



## 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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## Chronic Low Back Pain

### Introduction

Back pain is enormously expensive in terms of individual suffering and economic loss. Common medical solutions such as drugs and/or surgery are simply not working. As a result patients are suffering and are unsure of where to turn for help. Many problems remain undiagnosed, misdiagnosed, poorly managed, or even untreated. Chiropractors recognize that this is because most other health professionals are not trained to accurately locate and diagnose spinal problems. Chiropractors, on the other hand, specialize in spinal health. The advanced techniques used at Southern Spinal Care allow us to accurately detect spinal problems and gently correct them. Unfortunately, however, many people remain unaware of the benefits of chiropractic care.

Dr William Kirkaldy-Willis, a Canadian orthopaedic surgeon with a leading international reputation in the treatment and research of low back pain, looking at the problem summarized above, the high failure rates of back surgery, his long experience with low back injury and pain, decided to introduce a team of chiropractors to his research unit at the University Hospital, Saskatoon, and research the effectiveness of chiropractic treatment of chronic low back pain.

### The Study

The aim of the study was to determine the effectiveness of chiropractic treatment for a population of patients who:

- Have experienced low back pain and leg pain for a period of years;
- Are totally disabled by this pain (scaled as Grade 4 on a scale where Grade 1 is symptom free, Grade 2 is mild constant or intermittent pain but with no restrictions for work or other activities, Grade 3 is pain restricting activities, and Grade 4 is disabled from work or other activities by constant severe pain);
- Have been referred to a specialized hospital clinic after not responding to conservative or operative treatment.

During a 6-year period 283 patients were diagnosed, upon referral for a detailed chiropractic analysis, as having one or more named categories of subluxation or spinal dysfunction - the most common of which were "posterior joint syndrome", "sacroiliac joint syndrome" or a combination of these. These patients received chiropractic treatment consisting of daily spinal adjustments by an experienced chiropractor for a period of 2 to 3 weeks.

The results show excellent success rates given the duration and severe degree of disability. For example, of the 171 patients with posterior joint syndrome and/or sacroiliac joint syndrome:

- Each had been disabled by pain, on average, for approximately 8 years.
- Following a 2- to 3-week regime of daily chiropractic adjustments **87% returned to full function with no restrictions for work or other activities** (Grades 1 and 2).
- No patient was made worse. (This was also true for all patients treated.)
- The 87% success rate was maintained when the patients were reviewed after 12 months.

### Conclusion

Many patients seeking chiropractic care have chronic low back and leg pain, and have had various prior forms of unsuccessful treatment. The above results provide exciting evidence concerning both the effectiveness and cost-effectiveness of chiropractic treatment for these manifestations of ill health. The fantastic results we see at Southern Spinal Care reflect the high success rates obtained in the study at Saskatoon.

[www.southernspinalcare.com](http://www.southernspinalcare.com)

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

## FREE Holiday Offer!

To celebrate Christmas and the beginning of a new year we would like to offer you the gift of good health! Simply give us a call and mention this newsletter and we will book you in for a **free spinal assessment**. Offer expires 28/02/2011.

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.