

Welcome to Better Backs

Thank you for choosing our centre for your health needs. We offer quality, professional and affordable Chiropractic services for the whole family, in a warm and friendly environment. Our staff attend education sessions regularly to improve and keep their skills up to date. Our principal chiropractor, Dr David Jones, has written a research paper in Lower Back Pain and continues to help others in research, whilst keeping up to date with many of the advances in chiropractic research and techniques himself. The information in this letter is to help you understand how our centre works in order that you receive the most out of your care.

Types of care offered

1. Crisis or Relief Care

Often people seek care in this centre for relief from a particular group of symptoms. During this type of care we explain the possible cause of the symptoms and offer the best management plan for each individual patient that will ensure a speedy recovery. This may include patient participation at home i.e. Exercises, lifestyle advice.

2. Rehabilitation Care

Everyone is different in their speed of recovery, however after your symptoms are gone it is important to strengthen any muscles which are weak in the area of your injury to prevent a relapse. This type of care is usually more home based with a few follow up visits to monitor progress.

3. Wellness or Maintenance Care

Part of our view on health is that; with knowledge educated people make the best choices. Thus abandoning the "Sickness model" of health (which is waiting for symptoms before taking action) for a "Wellness model". Wellness care is all about improving your wellbeing and the wellbeing of your family. This is achieved by promoting healthy lifestyles and having regular chiropractic care to maintain and enhance your health.

All care

Our approach in treatment can vary from patient to patient because everyone is different. The technique we use to adjust children or an Olympic weight lifter or elderly osteoporotic women will vary in order to give the most specific and effective care. Regardless of techniques used, nothing will happen without your knowledge and consent. If you ever have any questions about your care please ask your chiropractor, Dr David Jones.

5 tips for after an Adjustment/Treatment

1. After your adjustment it is recommended to go for a 5 minute walk. Our goal is to increase mobility in your spine and let the nerves work better.
2. Avoid rubbing, poking, or probing the areas which have been adjusted.
3. Avoid any jerky, sudden or twisting movements and any lifting should be done keeping your spine as straight as possible.
4. It is always important that you drink plenty of water, but especially after you have massage or your neck worked on, so drink 500ml to 1 L of water within the next 5 hours after treatment.
5. Watch your posture if you notice slouching or your head is drooping forward at the computer then time to stand up have a break before continuing work.

Being involved and responsible for your care

We have found that patients that put the most effort into their care get the most out of it, they improve quicker, and a higher level of improvement. You can improve your results by:

- Following home advice by your Chiropractor
- Keeping your appointments
- Doing regular exercise provided your Chiropractor has not advised you to avoid them
- Asking Questions about your care and giving your Chiropractor feedback about your response to care
- Follow the 5 tips for after an Adjustment

**We also have Remedial Massage, Myotherapy, Naturopathic and Group Pilates
Appointments with our Better Backs Team.**

Foot Levelers Consultation In any of the above types of care management plans, it may be appropriate for you to have your feet checked. This is free for existing patients when booked with another appointment. You are probably thinking, “So what is involved in a Foot Levelers consultation?”

During a Foot Levelers Consultation the clinic’s Chiropractor checks your feet with a number of tests. At the end of this consultation you will be informed of the general health of your feet and arches and what action you should take, if any. Sometimes people are required to have custom made orthotics to improve the health of their feet and spine, all of which can be done through this clinic. Your 3 most used pairs of shoes should be brought in with you for this consultation.

Sleep Consultations are for anyone interested in correct sleeping posture and finding the right kind of mattress and pillow based on their spine. This consultation is in 2 parts; The first step involves a consultation interview and lying on the mattress in the clinic. (You need to bring your current pillow for this) This takes about 10 to 20 minutes, during this appointment you will receive advice on what positions you should try sleeping in, how you may need to change your bed time routine and if your pillow is suited to you. After this appointment if you require a more specific mattress fitting it is done off site via a referral to Regal Sleep solutions. There you will lie on a number of mattresses and have your spine checked by a mattress fitting expert. With a referral from Better Backs to Regal you will enjoy between 20% off or \$2000 depending on the mattress.

Dry needling consultations are in conjunction with a chiropractic appointment or part of an extended consultation; this depends on how many muscles are being worked on. Dry needling is the use of a fine filament or acupuncture needle to deactivate tight bands in a muscle or reactivate a muscle not working properly. The normalization of tone comes after the needle gets a neurological response out of the muscle.

Cold Laser Appointments also known as low-level laser therapy (LLLT or Photobiomodulation) is our clinic’s newest treatment option. The laser works through the application of low levels of visible and near infra-red light to a chosen area. This can achieve decreased pain, swelling, inflammation, an accelerated healing process for wounds, deep soft tissues and nerves all on a cellular level by helping the cells produce more energy by removing waste material. Additionally, a recent study by Harvard Medical School found that in certain doses and when applied to the correct area of the body, LLLT can even have an analgesic effect – drug free pain relief! More and more research into the effectiveness and safety of LLLT is continuing to be produced. If you’re interested in cold laser therapy come and talk to us and we will discuss whether LLLT may be an appropriate course of treatment for you.

Ultrasound appointments are especially useful in reducing acute inflammation in sprains strains, anything with visible bruising. Also along with cold laser mentioned above useful for bursitis and tendonitis conditions.

Refer others

We welcome you to send your friends and family to see us as well so that they too can optimize their health. We will put your name on our referrer’s page and give you \$10 off your next appointment.

PRICES and SERVICES as of 01/08/2016

Cost for Chiropractic Care:

Initial Chiropractic visits	Full Price	\$100.00
	Concession	\$90.00
Report of Findings (2nd visit)		\$60.00
Chiropractic visits	(adult – 18 or over)	\$52.50
	(1 day -17 years of age and seniors)	\$47.50
Family visits	family of 3	\$135.00
	family of 4 or more	+ \$40per person
Cost for Extended Chiropractic visits/massage/dry needling:	30min	\$72.50
	45min	\$95.00
	60min	\$120.00
Remedial/Therapeutic Massage:	30min	\$57.50
	45min	\$75.00
	60 min	\$90.00
Out of hours or Public holidays	Initial appointments	\$150.00
	Existing clients	\$100.00
	Initial appointments	\$190.00exc trav
Home Visits	Existing clients	\$120.00exc trav

Prepurchased Chiropractic Subsequent visits	
6 visits	\$265.00 (saving of \$50.00)
12 visits	\$475.00 (saving of \$155)
24 visits for a family	+2 bonus initial appointments
	\$880.00(Saving of \$580)

Pilates Classes	
Group Class Sessions	\$150 for 10 weeks

Naturopathy visits	
Initial Fees	\$90.00
Subsequent	\$60.00
Extended (1hour)	\$80.00
Ear Candling	\$30.00