



JULY NEWS

Pregnancy and Chiropractic

For many women Pregnancy and low back pain go together like cheese and vegemite, in fact, one study reported up to 50% of women suffered with low back pain during their pregnancy! But this doesn't have to be the case, relief may be just an adjustment away!

There are many hormonal and physical changes you'll experience during your pregnancy. Some of these will have an impact on your posture and comfort. As your baby becomes heavier, your centre of gravity shifts, and your posture adjusts accordingly. These physical changes during your pregnancy can lead to a misaligned spine or joints.

When the pelvis is out of alignment can restrict the amount of space available to your developing baby. This can affect how the baby moves and grows, it can also make it hard for your baby to move into the best position to be born, which is rear-facing, head down.

Chiropractic has been shown to be very safe and beneficial during pregnancy but always ask one of our Doctors if it's right for you!

INGROWN TOENAILS

Ingrown toenails are the most common toenail problem. They may be caused by improperly trimmed toenails, very curved edges of nails, shoe pressure or repeated trauma to the feet from activities. They may also be inherited. Frequently the pain is due to a corn or callus in the groove or (sulcus) of the nail.

Most cases will require conservative treatment, while others may need a minor surgical correction which can be conducted in the surgery using a local anaesthetic.

THICKENED NAILS

Thickened nails are a common condition. Usually it's the result of injury to the nail bed, such as dropping something heavy on your toes or fungal infection. They can be easily and painlessly thinned down by the podiatrist.

FUNGAL INFECTIONS

Fungal infections are among the most troublesome of nail conditions to treat. They are often characterised by thickening, discoloration and separation of the front of the nail from the nail bed. In some cases the nail crumbles. These infections tend to stay in the nail if they are not treated, and can infect the nail bed.

There are a range of anti-fungal medications available for treatment. Your podiatrist can assist with the trimming and care of out-of-shape nails.