



SOUTHERN SPINAL CARE

Dr Terry Notaras
Chiropractor
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Dr Terry Notaras is a Doctor of Chiropractic and Doctor of Osteopathy. He is registered as a Chiropractor and Osteopath with the Chiropractic Board of Australia and is a member of the Chiropractors Association of Australia. Dr Notaras is also an Associate Member of the Australasian College of Chiropractors.

Dr Terry Notaras has lived in the local area for 39 years and has been in private practice for 26 years. He has served on the Executive Committees of the Chiropractors Association of Australia.

Dr Notaras has looked after the health of some of the world's best professional golfers on the Professional Golf Tour. He has also looked after the Australian Olympic Cycling Squad as well as many other elite athletes. This background allows the technique used at Southern Spinal Care to be the latest and the most effective in the world.

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Healthy Spine. Healthy Life.



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Migraine

Introduction

Migraine headache is one of the most common neurological disorders with an estimated prevalence of 5% to 25% in western society. There is now clear evidence supported by medical research that chiropractic treatment is effective in the management and cure of migraine. With the advanced techniques used at Southern Spinal Care we have been seeing this evidence anecdotally for years!

As a chiropractor, I prefer not to speak of treating 'migraine' or other specific conditions, however. Chiropractic has a wider concern. The principal aim of chiropractic is to:

- diagnose/locate joint dysfunction or subluxation – i.e. specific restriction from normal joint movement
- correct this, using specific adjustments
- thereby restore normal function to the joint **and improve all related neurophysiology** – *nerve supply, blood supply, movement, proprioception, muscle tone, etc.*

Relief of migraine is but one beneficial result of this holistic approach taken at Southern Spinal Care.

Evidence of Effectiveness

Studies have shown the success rate (cure or marked improvement) of

chiropractic management of migraine to be between 72% and 90%.

One significant trial involved 85 patients who had suffered regular migraine attacks for an average of 19 years. They were divided into 3 groups – one receiving chiropractic adjustments, one medical/physiotherapy manipulation, and one medical/physiotherapy mobilization. All 3 treatments proved to be effective, but the chiropractic results indicated superiority on all measures reported – complete cure, frequency of attack, average duration, average disability and average intensity of pain.

Conclusion

It has been clearly established both anecdotally and through scientific research that chiropractic is an effective treatment for migraine. The techniques used at Southern Spinal Care are gentle, non-invasive, highly effective and make no use of drugs (thus avoiding their harmful side-effects). There seems to be a logical case for it being the treatment of first choice for most patients.

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This article contains extracts from The Chiropractic Report by David Chapman-Smith.

Our Technique

Neurokinesiology is a unique system of diagnosis and therapy that has been developed at Southern Spinal Care over the last 24 years. Rather than treating symptoms alone, gentle palpation, reflex analysis and various muscle tests are used to diagnose the underlying **cause** of the symptoms. Specific chiropractic adjustments, along with healthy lifestyle advice, are then given accordingly to correct the source of the problem. When the body is healthy and functioning well, the original symptoms disappear!

We understand your need for effective, gentle and natural health care. Our service is prompt and we work towards a personal and caring approach to each client.