

After Hours chiropractor Perth WA, Perth Chiropractic Innaloo Sports Injury Clinic **0477530077**

Help for Back pain and injury on the weekend

Bending forward from the waist without bending from the knees places excessive stress on the lower back. We have all done it before and some of us have been lucky by escaping without acute back pain. Others have suffered with excruciating back attacks that quite literally “drop you”. We understand the mechanism of injury and have empathy for the agony you are in, we are available for after hours chiropractic to help alleviate your pain today. Call us on after hours chiropractor **0477530077** today for help.

Lifting heavy objects, how to put your “back out”

Wouldn't it be nice if white goods could be made so they can be carried easily? Lifting a fridge, washing machine or dishwasher is truly difficult. It doesn't matter how many of you there are

to help, they are just not made to be moved by us. Throw into the mix a flight of stairs and the added pressure of “not wanting to mark the wall” with the fridge and we have the ingredients for a back pain recipe.

Mattress and back pain

Sleeping is a wonderful thing, it's free, makes us feel better and allows our mind and muscles to chillax. We sleep for one third of a lifetime so finding a great mattress makes sense, right? However even if we do have a fancy mattress for home, a great majority of West Aussies are FIFO's.

Poor posture in bed, how to get a bad back

I can bet you that the digs you're in won't all have the same mattress make and model as your one at home that you've been used to lying on and moulded just so. So don't be surprised when you return back from your swing if your back feels a bit stiff. It's probable that your work mattress is not the only cause of back pain, there'll be twelve hours a day of hard occupational strain from a combination of sitting and standing, bending and twisting that all will contribute. Our weekend chiropractic care in Perth helps FIFO's take care of back pain out of hours if they fly back home out of hours and need help.

Stiff after a weekend gardening, fixing a fence or doing the retic, sound familiar?

Leaving the little bits around the house and garden to finish on the weekend is a common mistake. It's better to pay a handy man or business that specialises in those sorts of things to come and take care of it for you. Why? Because as your gym teacher told you at school, unless you have trained for the event, how can you expect not to pick up an injury?

Damage to the spine through unfamiliar and stressful movements that you are not used to for the sake of saving a bit of money doesn't change the fact that you only get one spine. Would you get paid if you had to take a few days off through back pain? How much would it cost to get your back fixed? How long would it take for it to feel better?

After hours chiropractic treatment is available on weekends and out of hours at Innaloo Chiropractic Clinic on 0477530077

We can help provide appropriate emergency chiropractic care for each case of musculoskeletal back pain caused by spasm on the weekends and out of hours. Our International chiropractic and sports injury clinics in Perth and London have chiropractors available to help you, a friend or your loved one now.

For half a decade our clinics have helped hundreds of patients that have called up needing help from the chiropractor after hours in emergency due to localised mechanical muscle and joint dysfunction. Dr Rod has successfully provided first class professional assistance all hours of the day, all year to people in need of same day fast and effective chiropractic care over two continents.

He's travelled to the hills, to the sticks, flats, big mansions, sports events and more. He's seen back pain bend people up double, unable to move at all without severe pain. In a vast majority of instances he's managed to help patients the same day. Rarely, a case of back pain needs referral or the call for ambulance pick up. That is because we make sure that before we can try and help that each patient is a candidate for our care and not a medical emergency with other contraindications. In general we can provide chiropractic once we are sure through an assessment of the muscles, nerves and joints combined with a patient history and orthopaedic testing.

What to expect on an After Hours chiropractic call out

Over the phone we may need a few details of the symptoms you may be experiencing, like how the pain started, whether it's happened before, what it feels like. We may need to ask whether there are any aggravating movements or if there are any positions of relief which

you can find. It's possible that it may be recommended to use ice packs over the part of the body where pain and dysfunction are felt. Ice packs should be used, wrapped in a thin cloth and kept on with pressure for twenty minutes every hour as often as possible for the following 72 hours following a spasm, once it's been assessed. Patients being driven to the clinic can take an ice pack and ice cooler with them.

Some aids to getting a complete assessment, back protection and some pain relief after hours

Crutches or something to take the weight off the back which helps you walk about is very useful indeed.

Some tape or strapping material to wrap around the back and pelvis maybe useful to provide some stability and support for weak muscles. The clinic has contacts for back braces and strapping tape which the chiropractor may provide or recommend to help you recover.

Ice packs are usually in stock at the Innaloo chiropractic clinic for use in treatments and local stores may sell them to patients to take and use as part of recovery.

Pain relief gels like Perskindol, Biofreeze, Physiogel and Traumeel may be recommended to help control pain, inflammation and discomfort.

Free x-Ray referral

Plain film X-rays may be referred for and if requested these can be referred to a bulk billing centre with a Medicare affiliation.

Hicaps rebates and health fund cover for after hours call out

Our after hours chiropractic is claimable on private health

After hours number **0477530077**

Perth Chiropractor Rod Knight Innaloo Chiropractic Clinic
chiropractic call out