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## Hospital Referrals for Dizziness, Tinnitus & Sinusitis

Get Relief with Chiropractic, new study finds.

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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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When doctors at the Ear, Nose and Throat Department of the Central Hospital of Sogn and Fjordane in Norway were stumped for a solution, they referred 46 subjects suffering from dizziness, tinnitus and suspected sinusitis for chiropractic care, a new study reports.

Under chiropractic care many of these patients were found to have neck and jaw (TMJ) joint subluxations. Compensatory lower neck and upper back joint restrictions were also present. Following about a dozen visits to the chiropractor, 87% of the subjects reported an average of 50%-60% improvement in their symptoms, their ability to perform activities of daily living improved. It also reduced the amount of sick leave (*Didriksen Clin Chiro 2010*).

These patients had a long history of varying symptoms relating to neck and jaw dysfunction. On a pain and disability scale from 0 to 10, the average score of presentation was 8.0. Following treatment, this had decreased to 3.7, an average improvement of 4.3 points. The female group received an average 6.5 treatments before discharge, the male group an average of 14.0 treatments (cohort average 10.3 treatments). All but six patients benefited from the treatment, and there was a clear reduction in sick leave among the patients compared with conventional medical treatment.

This is the first report on the work of a chiropractor participating on the initiative of ENT staff within an ENT department of a Norwegian hospital and an ENT specialist's private clinic. The researchers believe that the presented collaboration should encourage closer relations between ENT physicians and chiropractors.

## Face-Neck Connection

*The trigeminal nerve fires the muscles of biting, chewing and swallowing, It receives input on touch, position, temperature and facial pain. Scientists have found a direct connection of the trigeminal nerve to the nerves in your upper neck.*

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