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## A Stitch in Time – Choosing Spinal Maintenance Care

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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 Golf Tour. He has also looked after the 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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Our gardens need it, our teeth need it and our car just wouldn't start without it – **Maintenance Care.**

Preventative maintenance for your spinal health and wellness is no different, however can offer much more.

Our spine suffers from bumps, bruises and excessive loads everyday. This can lead to stiffness, arthritis and poor posture that can affect the normal functioning of your nervous system causing your health to suffer.

Take low back pain (LBP) as an example. It's one of the costliest work-related injuries in terms of disability and treatment cost. It's estimated that in the USA alone, the costs rack up to over \$100 billion every year and growing.

The two factors behind the enormous costs area; 1) the high rate of recurrence of LBP and 2) about 10% go onto develop chronic, disabling Low Back Pain.

In a study by Croft (1998) he found that most patients had stopped seeing their GP for LBP within 3 months which gave the impression to researchers that patients had fully recovered.

Nothing could have been further from the truth. When researchers followed up one year later, 75% of patients were still suffering chronic bouts of low back pain.

Over the past few decades public health experts have come to realize that while preventing LBP in the first place is a worthy goal it isn't going

to be effective due to the many factors related to its development,

Spinal maintenance care is a clinical intervention thought to prevent these recurrences of LBP. Researchers describe it as the type of care you have after you have reached the optimum benefit or maximum relief.

Researchers discovered evidence that supports what chiropractors have known for clinically over a hundred years.....'a stitch in time saves nine'.

Which means that once your spine is restored back to its normal function with chiropractic adjustments, it's easier to keep well than to get it well again.

Researchers believe the frequency of visits in the initial intensive care is very important. They commented that other successful trials of spinal adjustments followed a program of care with at least 10-12 visits over the first 4-6 weeks. Other trials of spinal manipulation were less effective when completing lesser visits over a longer treatment time period such as 8 visits over 12 weeks or 7 visits over 5 months.

*'Happy New Year' to all our patients and friends, we look forward to seeing you in 2012.*

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