

Lower Back Care
 95% of people have Lower back problems
Graham Healy has developed a successful system using his famous nautilus hip and lower back machines!
BE RELEASED TODAY !

Lower back care by Graham Healy

95% of the general population have some form of lower back problems, be it degeneration of the spine, or atrophy of the erector spinae muscles, age related factors, work related factors, external injury factors, or lack of CORRECT SPECIFIC EXERCISE.

In this article I will explain why the Healy's System has such a great success rate and usually in a very short period of time, (I have had one case of 17 years of pain stopped in 4 sessions! but most cases are a gradual success over about 10 to 12 week period) as displayed by our testimonies of real RESULTS and continues to do so based on a system that 'looks out of the box' and 'pulls it all together' and has a holistic approach.

Question: 'If I asked you to build me a house could you do so without a plan or a blueprint? '

Well as obvious as the answer is (I hope you said NO!) , on a daily basis you are seeing LOWER BACK PAIN being treated by 'drugs and pain killers' without any further research, rarely is an x-ray or MRI taken if you complain of back pain simply drugs are prescribed as an initial front line of attack and only in 'extreme cases' does the matter get referred to a 'back specialist' and this is usually for the purpose of operations for spine-fusions etc.

This is not any fault of the 'Traditional System' as it is simply a fact of life that the 'thinking' 'out there' is sectionalized and in the 'box' rather than 'out of the box and holistic in concept.

When I say holistic, I do not mean totally 'alternative' either what I mean in my definition is that as founder of Healy's Health and in my search for the TRUTH and REAL RESULTS this has led me to combine the services of various professionals into a synergistic holistic mix that overrides the confusion and misinformation (refer my flow chart at end of this document) .

In my book RESULTS must be forthcoming as PROOF of VALIDITY .

Basic service Definitions

Physiotherapy?

The Physiotherapist is trained to treat muscular soft tissue injuries of the extremities (legs and arms) and is in the standard usual line of referral from health professionals if the 'pain killers don't work'.

The physio is generally good for 'extremity' soft tissue and tendon injuries ,knees, ankles, elbows, hand etc and by definition as defined by the Australian

Physiotherapy Association quote *“uses a variety of techniques to help your muscles and joints work to their full potential. It can help repair damage by speeding up the healing process and reducing pain and stiffness”*

Chiropractic The practice of chiropractic focus on the relationship of structure (primarily Spine and pelvis) and function as coordinated by the nervous system and how that relationship effects the preservation and restoration of health and normal postural function of the body .

In other words the Chiropractor restores postural alignment to the spine and hips which in turn normalizes the nerve flow and junctions (since most of the main controlling nerves originate out of the spine and circumnavigate around the body effecting and controlling every single function of your body)

Imagine the body is a complex computer with electrical cables everywhere(nerves) if a cable is twisted or 'impinged' it will stop or reduce electrical flow to another circuit of the body and shut down certain bodily functions or produce a 'short circuit' (Pain response) the Chiropractor like a electrician makes sure all the circuits are free to work and the cables (nerves) are not blocked or impinged .

This is a easy way of understanding Chiropractic and indeed the body is truly a biomechanical electric circuit in reality .

Acupuncture

Acupuncture is a Chinese system of inserting very fine needles in nerve junctions or meridians and this effects the flow of Chi or body energy.

From a practical point of view acupuncture actually distresses tight muscles and 'settles down' muscles in spasm and this ancient Chinese system complements chiropractic and the Healy's Health system completely and Healy's Health have our preferred Chinese trained acupuncturists who are experts in their own field and highly recommended .

Massage

various methods of massage are used in conjunction with Acupuncture , in fact our Healy's Health's preferred massage is done by our Chinese acupuncturists along with 'tens' machine therapy(mild electro-stimulation of muscle) and 'moxil' (heated Chinese burning herbs that look like a 'herbal cigar'used for concentrated heat and herbal infusion to trouble spots in a 'focused' areas of body like nerve damaged areas of the foot (toes and joints).

Trigger point therapy (dry needling)

This is a deeper insertion of acupuncture needles in the muscular 'trigger points' muscles have different layers and the deeper layer muscles effectively 'bunch up' under injury and stress , note the pain patterns of these trigger points can be completely away from the actual injury area .

For example knee pain can be caused by tight or injured thigh muscle (rectus femoris) the actual trigger point (or pull point) is 4 or 5 inches above the the knee but the pain (referred pain is on the knee area).

When the trigger point is 'dry needled' it releases the 'bunched up muscle' and the referred pain 'goes away'.

Misdiagnosis of this has led to all sorts of errors in treatment that Healy's Health is well aware of and as a result has preferred health specialists to perform Trigger point therapy (see Flow chart at end of document)

A simple illustration of trigger point muscular pain, imagine a wool jumper that has a thread pulled and the jumper 'bunches up' around the pulled thread, this is exactly similar to the deeper muscles and how they reach below the surface of the larger muscle groups laying on top of them, and 'bunch-up' under injury or stress

Podiatry

A podiatrist specialized in lower limb function, we prefer to call them lower limb specialists.

Any functional and structural problems with hips, knees and feet the podiatrist has this area of the body covered.

Again Healy's Health have our preferred Lower Limb experts and associated health professionals.

Whatever practitioner you are referred to the bottom line is:

ARE YOU GETTING THE REQUIRED RESULTS?

And if not WHY NOT ?

If these results are drawn out and not forthcoming, then you must make a command decision to CHANGE STRATEGY! and seek alternative advice, until you do get the relief required in an alternate therapy, (rather than 'putting up with it') at the end of the day 'it's your body and your FREE choice'.

Please refer to our tried and tested Healy's Health REAL RESULTS flow chart at the end of this document.

What are the alternatives?

And LOWER BACK PAIN? WHAT IS IT?

Lower back pain can be caused by several things, but generally it is either muscular (muscles of the erector spinae group in spasm) or a subluxation (misalignment of the bones of the vertebral column) that are separated by intervertebral discs that can degenerate and herniate or the actual bone of the separate links in the spine can deteriorate with age and/or grow spiny like sharp bony growths around the edges of the bone (much like stalagmites similar to what you would see in a calcium rich underground cave caused by calcium and various minerals leaching out of water over time that hang off the ceiling of the cave) these are like the outcrops of bone that grow on the edges of the intervertebral discs of the vertebral column impinging on the many of 'nerve extrusions' coming out of the 'openings' of the spinal column from the central spinal column, these nerve extrusions connect to and control most of the body's organs, one of the huge nerve extrusions emanating out of the sacral area of the lower spine is the sciatic nerve and that travels down the back of the legs to the heel of the foot either side of the body.

Impingement of the sciatic nerve in the lower back leads to excruciating pain and nothing short of a crippling effect.

There are always variations of this story and the list goes on, however, there is no doubt in my experience that the subluxations and disc deterioration of the spine is the ROOT CAUSE of 99% of all back pain and yet 99% of back pain complaints normally NEVER RESULT in a **structural x-ray to determine what is actually happening** to that structure (the spine) and what is the actual ROOT CAUSE of the pain! Instead all things are generally done around the symptoms and not the CAUSE!, like pain killers, massage, magnets, and all sorts of weird and wonderful gimmicks are used by those who pray on ignorance (both theirs and the clients) and people's genuine back problems become a target for drug companies and various other parties whose interest is not to SOLVE THE PROBLEM but **keep you the 'Victim' on the 'drip'** paying 'fees' and buying drugs and getting a never-ending range of gismos and treatments that normally result in 'lightening of your wallet' with NO SIGNIFICANT RESULTS FORTHCOMING for your Lower Back.

Albert Einstein definition of Insanity "doing the same thing time and time again expecting a different result!"

The Starting Point

X-Rays buy a qualified professional that specializes in Spinal care and can actually read the x-rays correctly and know what they are actually looking for. If you are building a building or modifying a structure can you do it without the blue prints or plans? of course not, but as already described, the symptoms of spinal problems are being always looked at from a cosmetic perspective either for selfish monetary motivation by either unaware professionals or by drug companies that it is not in their financial business plan to 'get you off drugs', this is very much like the smoking companies and the associated money wasting exercises by governments to educate the public, spending millions of dollars in pointless advertising campaigns costing huge amounts of taxpayers' money, where a TOTAL BAN on cigarettes would solve the problem, but why don't governments do that? yep you guessed it MONEY made from these companies is the real motivator (not people's Health) and spinal care is, for the majority of cases, exactly the same, a money motivation surrounds spinal care and its symptoms, **certainly not the Clients wellbeing and solving the root cause of the problem.**

Chiropractic

In our experience (Healy's Health) the starting point in spinal care is a qualified Chiropractor, not any chiropractor either as many DO NOT TAKE X-RAYS! So avoid those chiropractors, but Healy's Health does have a long term relationship with our 'preferred' chiropractors and we are confident in their ability to analyse correctly and accurately.

At the end of the day a properly qualified chiropractor in Australia does 7 years study and is the top of his field in spinal analysis and postural alignment procedures in our opinion and by the 'evidence available' on the scope of chiropractic training professionally covers the Healy's Health policy requirement criteria for Client initial care and analysis.

Find the Root cause of the Problem

After correct x-ray analysis the ROOT CAUSE of the structural and alignment problems can be accurately assessed and any hidden fractures, bony growths impinging nerves can be spotted and analysed as cause and effect and the source of nerve impingement pain.

What actually happens as a result of subluxation and misalignment of vertebra and resultant nerve impingement of the spine?

The supportive erector spinae muscles go into 'protective spasm' and 'lock down' around the problem area (be it a nerve impingement) and 'freeze' that area of the body to stop further damage , in other words the body has its own 'damage control' system .

How do we treat this?

Ice first for the first 24 hours and wait till it settles down, then x-ray to identify the root cause, in the meantime (after the settling down period) after a few days, gentle massage, heat packs, 'woodlock™ Chinese liniment, or acupuncture to actually settle down the muscles in spasm (muscular spindle nerve reaction to the injury) and de-stress the muscular system.

Chiropractor does his thing:

The purpose of the Chiropractor's treatment is to identify and analysis the structural problem and then start a series of 'manipulations' of spine to bring it back into alignment and 'balance' where all muscles and nerves are operating a maximum effectiveness as they were designed to do and to deliver the muscular system out of 'damage control'.

WHAT ABOUT EXERCISE?

So much mis-information about core strength without ever really understanding what core strength is, it is not just the abdominals, but the body's 'core' is the WHOLE TRUNK and follows the spinal column from the base of the head to the tail bone that's the core!

Exercise to an impinged lower back is only going to make the problem worse!

And many of the exercises taught are ineffective and mis-informed about the real target areas for spinal health and so called core strength.

without informed information about the spinal health through professional help , as Healy's Health does by policy to refer Clients to our preferred Chiropractors as associated experts for x-rays and identification of **the root cause of the problem BEFORE an exercise program is recommended** .

Healy's Health unlike 99% of all other Gyms and Health centres does not 'put the cart before the horse' in an uneducated and non logical approach , we at Healy's Health are looking at clients long-term Health programming in a holistic systemized approach that has a proven track record for over 30 years .

**ENTER THE HEALYS LOWER BACK HEALTH SOLUTION:
NAUTIULUS MACHINES invented by Arthur Jones**

The problem is how do you actually contract the erector spina group of muscles and therefore strengthen the REAL CORE (the spine supportive muscles) without neutralizing the effect by involvement of the hip and thigh muscles?

Normally it is impossible until Arthur Jones came along with his nautilus machines that later developed into nautilus sports medical industries in the 1960's, 70's and 80's breakthrough work was spearheaded by Arthur Jones, in fact many of the principals he discovered, applied and invented is being applied today over 40 years later but many do not really understand where exactly Arthur Jones was coming from he was like captain Kirk of the star ship enterprise 'light years 'ahead of his time.

Graham Healy founder of Healy's Health in 1985 completely understood the nautilus principles of training as Healy's Health was the one of the original nautilus Gym in Australia and Graham Healy made it his business to understand the biomechanics of nautilus machinery which as the year went on Graham realized no other machinery came anywhere near the biomechanical perfection of the Arthur Jones nautilus machines, and as Graham was formerly a Olympic weightlifting competitor in the Queensland titles 1976 under 2 times Olympian and coach Neval Pery, Graham had a practical background in high intensity strength training from the ground floor up. Examples of incorrect exercise were applied then and still to this day persist due to ignorance and lack of real practical knowledge of applied exercise physiology by gym owners, gym instructors and PT's in so called 'bootcamps' and misdirected military style training that can only result in injury.

Here are some examples:

- Abdominal exercises just lifting knees to chest (abdominals not activated)
- Torso twists with a weight while hips are twisting unavoidably
- Stiff legged dead-lifts done for the purpose of (lower back strength) (Healy's health policy on use stiff legged dead lifts with moderate weights and never resting on the floor, for the purpose of stretching back and hamstrings which it is very effective for but never over 60kg as our standard limit)
- Hyper back extensions, this exercise is more a hamstring then erector spina muscles and put enormous shear forces on the lower back especially if holding weights on neck or chest as you see done
- Swiss ball propaganda, there is absolutely zero logic to justify swiss-balls apart from being dangerous and unstable, they usually lead to incorrect cheating technique and are BANNED at Healy's Health Centres
- Busu balls, the cut off version of swiss balls, again absolutely zero scientific basis to use and completely useless (both busu and swiss balls it's claimed they activate muscle fibres? I am still waiting to see what fibres and how they are activated and what is the scientific evidence to prove anything to justify the use of these worthless gimmicks)
- Not wearing weightlifting belts during squats and knee supports/wrist wraps for power-cleans or dead-lifts claiming this is increasing 'core' strength, when I hear that all it proves is the absolute ignorance of the person saying it, the compression forces and twisting forces on the unsupported spine is a recipe for disaster and risk management should prevail, but doesn't, because of the above-mentioned ignorance.

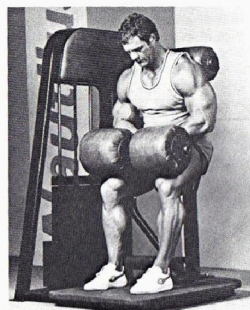
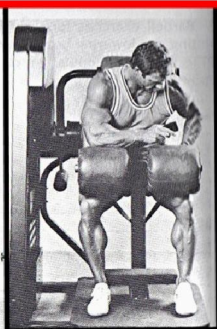
- Squatting incorrectly , this is a real problem , most people in gyms are told “feet parallel” and yet it is bio-mechanically impossible to do this without the knees concaving in and the gutes (Butt) sticking out and therefore EXPOSING YOUR SPINE to shear forces downward , many complaints by clients even doing ‘aerobic pump classes’ and the afore-mentioned reason is why . The list goes on but these are that main ones that I have had to correct most frequently.
- Lunges with lead leg bent over and knee forced over front of ankle ? when I ask clients who do lunges this way “do your knees hurt” the answer is always YES! Again somebody who has never done lunges properly has mis-instructed this person and magnified knee injury as a result , surely ‘pain in the knee’ could indicate that this is a incorrect technique ? Nope people still follow senselessly (the Albert Einstein principle yet again definition of insanity “doing the some thing over and over again expecting a different result!”). The List is long and the common sense and logic? Well let me say this the Ablert Einstein principle/definition on ‘insanity’ applies continuously, until somebody with a bit of long-term experience paces the ‘circuit breaker’ solution in a clients path.

Enter the Nautilus Machines for lower back care

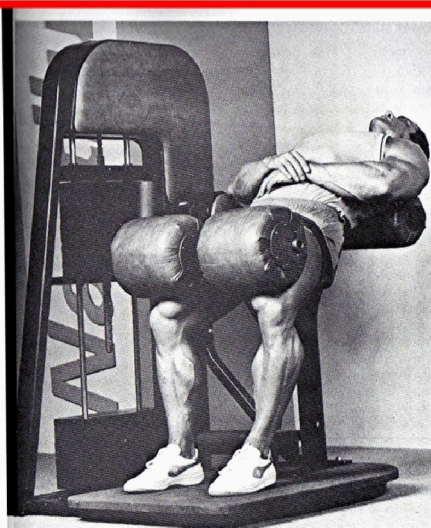
Lower Back Pain relief is HERE

Lower Back

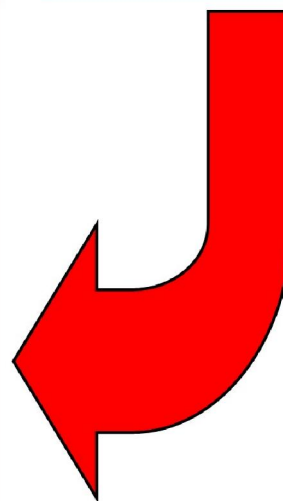
1. Enter machine from side by straddling seat.
2. Sit on seat bottom, not angle between seat bottom and seat back. Upper back should be underneath highest roller pad.
3. Stabilize lower body by moving thighs under bottom roller pads.
4. Place feet firmly on platform.
5. Fasten seat belt around hips.



6. Interlace fingers across waist.



7. Move torso smoothly backward until in line with thighs.
8. Pause in contracted position.
9. Return slowly to starting position.
10. Repeat.



- **Nautilus Lower Back Machine**
This machine actually exercises the lower back muscles correctly and effectively and is the **only one in existence world wide**

How it does this it is a biomechanical fact that for the erector spinae muscles to work the HIPS and the associated hip flexors and leg muscles attached to the **HIPS MUST BE IMMOBILIZED** No other exercise or exercise machine does this except the nautilus Machine. And it does that by locking down the Hips (seat belted in) and then applies gradual progressive resistance (via a padded arm seated across the rear of the shoulders and progressive resistance via the nautilus patented cam device that ensure we get progressing maximum stretch to maximum contraction of the target muscle in line with a correct biomechanical strength curve that follows the true natural compression/flexion of that particular muscle group in this particular case the erector spina group). The Fact is that the erector spina group does not reach maximal contraction until the spine is bent (flexed) backwards to 72 degrees relative to the hips WITHOUT any hip flexors or leg muscle involvements or movement.

Nautilus Lower back machine is the only machine that can achieve this and the bonus is that it does so without any **DOWNWARD SPINAL COMPRESSION!**

My nick-name for this machine is the **back 'decompression machine'** which is the exact effect that this machine has , and this process works in with the Chiropractor as his objective is to 'reset' the muscular patterns after adjustments from misaligned spine and pelvis , the Nautilus Lower back Machine assists the Client in **RESETTING THE NUROMUSCULAR PATTERNS**(each strand of muscle fibre has reactive nerves in the spindles that 'react' to stress and with bad postural alignment these nerves and muscles have to be RE-SET or they remain in a BAD PATTERN and that BAD PATTERN becomes ingrained and re-enforced by the mind after long periods of time) and the Muscles begin to be 're-set' and to be fully functional and posture re aligned and this in tern **INCREASES TRUE** muscular strength to hold the spine in place by strengthening the erector spina group whose job it is to increase the integrity of the spine and support its movements (as it was originally designed to do).

The dilemma Chiropractors have is that with adjustments they gradually re-align the spine and hips and re-establish the free flow of the nerve junctions, however, because the body's muscular system automatically tries to return to the previous patterns set (usually bad patterns) as preset by injury, work, or the persons posture , Healy's Health nautilus machines actually re-enforce the Chiropractor ,acupuncturists, and lower limb expert and other allied health specialists to a **FASTER RECOVER** by way of **resetting the neuromuscular programming of the body** by applying correct exercise on a machine that is designed to **ACTIVATE** the correct muscles in perfect harmony with the biomechanical body muscular function .

The object of the exercise is to return the Client back to a normal (in fact stronger) supportive postural positioning at the end of the programming. Most effective programs take about 10-12 weeks to reset the body's previous bad patterning for whatever reasons.

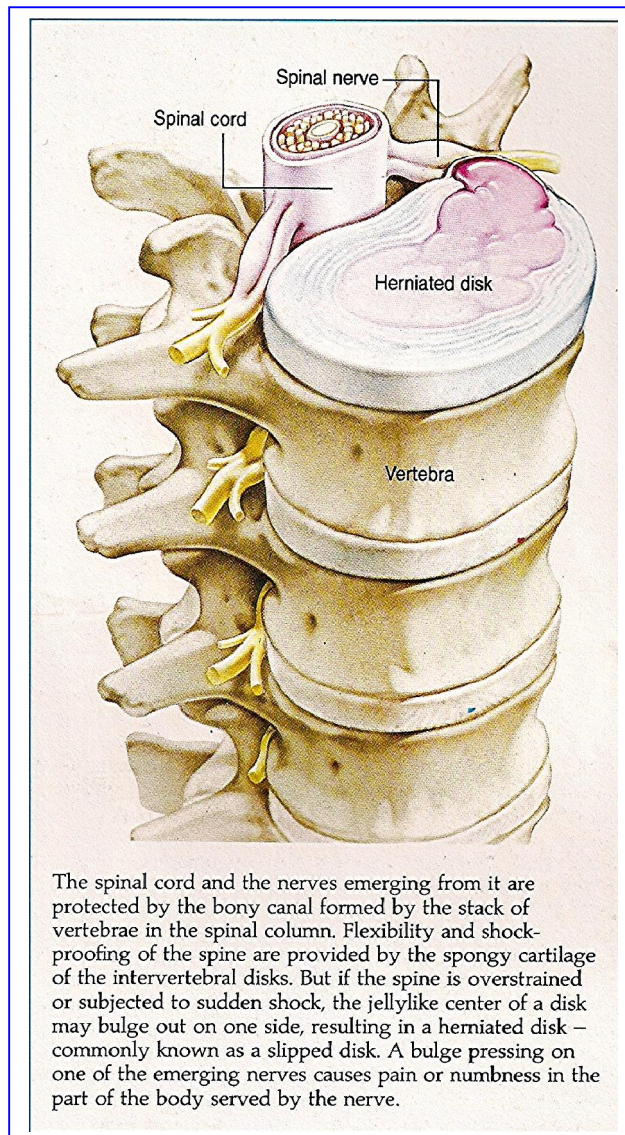
This makes the Chiropractors job easier, and the Clients results much faster and **HAPPIER**.

With the Nautilus Lower back machine I have had clients say to me that their back pain disappears for several days after using the machine , so a maintenance routine of 2twice or 3 times a week is usually enough moving forward.

How to think of the spine

To get a simple mental image of the spine think of a radio tower with cables holding it up (that is the erector spina muscles) without the cables in place the spin (radio tower) would simply collapse.

The spine in construction is very similar, and the problem has always been HOW to strengthen the Lower back erector spinae muscles, which I have clearly explained above.



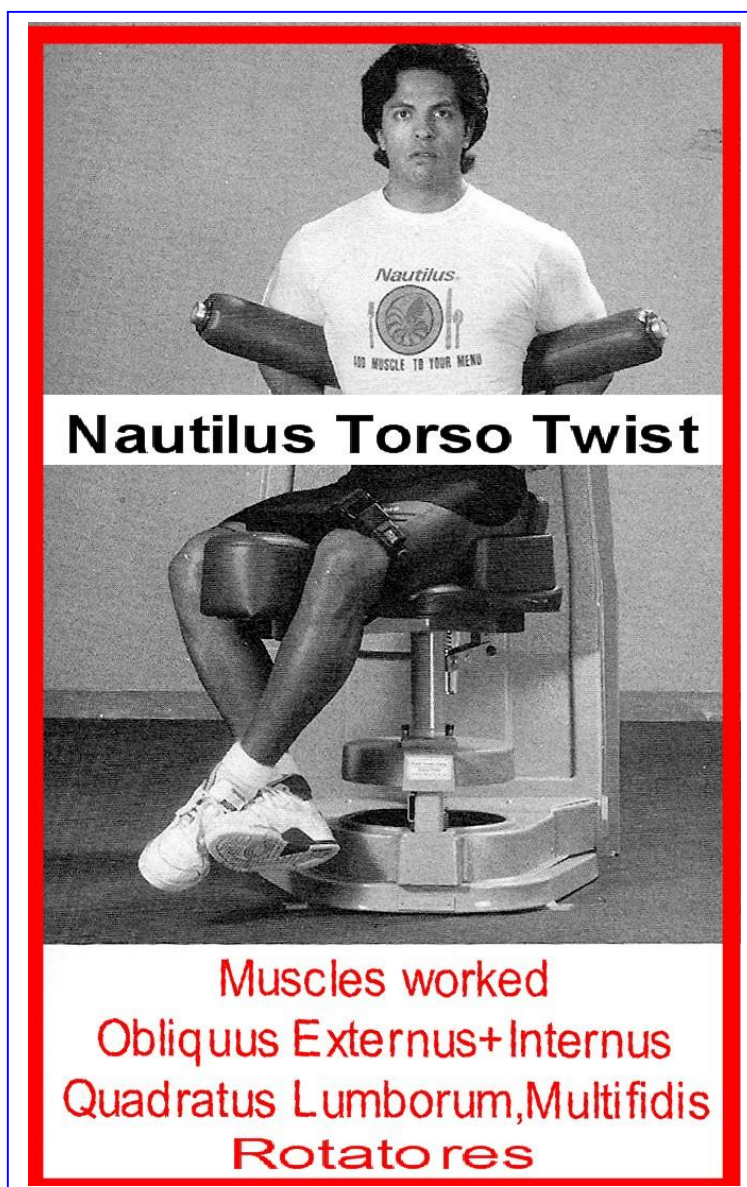
Section of the spinal column displaying herniated disc, yellow 'cord like' extrusions are nerves emanating out of spinal column, these nerves 'wrap around the body like casing on a barrel and are interconnected to every major body organ and therefore control their function from brain to spinal cord to organs

- **Nautilus torso twist machine**

Again as above the Nautilus torso twist works the obliques (internal and external) but more importantly the torso twist machine works the muscles that actually TWIST and TURN THE SPINE(extends and ROTATES) called the MULTIFIDUS muscles these muscles sit on the 'dorsal fins' of the spine and are critical for spinal movement and function .

Again these muscles are not activated effectively unless the hips are locked down and especially the sideways movement of the thighs.

Again the nautilus torso twist machine is the only one of its kind that effectively does this and is the perfect synergetic partner for the Nautilus lower back machine.



- **Nautilus Hip and back machine**

The strongest muscle in the body is the Gluteus Maximus (Butt Muscle) and the Nautilus Hip and back machine works the Glutes, and hamstrings in perfect isolation and with the maximum stretch to maximum contraction nautilus protocols, in this case the back muscles are simply acting as a 'stabilizer' or in isometric contraction as the Glute and hamstrings are exercised.

The beauty of this nautilus machine is that there is NO COMPRESSION FORCES acting on the spine .



Nautilus Hip and Back machine

Nautilus Abdominal Machine

The main muscle effected here is the rectus abdominis (abs) and this muscle originates in the pubic bone(front of the hip girdle) and attaches to the 5th,6th and 7th ribs and the xiphoid process (front of the breast bone) the action of the rectus abdominis is grossly misunderstood , in fact the (Abs) simply pull the chest (thoracic) area forward about 15-20 degrees or/and lift the Hip girdle up the same amount of 15-20 degrees , in this processes it Flexes the Vertebral column(spine) forward .



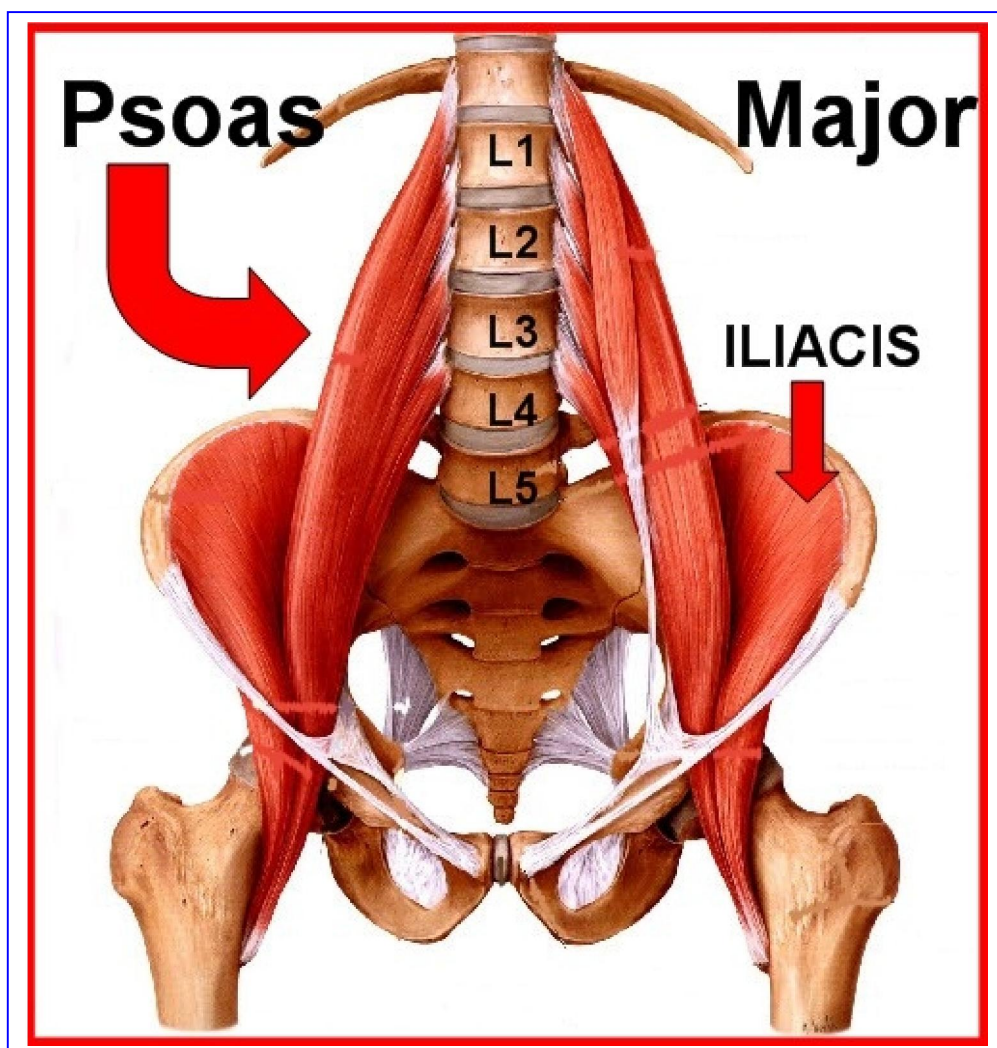
Nautilus Abdominal Machine Gen one

- The importance on abdominal strength for spinal care is certainly, in most cases, overemphasised and generally misinformed, not based on any actual facts , just 'hearsay' and repetitive 'gym talk' about so called 'core strength'. The reality is that the erector spinae group and the multifidus spinal group are of a priority in spinal function and stability, and the abdominals would be secondary, although still important, not in the way you hear the comments that lower back problems are solved by abdominal exercises, this is completely unbalanced and UNTRUE.

In fact the incorrect way that you see abdominal exercises done in many cases CONTRIBUTES to the lower back problems in the first place.

By this I mean what 99 percent of the population perceive as abdominal exercises is NOT in fact pure abdominals, more HIP FLEXOR exercises rather than pure abdominal exercises.

The trouble with that is the main HIP FLEXOR (PSOAS MAJOR) attached to all FIVE LUMBAR Discs on the lower spine either side of the lower back and passes under/through the Hip girdle and inserts into the upper part of the



femur (thigh bone) .

It is the **Psoas major**((refer Diagram) the actually FLEXES the HIP (assists in pulling the knees up), so when you see people doing knee lifts (knees to chest) or lying on a board with legs almost straight , they are actually allowing the Hip Flexors to override the abdominals and the abdominals take a secondary role.

The DOWN SIDE OF THIS is that the hip flexor (psoas major) **being attached to either side of the last five lumbar vertebra exerts enormous PRESSURE on those five vertebrae** and has a tendency to 'skew the lower back' and if in spasm will actually contribute to LOWER BACK PAIN and Hip twisting, lower spine subluxation and possible nerve impingement, so in all this causes the DOMMINO effect is a result.

Healy's Health is well aware of all these 'angles' and 'traps' to TOTAL LOWER BACK and SPINE HEALTH and our approach ties all the factors together to operate in a synergistic whole and Nautilus Machines are an integral part of this process to TOTAL SPINAL HEALTH, and in alignment with Healy's Health lower back policy and procedures as detailed on our attached Flow chart.

- **Neck**

At the Cervical part of the spine (neck) there are several issues that Healy's Health is also covered in our process symptoms like Forward head posture ,and other postural alignment issues are understood and treated by our preferred health professionals , supportive four direction stretching mythologies are applied by Healy's Health (including isometric, PNF)

- **Torso**

The Thoracic part of the spine is protected to a degree by the surrounding rib cage , but this too has 'issues' supported and assisted by Healy's Health methodologies and the nautilus exercise machines

- **Stretching**

Healy's Health has a unique stretching methodologies developed by Graham Healy over the last 30 years including training by martial arts masters (Graham Healy is an 8th dan master of Martial Arts and delivers his lifelong knowledge to clients to support and enhance the Healy's System) Stretching of back of legs (hamstring muscle groups) has a lot to do with hip alignment and as a consequence lower back alignment and it travels along the chain upwards along the spine . Healy's Health are aware of the 'big picture' and the resulting consequences. Refer to our various Dvd's and brochures on these subjects

- **Hip Flexors**

The Psoas muscle featured above is one of the main causes of lower back issues as well is the piriformis muscle that travels from tail bone to hip(inserts in top of femur 'greater trochanter') are also critical elements in hip and lower back care.

There are many other issues I could cover in this article, but I will leave that to another article, I hope this have given you some appreciation of the DEPTH at which Healy's Health has Healy's Health the complete Total Health System is forever Evolving and improving 'in pursuit of Perfection' and to truly answer clients needs and solve seemingly unsolvable health and fitness problems, we are not a normal Health centre as you have by now discovered.

Yours in Health and Fitness,

Graham Healy

Founder Healy's Health 1985

Diploma in Fitness and Sports-coaching ACSD

(Australian College of sports Development)

8th Dan Martial arts Master and Boxer

Former Queensland Titles 1976 Olympic Weightlifter coached by Nevil Pery two times Olympian)

Postural Analysis Flow Chart by Graham Healy

What and How and WHY we do it for YOU !

Postural Analysis Grid Testing

- *Cross-reference measurements to see hip/knee/shoulder/jaw line alignment
- *Side profiling to see forward head posture/spine/hip scenarios
- *Rear profiling as above
- *Before/After Photograph taken to verify results and methodology (every 4 weeks)
- *Accurate computer records kept for cross referencing

You will get a 'client copy of all testing' as part of our service to YOU

If significant deviations
detected from Normal ?
YES /NO?

YES

Referral To Dr. Paul Ryan
(Chiropractor)
*Complete spinal X-rays
*Complete Postural analysis
*Chiropractic adjustments if
necessary

No

Complete Back up preformed by Graham Healy 30+ years Experience

Dip Sports Coaching/Fitness, Former Olympic weightlifter mid heavy Qld titles 1976, personally mentored by Olympian Nev Perry (Mexico & Rome Olympics) Sports strength coach international Level coach, track and field coach.

Graham will take you through the correct use of nautilus Lower back & Torso Twist machines, plus complete exercise programming to re-enforce the Neuro-Muscular Patterns that have to be re-set after Chiropractic adjustments, this will include various stretching techniques (isometric & dynamic).

Graham has computer programming that will demonstrate to you all muscles in dynamic action so that you will actually know **what** is working, **how** it works and **why** ! in other words why we tell you to do certain exercises and how the muscles stretch and function , our purpose is to:

EDUCATE and MOTIVATE you towards real measurable RESULTS

Bottom Line

Its all about YOU and keeping you functioning correctly while your doing Exercise the process displayed here is like servicing a prestige Car (your Body) ☺

“Your health is your Greatest Asset”

Graham Healy
Mob 0411 393 503

Lower Limb Issues?
Jason McLellan
B app Sc(Pdd)+(HMS)
Lower Limb centre

Naturalane Health Centre (Joan)
Chinese trained Acupuncturist and
Chinese 'trigger point' massage
therapy 20 years Clinical Experience
*Treatment back up chiropractic
And Lower Limb prescriptions
*Exercise Programming by
Graham Healy in co-operation with
the above process

