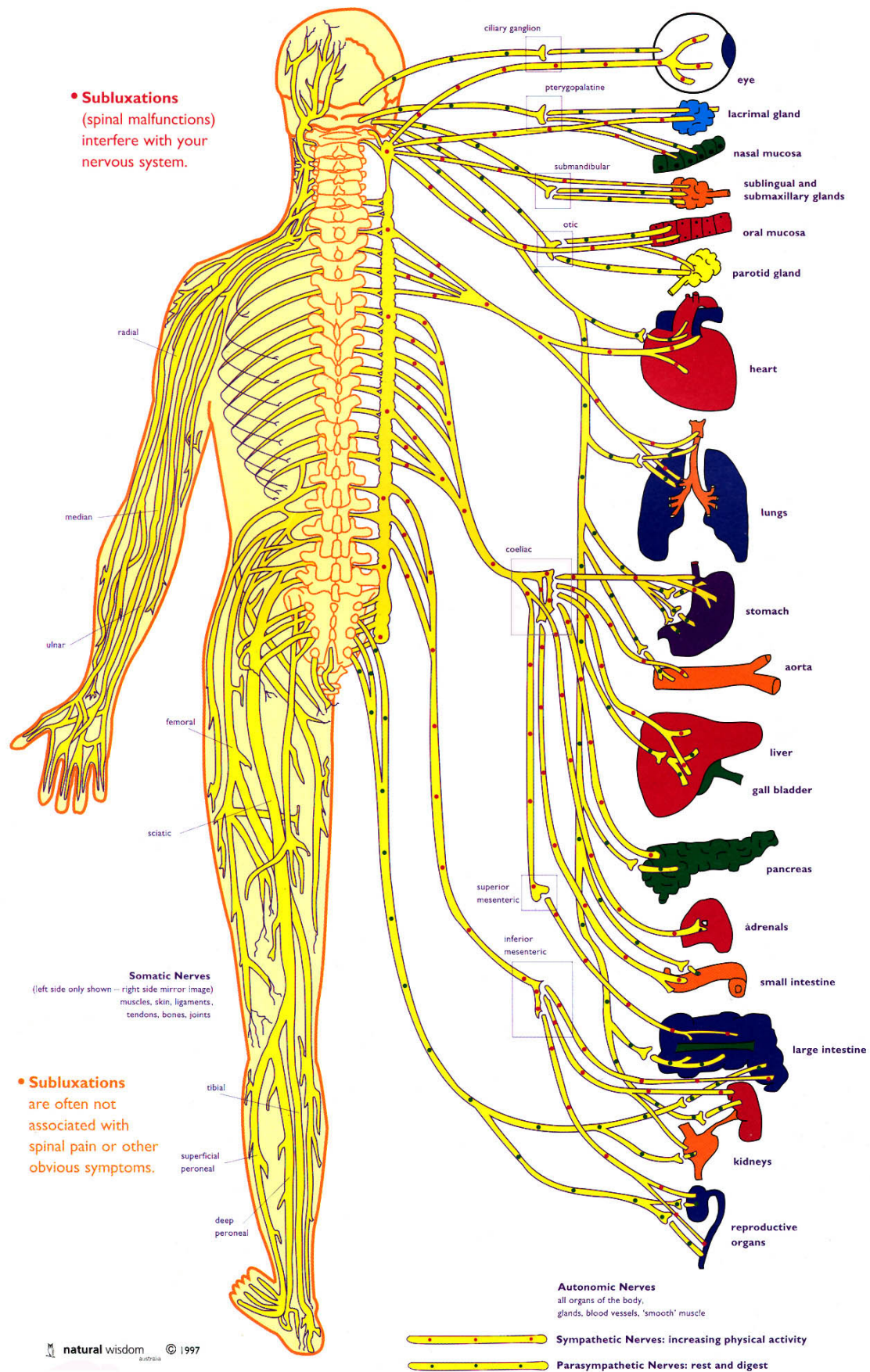
### Spinal Decay - Also known as Subluxation Degeneration

Gravity. Unfortunately, you cannot change physics. If the spine does not have the correct alignment or curvature then it will wear aggressively. This process is called Spinal Decay or more generally Osteoarthritis. Spinal Decay fuses malfunctioning joints so you cannot bend or move. Spinal Decay chokes the nerves that exit the spine - resulting in organ damage, weakness in limbs, muscle wasting and balance problems. Spinal Decay is directly correlated with increased pain and disability.



# Through your nervous system

you perceive the world, adapt to stress, coordinate all body parts and functions, express emotion and create your conscious reality.



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# Chiropractic Care

## The Science and Art of Spinal Correction

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The modern doctor of Chiropractic works both directly and indirectly with the nerves, because every function of your entire body is under control of the nervous system.

Every organ, tissue and cell is controlled by neurological impulses travelling from the brain to every part of the body. Nerves make it possible for sight, smell, taste, touch and hearing.

Nerves maintain your balance and keep your body temperature at 37.6 degrees. Nerves control your liver, lungs, spleen, pancreas, gallbladder, kidneys and all other organs.

In fact, the nervous system is the master system which controls all other systems of the entire body including the glandular, reproductive, digestive, elimination, respiratory and circulatory.

Complete perfect natural health comes only when you have a complete perfect natural normal functioning nervous system.

Every science of the healing art has what is known as an “avenue of approach.” For a doctor in the medical field a hypodermic needle injecting drugs to the skin is an avenue through which the drug gains access to the body.

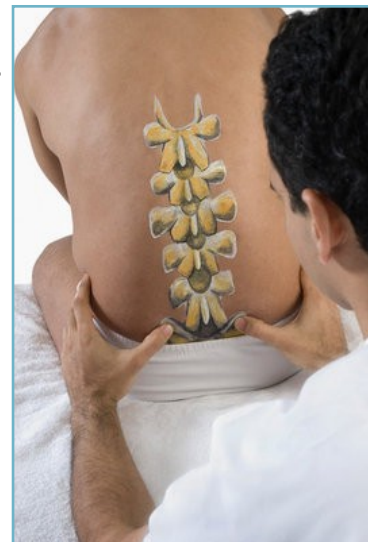
For a doctor of Chiropractic, the avenue of approach is the spine because it houses and protects the spinal cord – the switchboard of the nervous system through which nerves pass from the brain to different parts of the body.

The nerves leave the spine through opening between movable spinal bones called vertebrae. When these vertebrae move out of alignment there can be interference with the normal activities of the nerve.

This interference can disturb function throughout the body and cause many diseases. Most conditions of ill health are the result of some underlying causes within the body, which must be found first before correction can be effective and help restore true health.

Chiropractic has developed specific techniques for locating and then correcting spinal misalignments that disturb nerve function. Chiropractic therefore makes a major contribution to the healing and healing arts.

There is extensive reading on the website about all types of Neuro-Musculoskeletal Conditions, Chiropractic as well as tips and tricks to help you manage your spine. We encourage you to review [TheSpinalCentre.com.au](http://TheSpinalCentre.com.au) to enhance your recovery.



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# Chiropractic BioPhysics

## Structural and Corrective Care Programs

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Millions of people world wide enjoy less pain, more mobility, and improved health because of treatment by a Doctor of Chiropractic. As good as it is, Chiropractic care evolves and improves based on continuous advances in science and technology.

Unlike regular chiropractic that mainly focuses on immediate pain relief, Chiropractic BioPhysics (CBP) goes one step further to also correct the source of the problem. Chiropractic BioPhysics (CBP) is the most advanced form of Chiropractic in the world, providing the best results and the best long term follow up.



What is unique to The Spinal Centre is that we pick where standard chiropractic techniques finish and take you to the next level with the integration of Mirror Image Treatments to reverse and correct your spinal and postural patterns.

Mirror Image Treatments and the scientifically valid protocols of spinal remodelling are the domain of CBP. These unique types of treatments should only be provided by CBP trained Doctors of Chiropractic like Dr. Hooper and the Practice Team.

Carefully planned adjustments, exercises and spinal remodelling (traction) gently shift improperly aligned joints, muscles and ligaments back to normal then slightly beyond to mirror the displacement.

We use Whole Body Vibration (WBV- see photo), to assist with virtually all strength, stretching and rehabilitation programs. The 3D Vibrational Technology provided by our medical grade plates is quite impressive in it's ability to help you recover faster, improve your flexibility and stimulate muscles you never thought you had.

By over-correcting in measured amounts and holding for precise periods the misaligned body tissues 'learn' proper position. Step by step, correction by correction, the body can be re-patterned and re-trained to hold the proper normal position.

Finally, for those completing the Corrective Care Programs - there will be homework. Unique exercises, specific for your case, and Spinal Orthotics to help you hold your corrections and retrain muscles will need to be completed at home.

The tools, devices and exercises to aid CBP and Mirror Imaged Treatments are many. Dr. Hooper and the Practice Team will work with you to determine those most effective for your situation. The result will be more mobility, less pain and better health both now and into the future.



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# Acupuncture Care

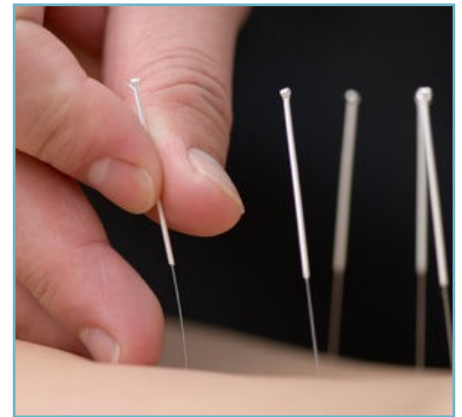
## Traditional Chinese Medicine and Neuro - Acupuncture

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The Spinal Centre is unique in that we are able to combine Chiropractic with Acupuncture to enhance the success of your care.

Dr. Hooper has a Masters Degree in Chinese Medicine, specialising in Acupuncture of the spine. Dr. Hooper's thesis for his Masters in Chinese Medicine was on the treatment of lower back disc injuries using Acupuncture.

He is an expert in the field of combining Acupuncture with advanced Chiropractic techniques and Natural Medicine.



In particular Dr. Hooper has developed a unique type of Neurologically based Acupuncture, or Neuro Acupuncture, that identifies the vertebral motion units in your spine that do not work (via X-ray analysis) and focuses high frequency electro-stimulation (EAHF) to stimulate blood flow and gate (reduce or turn down) your pains.

Generally, if you have had a good response to Chiropractic in the past – you will get a better response if you combine Acupuncture with your Chiropractic Care.

***Dr. Hooper is one of the only Chiropractors in Australia to use Acupuncture to help unlock the spine. Think of Acupuncture as the “WD40” to help unlock a jammed up or rusty bolt. “If you have advanced Spinal Decay - you have a lot of rust”.***

Chinese Medicine and Acupuncture is a total form of health care in its own right. Indeed it is the oldest form of medicine on the planet.

Chinese Medicine and Acupuncture can be used to treat many types of diseases and disorders from diarrhoea to colds, to asthma, chronic pain and ringing in the ears.

### **Is Acupuncture the Same as Dry Needling?**

No. Dry needling is a form of acupuncture performed by a practitioner who is not qualified to call themselves a Chinese Medicine Practitioner or Acupuncturist.

Dr. Hooper is a registered practitioner in two unique fields knowledge - Chiropractic and Chinese Medicine. The use of Acupuncture is not an 'add on' but a unique treatment that is complimentary to, and enhances your Chiropractic Care. Depending on your health fund you may be able to Claim for Chiropractic or Acupuncture consultations.

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## So Why Acupuncture and Chiropractic?

Acupuncture may be offered as an addition to your Chiropractic Care to enhance your recovery, help manage your pain and speed up your recovery. If you do not want Acupuncture, are needle phobic, or don't have time, here is what you are missing:

### **Acupuncture relaxes you prior to your spinal corrections**

One of the most common criticisms of Chiropractic Care is that people do not like being adjusted "cold". With many Chiropractors there is often not enough time to relax prior to receiving your correction. The combination of acupuncture with chiropractic changes this.

Acupuncture is very effective in allowing you to relax and reduce tension prior to spinal corrections. Many patients fall asleep during their Acupuncture as they are so relaxed. The more relaxed you are – the better your spinal correction – the faster your progress.

### **Acupuncture reduces inflammation and muscle spasm**

Acupuncture is well documented in its ability to reduce muscle spasm and inflammation. Spinal and joint related problems will inevitably be associated with muscle spasm and inflammation. The natural reduction of inflammation and spasm using acupuncture will reduce your dependency on drug medication and speed up your recovery.

### **Acupuncture promotes improved blood flow – so you heal faster**

Although it sounds a little daunting; High Frequency Electro-Acupuncture (HFEA) focused to damaged joints, disc injuries and torn muscles provides excellent results through increase blood flow. Acupuncture is well documented in raising white blood and T4 helper cell populations. White blood cells are an important part of the repair mechanisms of the body. If they are not present at the site of the injury, recovery is severely hampered.

Improved blood flow and vascularity using HFEA means the metabolic rate of the damaged cells at the area of the spinal cord and associated tissues are increased.

### **Acupuncture reduces your pain**

Acupuncture can be used for short term pain relief, to heavy sedations for performing operations and amputations. Acupuncture can be used for shutting the nerve 'gate ways' of pain in patients with fibromyalgia, spinal disability, disc injuries, post surgical recovery (analgesia) and chronic pain syndromes.

Research indicates that the neurological gating of pain occurs at the level of the brain stem and involves the release of endorphins or "opiate" like hormones. Acupuncture will reduce sharp acute localised pain either in the spine or in the limbs, as well as chronic dull radicular pain or permanent spinal injuries - like those with herniated discs or after spinal fusion operations. The reduction of pain with acupuncture is very effective, without the side effects normally associated with pain control drugs.



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# Smart Nutrition

## No Pain - No Grain: Get off the Grains and get off the Sugar

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### You Need A Radical Wheat-Ectomy

It may come as quite a shock, but the 'good healthy grains' that you have been encouraged to eat are anything but good and healthy for you.

For over 20 years we have tried to wake patients out of their lethargy and 'grain-brain fog' with regard to the impact of grains on our diet and the massive problems they cause.



I would have to say that without exaggeration, the removal of grains – and in particular wheat and gluten – is the single biggest modification you can make to improve your health and speed up your recovery. Assuming you don't do something galactically stupid like smoke, take drugs or drink soft drink. As upsetting as this concept is – I want you to under go a 'Radical Wheat-ectomy'.

It usually takes about 2 to 3 months to get your head around this proposition. Initially your stomach will think your throat has been cut. But – I assure you it is worth the effort. It does not matter whether you have been 'diagnosed' as a celiac or not – get off the wheat!

### Eat like a “Meat Eating Vegetarian Coeliac”

The worse your back pain, the more inflamed you are, the more reflux, stomach upsets, bowel troubles, or over weight you are – the more you should cut out your grains.

And cutting out the wheat or gluten does not mean eating 'gluten free' foods. Gluten free foods are just reinventing new ways of eating the same food we should not be eating.

### Recommended Reading for ALL PATIENTS

- **The Nutrition Section of the Website;** The Clinic website has a range of nutritional articles to help you on your journey toward better health.
- **No Pain - No Grains;** part of the nutrition section, this delves deeper into the damaging affect of grains.
- **Eating To Reduce Inflammation;** A great little hand book available the Clinic or as an eBook in the Patient Resources section of the website. Download it now.

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# Natural Medicine

## Natural Medicines That Assist or Speed Recovery

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### Good Nutrition, Good Food, Good Supplementation.

Despite what the media or special interest groups will tell you - It is actually impossible to get all your nutrients from your diet. Even more so if you are buying from Coles and Woolies.

You should eat well and supplement well. It is not an either/or proposition, as we all eat commercially grown food.

At some stage during care, we are often asked 'What Supplements or Natural Medicines do you recommend?' At risk of information overload we will address this issue at the start of your care.

If you would like to get better as fast as possible then you should consider these as part of your Care protocol. If the budget is tight, then perhaps talk to Dr. Hooper or The Practice Team as to the where you should start.

However, the most important issue with Nutritional Supplements is that you buy the right one for you and the best quality. It is more cost effective to use a small amount of a high quality product - than large amounts of a product that the body cannot absorb.

Also, it is very important to use a 'Practitioner Only' natural medicine which is prescribed to you as part of your consultation process. Practitioner Only natural medicines are much stronger and have better efficiency than those found in supermarkets and health food stores. Products like Cenovis, Caltrate, Natures Way and Natures Own are all owned by drug companies and use synthetic vitamins - which should be avoided at all costs.



## What Supplements Improve Recovery?

### Multivitamin and Multimineral - Nutritional "Poly-filler"

Try as hard as you may, but you will never get all the vitamins and minerals you need from your food. Over-farming and over-processing means that our food doesn't contain all the nutrients that it used to. A multivitamin will help to replace the vitamins, minerals and nutrients that are otherwise lost.

Give yourself the best chance at healing by nourishing your body with good levels of vitamins and minerals.



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## Fish Oil - Cardiovascular and Anti-inflammatory Benefits

Fish oils offer an amazing array of health benefits derived from the tissues of oil fish like mackerel, tuna, salmon and cod. Fish oil is a highly effective nutrient as it contains the most important omega-3 fatty acids that can be absorbed easily.

Fish oil prevents heart disease and protects against cardiovascular diseases and strokes. Fatty acids are very effective in reducing fatty deposits in arteries, preventing disease.

The consumption of fish oil reduces the chances of all forms of cancer, including breast, colon and prostate cancers. The fatty acids found in the fish oil is quite helpful to stop the development of cancerous masses from healthy cells. Fish oil reduces inflammation in muscles and particularly joints, making it an ideal accompaniment for inflammatory conditions like back, neck and knee pain.



## Magnesium - Muscle Relaxant

Magnesium is an essential mineral, being the fourth most abundant in the body. It is important for energy transfer, protein and fat metabolism and maintaining normal cell membrane function.

Magnesium has the ability to relax muscle tissue. A deficiency of magnesium is usually responsible for cramping, spasming muscles and poor recovery after exercise.

Magnesium has proven to be a vital tool in the treatment of all musculoskeletal conditions (back pain, neck pain, headaches etc) and other conditions caused by muscle, stiffness or muscle spasm.



## Other Considerations for Most Patients

**The Correct Vitamin D:** Quality Vitamin D at the correct dose can have a significant impact on your pain, improve a range of Neurological problems and contribute to your Musculoskeletal Care. We consider Vitamin D essential for most female patients.

For those interested; Caltrate is an extremely poor form of Calcium and Vitamin D. If you are using Caltrate or another similar product you should discuss far better options with us.

**A Good Probiotic:** Evidence suggests it is worthwhile taking the correct Probiotic each day. There are ones tailored for Musculoskeletal care, Inflammation, Urinary Tract Infections, and Eczema and after Antibiotic therapy.

Specific types of Probiotics has shown to assist in gut repair and reduce chronic inflammation and are therefore a useful consideration in patient with chronic pain and arthritic changes.

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# Glossary of Terms

## What do some of the words we use actually mean?

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If you are new to Chiropractic you may encounter some new words. Here are some commonly used terms and their meanings:

**Acute:** Of short duration and relatively severe.

**Atlas:** The upper most vertebra of the spine. It comes from the Greek and literally means to hold up the world - think of the Greek mythological god 'Atlas' who held up the globe. The atlas, or first Cervical vertebra (C1) is the most freely moveable bone of the body.

**Biomechanics:** The application of mechanical laws to living structures.

**Cervical:** The vertebrae of the neck, usually seven bones.

**Chronic:** Persisting for a long period of time.

**Chiropractic BioPhysiscs (CBP):** CBP is a highly-advanced, scientific, and proven chiropractic technique which corrects and restores your spine back to alignment. CBP combines biology, physiology, physics, geometry, and anatomy to identify the causes of your pain, discomfort, loss of mobility, and altered health.

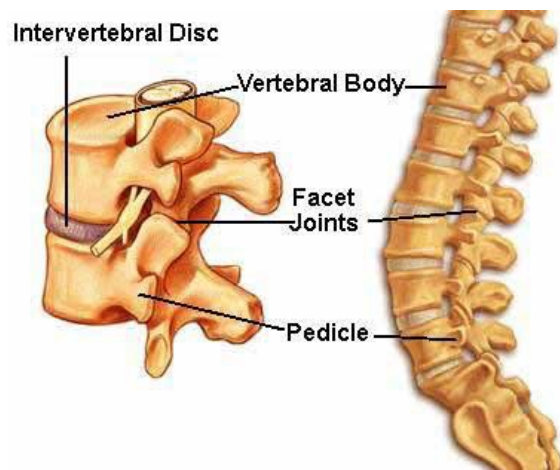
**Disc:** A cartilage (cushion/pad) that separates spinal vertebra, absorbs shock to the spine and protects the nervous system.

**Facet:** The actual joint surface of a spinal bone, facing the adjacent bone above or below.

**Fixation:** Being held in a fixed position. An area of the spine or specific joint with restricted movement.

**Health:** A state of optimal physical, mental and social wellbeing and not merely the absence of disease or infirmity (not just the absence of symptoms). In Chiropractic terms, it is 100% function 100% of the time. Certainly a worthy goal.

**Histopathology:** Part of the Subluxation complex that relates to pain, inflammation and swelling. If you sprain your ankle or hit your thumb with a hammer, soft tissues are damaged resulting in inflammation. The same process of inflammation occurs within the spine.



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Intervertebral Foramina: The lateral opening through which the spine nerve roots exit the spinal column.

Lumbar: The vertebrae of the lower back, usually five bones.

Myopathology: Part of the Subluxation complex that relates to muscle spasm and weakness. Muscle spasm is usually “Neurogenic” - that means caused by nerve damage. Muscle spasm will not go away unless the nerve interference is removed.

Neuropathophysiology: Part of the Subluxation complex relating to nerve irritation and damage.

Palpation: Examining the spine with your fingers; the art of feeling with the hand.

Sacrum: The triangular bone at the base of the spine.

Spinal Decay: If the spine does not have the correct alignment or curvature then it will wear aggressively. This process is called Spinal Decay or more generally Osteoarthritis.

Spinal Decay fuses malfunctioning joints so you cannot bend or move. Spinal Decay chokes the nerves that exit the spine - resulting in organ damage, weakness in limbs, muscle wasting and balance problems. Spinal Decay is directly correlated with increased pain and disability. Chiropractic care helps to prevent spinal decay, just as dentists help to prevent tooth decay.

Spinal Kinesiopathology: Part of the Subluxation complex relating to the movement (or lack of movement) in the 105 joints that make up the vertebral column.

Spinal Pathophysiology: Part of the Subluxation complex relating arthritic changes and degenerative changes within the spine. If spinal problems are not addressed then the body will attempt to heal the dysfunctional area with the laying down of extra bone. This, in essence, is Spinal Decay.

Spinous Process: A posterior protruding part of a spinal bone that can be seen or felt when examining the spine.

Subluxation - or The Vertebral Subluxation Complex is a complex of changes that occur in the Spine when it does not move correctly. The bones of the spine become involved, as do nerves, muscles and soft tissue structure.

Thoracic: pertaining to the part of the spinal column from the base of the neck to about 15 centimetres above the waist line. Your mid back.

Transverse Process: lateral protrusions (wings) of bone from the vertebrae to which powerful muscles and ligaments attach.

Vertebra: Any of the individual bones of the spinal column.

Whiplash: An injury to the spine caused by an abrupt jerking motion, either backward, forward or sideways.