

Clinic Locations & Contact Numbers:

Creek St Clinic: 99 Creek Street (Cnr Adelaide) - 3229 0115 Ann St Clinic: 69 Ann St (City Plaza) - 3229 9334



Troy Leggett
Remedial Therapist

Qualifications:
Cert IV Remedial
Massage

Specialty:
Remedial Massage,
Deep Tissue, Trigger
Point Therapy

Based at Creek St:
Mondays &
Thursdays

Interests:
Surfing, Running



Laura Wu
Remedial Therapist

Qualifications:
Dip. Remedial
Massage

Specialty:
Deep Tissue,
Aromatherapy,
Lymphatic Drainage

Based at Ann St:
Mondays,
Wednesdays &
Fridays

Pinched Nerve... What is it?

Many people are familiar with the term "**pinched nerve**" yet few fully comprehend what this means. If you've ever felt the numbing or tingling sensation of a limb 'falling asleep' you've most likely experienced a pinched nerve.

A '**pinched nerve**' occurs when surrounding tissues cause an increase in nerve pressure. This pressure can result in sudden or persistent pain. Although pinched nerves can occur in any part of the body, this condition is most common in the spinal region of the back. This is because many nerves exit the central spinal cord through gaps in the vertebrae.

Causes of pinched nerves

- **Injury:** heavy lifting, contact sports, car accident, serious fall etc
- **Repetitive Motion:** assembly line jobs, playing an instrument, workouts etc
- **Joint Diseases:** arthritis, osteoarthritis, osteoporosis

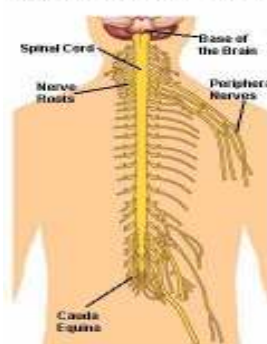
Symptoms of a pinched nerve

- Tingling
- Numbness
- Burning sensation

- Shooting pains
- Loss of reflexes and/or movement skills

Sometimes the pains and sensations are distant from the point of pressure. For instance, a pinched nerve in the low back may cause pain in the calf to be the only

Spinal Cord and Nerve Structures



symptom. When there is nerve damage from constant pressure, pain and weakness may increase.

Treatment Options

There are many approaches to treating a pinched nerve, such as physiotherapy or remedial massage. Acupuncture is also a very appropriate treatment to assist

with releasing muscle tension and pressure. If treatment is chosen, a pinched nerve usually heals within a few weeks. On the other hand, some people learn to live with the discomfort by adapting their lifestyle around their condition. This option isn't usually advisable as it can lead to increased symptoms. Additional treatment options include ceasing any activity that is causing undue pressure on the affected nerve. If an activity cannot be stopped, you may consider wearing a splint or a brace for extra support.

Prevention of a Pinched Nerve

- Take frequent breaks from physical activity
- Change position often
- Bend knees when lifting heavy objects
- Keeping upright posture

If you find yourself with a pinched nerve it is advisable to find a preferred option to assist you, as the longer you leave it the worse your symptoms will possibly get. Make an appointment with us for either an acupuncture or massage treatment.



Frequently asked questions:



What am I to expect from Acupuncture? Your initial treatment should greatly reduce your symptoms depending on their severity. You may feel nothing, or you may experience a slight 'mosquito bite' feeling followed by an unusual sensation of moving energy.

What can it help? Acupuncture can assist with everything from back pain, depression, fertility to hay fever, headaches and skin conditions. It is also used to help maintain your well-being; concentration, stabilising moods, energy levels and an all over feeling of balance.

How many times will I need to come back? Depending on your symptoms you may require anything from one to ten treatments. Acupuncture is accumulative. Each new treatment builds upon the previous session, making the results more effective and longer lasting.

How do I stop it coming back? By sticking to the course of treatment, you are ensuring that you are making the most out of your treatment by taking the steps to resolving the problem completely. Once you have recovered, it is important to maintain your health and wellbeing by having regular check-ups to ensure you are at your optimal health.

... Lymphatic Drainage

Lymphatic drainage massage in conjunction with exercise and a balanced diet are important factors to maintaining a healthy lifestyle.



What is Lymphatic drainage?
Lymph is part of your lymphatic system; a thick, clear fluid that circulates through the lymphatic vessels and carries white blood cells to fight infection and disease. The lymphatic system is a vital part of our immune system; its function to drain, transport, filter and remove broken down foreign substances and waste from our tissue. The gentle, rhythmical massage techniques used in lymphatic drainage treatment move lymph towards the lymph nodes where the body can dispose of wastes more easily.

What to expect?
Because many of the lymph vessels are just under the skin, moving the lymph requires very light touch, barely the weight of a teaspoon of water. Practitioners use flat hands and finger pads in painless, rhythmic movements light enough to be described as a

'feather touch'. Expect this treatment to be a lot slower and much lighter than your usual massage treatment. The majority of the treatment is spent lying face up as the front of the body is where the majority of the lymph nodes are situated.

Due to the sensitive areas in which the lymph nodes are situated, (there are clusters around your breasts and groin area) your therapist will explain the sequence and theory of the technique in the initial consultation before you decide to go ahead.

After the treatment
Often you will not feel any effects from the treatment until later that day or that evening. A feeling of tiredness or heaviness may be felt; this is simply a sign that the body is using its energy to eliminate all the extra toxins

that have been added to the circulatory system due to the increased lymph flow. It is important at this time to drink extra water and stay away from caffeine, alcohol, cigarettes and heavy food to allow your body to complete this process.

From receiving manual lymphatic drainage, the body's elimination channels are enhanced and your ability to clear out toxins and waste products is greatly improved. Clearer skin, a better immune system and boosted vitality are what can be expected. All these benefits translate to more energy, leading to an enhanced ability to enjoy life now, as well as increasing your defense against illness in the future.

...interesting facts about your body

For the first six weeks newborns will cry without tears



A woman is physically capable of producing 35 babies in her life!



Our eyesight is sharpest at noon

What's on...

*The Natural Baby Expo—MASSIVE 2 DAY EXPO FOR ALL YOUR PARENTING NEEDS!
Everything for expecting mothers, new babies to toddlers!
Heaps to see and do - Loads of local exhibitors - Activities for toddlers -Clowns, balloons, face - painting and much more!*

When? 7 - 8 October 2006 10am - 5pm

Where? RNA Showground's, Gregory Terrace Bowen Hills Commerce Building

How much? \$5 for adults kids come for free