

### Stage Two

#### Stabilisation and rehabilitation

Once the pain is under control, we will advise specific exercises you need to be doing to make sure that the problem doesn't return. This is a crucial stage to gain long term benefit from your care up to date.

### Stage Three

#### Ongoing maintenance and wellness care

Even once we improve your condition as much as we can, the rigours of life are unavoidable and so maintenance care is the best way to make sure we are staying on top of your health and keeping everything functioning the best it possibly can. Regular maintenance visits for chiropractic, massage and doing your exercises are strongly recommended, a bit like taking your car for a regular service to make sure problems don't come up (which are inevitably expensive!).

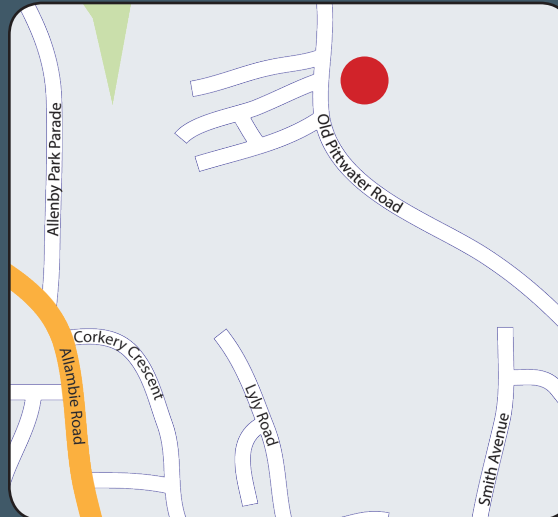


### CLINIC HOURS

Monday	8:00am to 6:00pm
Tuesday	8:00am to 6:00pm
Wednesday	8:00am to 6:00pm
Thursday	8:00am to 6:00pm
Friday	8:00am to 6:00pm
Saturday	9:00am to 1:00pm

### CLINIC LOCATION

29 / 117 Old Pittwater Road  
Brookvale NSW 2100



Ph. 02 9938 5456

[www.neurobalancechiropractic.com.au](http://www.neurobalancechiropractic.com.au)

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Family Natural Health Care

## HOW DOES CHIROPRACTIC WORK?

Chiropractic works because you are a self-healing, self-regulating organism controlled by your nervous system. Millions of instructions flow from your brain, down the spinal cord and out to every organ and tissue. Signals are sent back to the brain to confirm if your body is working right.

If there is interference with this vital exchange of information from nerve irritation or joints not working correctly it may compromise the function of affected organs and tissues. Specific spinal adjustments can help improve mind/body communications. Health often returns with improved nervous system control of the body.

## WHAT IS CHIROPRACTIC? AND WHAT IS MEANT BY A FUNCTIONAL NEUROLOGICAL APPROACH?

The functional neurological approach involves assessment of your condition and screening the different parts of the brain to see what areas are working too hard, and what areas are not working enough. In the 1990's, neuroscientists and clinicians began to understand that changes in brain function, without structural changes, were the cause of many of the signs and symptoms of disease in the nervous system.

It is a branch of healthcare that diagnoses and treats 'functional' problems within in the body and nervous system and builds on the basic neuroscience that uses various strategies to help improve or re-establish optimal neurological processes within the body. It has been used to correct balance disorders, vertigo, clumsiness, speech and reading problems, facial tics, tremors, anxiety, sleep disorders, constipation and bedwetting in children, just to name a few.

## WHAT IS AN ADJUSTMENT?

Chiropractic adjustments enhance and promote optimal neurologic and physical function within the body.

The Therapeutic goals are determined by a thorough examination, assessment, review of records and consultation with the patient and additional specialists as required.

Our treatments harness the power of motion to restore movement to joints, activate correct neuromuscular function and improve overall posture.

When joints lack motion, their sensory awareness and motor control is reduced. Reinstating joint motion restores normal somatosensory representation (ability to detect movements) in the brain and fine motor (muscle) control at the joint.

## WHY SEE US? BECAUSE WE USE TECHNIQUES PROVEN TO WORK.

As a Northern Beaches based Chiropractic practice in Brookvale our techniques are proven to work, why? Because they are supported by research, proven through experience and shown to be reliable through constant results. What does this mean for you?

- You will become pain free faster
- You will have reduced stiffness quicker
- You will have increased movement in your joints and muscles
- You will have improved posture
- You will experience reduced muscle tension for longer

## HOW DO WE DO THIS?

- A thorough assessment
- Expert diagnosis
- Multi modal techniques
- Manual and non-manual Chiropractic care

## WHAT DO WE HELP WITH?

- Sports injuries and pre-event check up
- Lower back pain
- Disc problems
- Neck and shoulder pain
- Headaches
- Hip, knee and ankle problems

We also offer specialist pregnancy and paediatric care. Common complaints we can help with in babies and children are:

- Reflux
- Colic
- Poor feeding
- Bum shuffling and poor crawling
- Poor gross or fine motor co-ordination
- Bed wetting.. and many more

## THE NEUROBLANACE CHIROPRACTIC DIFFERENCE

Our clinic is different – we are equipped with health professionals to provide you with care throughout all stages of recovery from your injury or condition. We understand that fixing your problem isn't just about getting rid of pain, but going beyond being simply "pain free" and fixing the underlying issues that led to your injury or condition in the first place.

### Stage One

#### Initial acute care, or "pain relief"

The goal of this stage is to simply get you out of pain. Our chiropractors and massage therapists are specialists in the treatment of pain and returning you to your pre-injury state. Treatments may involve chiropractic adjustments to the spine and peripheral joints, stretches, remedial massage sessions, postural/ergonomic advice, or a combination of these.

