

CHIROPRACTIC EDUCATION IN AUSTRALASIA

Professional preparation courses for chiropractors are available at the following educational institutions:

Macquarie University
Sydney, New South Wales

Murdoch University
Murdoch, Western Australia

RMIT University
Bundoora, Victoria

New Zealand College of Chiropractic
Auckland, New Zealand

CHIROPRACTIC RESEARCH

Education for chiropractors in Australasia is among the finest in the world, and the profession is developing innovative research projects for the continued benefit of patients.

Even as you read this, researchers at universities, chiropractic colleges and clinics throughout Australasia are discovering and refining more ways your chiropractor can help people of all ages to enjoy fuller and healthier lives. The Australian Spinal Research Foundation is a major source of funding and encouragement for many of these projects.

Chiropractic is a branch of the healing arts concerning itself with the relationship between the structure (primarily the spine) and function of the neuro-musculoskeletal system, as that relationship may affect the restoration and preservation of health.

With Compliments

For more information please contact:

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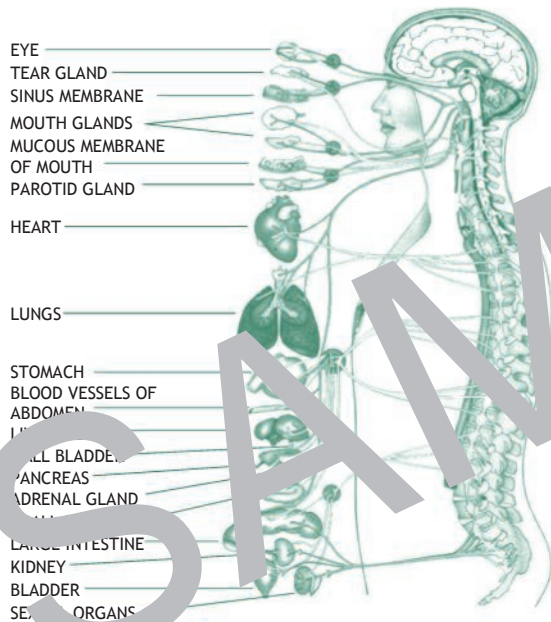
What is
CHIROPRACTIC?

WHAT IS CHIROPRACTIC?

Chiropractic is a modern health care system based on the following premises:

The body is capable of healing, given adequate rest, nutrition, and a properly functioning nervous system, and providing that no irreparable tissue damage has occurred.

The nervous system (brain, spinal cord and nerves) controls all the other systems of the body.



AUTONOMIC NERVOUS SYSTEM

WHY IS THE SPINE IMPORTANT?

The spine is the framework which supports and protects the spinal cord. Most of the nerves pass from the spinal cord through small openings in the spine to various muscles, organs, bones and even the skin.

The spine is made up of 24 moveable bones, 23 discs (which act as shock absorbers and allow movement to occur), and has attachments for 12 pairs of ribs and hundreds of ligaments and muscles. Thirty-one pairs of nerves exit the spine.

Because of the spine's complexity, its normal movements are easily disrupted. Falls, incorrect lifting, stress, repetitive movements, faulty posture and even illness may cause disruption to the normal mechanics of the spine. The areas of abnormal movement are what chiropractors call **subluxations**.

Subluxations have several possible components: disrupted joint movement, nerve irritation, muscle spasm or weakness either at the site of the subluxations or along the course of the irritated nerve, and increased or decreased blood flow in the immediate area. Because nerves send energy to organs, a subluxation can affect health and wellbeing. Subluxations are very common and do not always produce pain or other obvious symptoms. Spinal degeneration can occur with chronic subluxations.

WHAT DO CHIROPRACTORS DO?

Chiropractors analyse the spine for subluxations and, if found, do a special procedure called an **adjustment**.

HOW DO THEY DO IT?

Before the spine can be adjusted, the chiropractor needs to know details of past medical history, any accidents and current lifestyle (smoking, diet, exercise).

A thorough examination may include a postural evaluation, specific spinal analysis, orthopaedic and neurological testing, electromyography and thermography. X-rays may be taken not only to evaluate the condition and alignment of the spine, but to help rule out any underlying disease.

CHIROPRACTORS EMPHASIZE PREVENTION

Once better movement has been restored to the spine, it is important that it be maintained.

Regular checkups will allow your spine to function optimally, offering your body the best chance of feeling and functioning well.

In addition, your chiropractor may advise you on exercises, nutrition and preventive factors related to work, posture and lifestyle.