



SOUTHERN SPINAL CARE

Dr Terry Notaras
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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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Walking & the Brain

While we have seen many technological advances in recent years, we have not progressed in the area of preventative health and wellness. We, as humans, are the sickest species on the planet. Obesity, diabetes, cardiovascular disease and cancer continue to exist and wreak havoc upon our families, friends and loved ones more so now than at any time in prior history.

I believe one of the main reasons behind our decline in health is that in our modern, industrialized world we have become more and more sedentary in our day-to-day living. Whether it be the latest iPhone, iPad, text message, email, television program, podcast, Facebook update or Twitter, we find ourselves sitting in our chairs, eyes fixed to a screen and fingers connected to a keyboard. The times of staring into outer space has been replaced by staring into cyberspace. Instead of viewing the vastness of the world around us, we may see very little past the computer monitor or 2x3-inch screen on our smartphones.

As a chiropractor, this means I see many patients with forward head posture (and other accompanying postural syndromes), diminished muscular tone and poor cardiopulmonary fitness.

Conditions such as "tennis elbow" and "swimmers shoulder" are being replaced by problems like "mobile phone shoulder" and "text neck", and I'm sure that "keyboard thumb" is not far around the corner. But is musculoskeletal irritation and degeneration the only problem? What about our "higher centres"?

Being upright is much better for the health of our brains. Much more than sitting or lying down. A paper by Ouchi et al (Brain, 1999)

looked at the various activations of the brain in differing postures - supine (laying on the back), standing, standing on one foot and standing in tandem. It was noted that standing with the eyes closed had the greatest activation in the area of the prefrontal cortex: the brain's executive centre.

While much to do has been made about the role of the cerebellum, vestibular system and the visual system in the maintenance of our posture, there is now a growing body of evidence to suggest that the integrity of our frontal lobes may also be involved with our standing postures.

So, could it be that sitting, confined in a small space, without activation of the weight-bearing joints of our spine and lower extremities is actually "bad" for our brains? There is a mounting body of evidence that would suggest the answer is YES!

So the take-home message is the following: the joints of your spine and lower extremities need to be activated by being upright, weight-bearing and moving well. This facilitates the afferent nerve pathways to your cerebellum, vestibular system, visual system and brain.

So if you don't do regular exercise, it's time to start! If you do, then make sure you include something on your feet. Remember, the brain is the master system - take care of it and it will take care of you!

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This article contains extracts from Illuminate by The Australian Spinal Research Foundation.

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.