COASTLINE Chiropractic CENTRE

OUR CENTRE LOCATIONS

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Dr Darren J Gray

Chiropractor, Certified Rehab Therapist

BSc, MChiro, MClinRehabNeuro (MCAA, ClinFellAAFN)

Dr Melinda Burke

Chiropractor

BChiropractic, MastChiropractic

Port Macquarie **Monday–Saturday**

Wauchope **Monday, Tuesday, Wednesday and Friday**

Dr Darren is on leave during September.

You're in great hands with Dr Mel and our fantastic team led by Melanie.

We attempt to cater for same day appointments, however forward booking your appointments is always recommended to avoid disappointment.

YOUR CHIROPRACTOR

SEPTEMBER/OCTOBER 2026

STAND UP WITH EASE

HEALTHY KNEES, ACTIVE LIFE

UNDERSTANDING JOINT NOISES

SMART CAFFEINE CHOICES

CHIROPRACTIC CARE: COMMON QUESTIONS ANSWERED

What does a chiropractor do?

Chiropractors assess, diagnose and help manage a range of musculoskeletal conditions. They consider your symptoms, health history and individual needs before discussing suitable care options. This may include chiropractic adjustments, joint mobilisation, soft-tissue techniques, exercise advice and self-care guidance.

What is an adjustment?

A chiropractic adjustment is a controlled manual technique that applies a specific movement to a joint. It's designed to work within the joint's normal range of motion. Your joints are strong structures supported by bones, ligaments, muscles and tissues.

Many people find adjustments comfortable, but everyone's experience is different. Some people may feel brief light pressure, movement or stretching. Mild tenderness may occur afterwards for a short time.

Adjustments may help some people with certain musculoskeletal problems by reducing pain and improving movement and function. Your chiropractor will explain what to expect and help ensure the approach is comfortable and appropriate for you.

What causes the popping sound?

You may hear a popping or cracking sound during an adjustment. This is a common occurrence caused by changes in pressure within the joint. It doesn't always happen and is not a sign of how well an adjustment works.

How soon might I notice a difference?

Some people notice improvement after a few visits, while others may need more time. How quickly you notice changes depends on the type of problem, how long you've had it, your general health and your daily activities and the steps you take to support your recovery.

Healthy habits, such as regular movement, good nutrition, quality sleep and avoiding smoking, can also support your progress and overall wellbeing.

How many visits will I need?

How long you choose to receive chiropractic care is your decision. The number and frequency of visits will depend on your goals and how you respond to care.

Some people visit for a short period to help with a particular musculoskeletal problem, while others choose ongoing visits as part of their approach to maintaining their mobility and function.

Will I have to do anything at home?

Your chiropractor may recommend exercises, stretches or movement advice to complement your care. You may also receive guidance on posture, lifting, workstation setup or other simple self-care. These strategies can help support your progress and keep you moving well.

What qualifications does a chiropractor have?

In Australia, chiropractors complete at least five years of university education and must be registered with the Australian Health Practitioner Regulation Agency (Ahpra). To remain registered, they are required to meet professional standards and complete ongoing professional development.

If you have further questions, don't hesitate to ask. Understanding your options is an important part of making informed decisions about your health.

Curious about popping and cracking sounds? See our article on joint noises for more information.

Our newsletter is free - please take a copy with you

CARE FOR YOUR KNEES AND KEEP MOVING WITH EASE

Our knees work hard every day. Whether you're walking, playing sport, gardening or just bending down, healthy knees help keep you active and independent. Knee injuries are common in sport, but they can also happen during everyday activities or when we do more than our bodies are used to. Understanding how your knees work and how to look after them can help keep them moving well.

How do our knees work?

Knees are complex joints that help support your body weight while allowing you to move with stability.

Each knee is formed by the thigh bone, shin bone and kneecap. Smooth cartilage covers the ends of the bones, allowing them to glide easily, while the meniscus acts as a shock absorber and helps spread forces across the joint.

Strong ligaments help keep the knee stable. The collateral ligaments on either side of the knee limit excessive sideways movement, while the cruciate ligaments inside the joint help control forward, backward and twisting movements.

What types of injuries can occur?

Knee injuries can affect the bones, cartilage, ligaments, tendons and other soft tissues. They may occur after a fall, collision or awkward twist. For example, the anterior cruciate ligament (ACL) is commonly injured during sports involving sudden stopping, pivoting or landing, such as football and netball.

Not all knee problems happen suddenly. They can also develop gradually from repeated strain or doing more activity than your body is accustomed to.

For instance, kneeling or squatting for long periods, steep hill walking, a new exercise routine, or returning to sport after a break can place extra stress on the knees, particularly if the muscles supporting the joint are weak or the joints are stiff.

Regular exercise that improves leg strength, balance and coordination has been shown to reduce the risk of some knee injuries, especially during sport. Gradually building up new activities, warming up beforehand, and wearing appropriate footwear can also help protect your knees.

If knee pain, stiffness or instability is affecting your daily activities, we can assess how your joints and muscles are working together. This can help guide advice and care to support better movement and function.

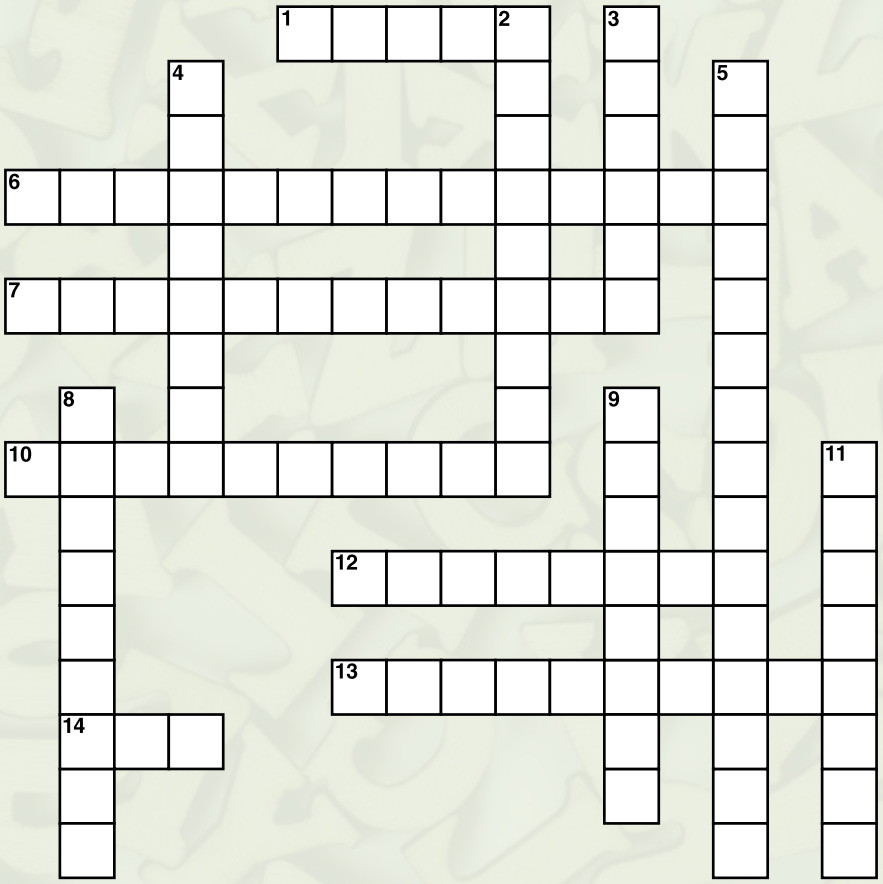
Crossword Puzzle

ACROSS

1. Australian body that registers health practitioners
6. Most common form of arthritis involving gradual joint changes
7. Natural compounds in coffee and tea with health-related properties
10. Muscles at the back of the thighs
12. Natural stimulant found in coffee and tea
13. Muscles at the front of the thighs that straighten the knees
14. Ligament commonly injured during twisting sports movements

DOWN

2. Feeling of being awake and able to focus
3. Buttock muscles that help you rise from a chair
4. Medical term for clicking, popping or grinding joint sounds
5. Relating to muscles, bones and joints
8. Smooth tissue that covers the ends of bones in a joint
9. Ability to move freely and easily
11. Knee structure that acts as a shock absorber



ANSWERS ON THE BACK PAGE

SHOULD YOU WORRY ABOUT NOISES IN YOUR JOINTS?

Do your joints click, crack or grind when you move? These sounds are very common and, in most cases, harmless. While they can occur in any joint, they're often more noticeable in areas such as the neck and knees, which can naturally cause concern.

Why joints make noises

The medical term for joint sounds such as clicking, popping or grinding is crepitus. These sounds can occur for several reasons:

- Tiny gas-filled cavities can form in the fluid inside joints as pressure changes during movement.
- Tendons and ligaments can make clicking or snapping sounds during normal movement.
- Some people naturally have more flexible joints, which can sometimes contribute to these sounds.

Many people with pain-free joints experience clicking or popping sounds, suggesting that these noises alone don't always indicate a problem.

Do noises mean arthritis?

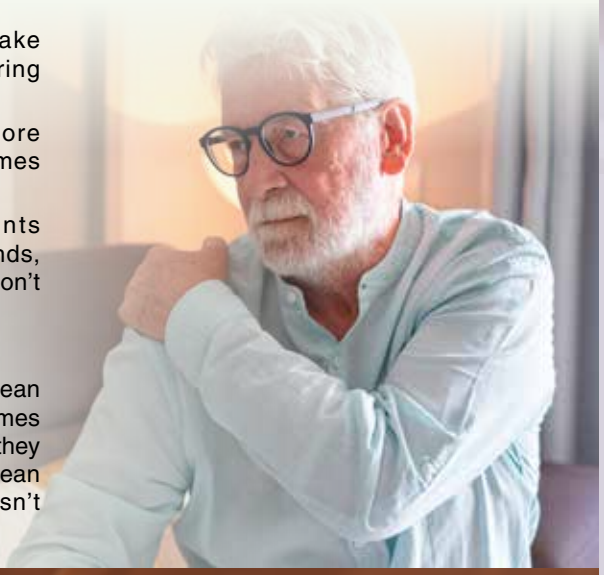
Many people worry that joint noises mean arthritis. While joint sounds can sometimes occur alongside changes within a joint, they don't necessarily indicate arthritis or mean it will develop. Having arthritis doesn't always mean you'll notice joint noises.

Osteoarthritis is the most common form of arthritis and involves gradual changes to cartilage, bone and other tissues that support joints. These changes may sometimes contribute to a grinding or grating sensation during movement, and in some cases may be associated with noticeable joint sounds.

When to seek help

While joint noises are not usually a cause for concern, it is worth seeking advice if they occur alongside ongoing pain, swelling, reduced movement, weakness, or other changes that concern you. For neck-related noises, symptoms such as dizziness, numbness or loss of coordination should also be assessed.

We can discuss your concerns, assess your symptoms, and advise whether further assessment or referral may be appropriate.



CAFFEINE AND YOUR HEALTH: FINDING THE RIGHT BALANCE

Many of us enjoy starting the day with a cup of coffee or tea. Caffeine may help some people feel more alert, but it can also affect sleep, digestion and energy. Understanding how it affects you can help you find the right balance.

Possible perks of your cuppa

Caffeine is a natural stimulant that may make you feel more awake by reducing the effects of a brain chemical that makes you sleepy. Some people find it improves alertness and concentration.

Coffee and tea also contain natural plant compounds with antioxidant properties that may contribute to some health benefits.

When caffeine is too much

While some people can enjoy several cups without any problems, others may notice jitters, restlessness, anxiety, or a racing heart after only a small amount.

A common concern is its effect on sleep. Caffeine can stay in your body for several hours, so an afternoon or evening coffee may reduce your sleep quality or make it harder to fall asleep. Poor sleep doesn't just make you tired the next day. It can affect your energy, mood, concentration and ability to stay active.

Coffee may also cause heartburn, an unsettled stomach, or more frequent bowel motions. Regular caffeine drinkers who suddenly stop may experience headaches, tiredness, or irritability for a few days.

Finding the right balance

For most healthy adults, around three to four cups of coffee or tea a day is considered safe, depending on caffeine content. Children and adolescents are advised to limit caffeine, as it may affect sleep and contribute to behavioural changes.

If caffeine makes you feel jittery, reducing the strength or quantity may help. Avoid caffeine late in the day if it affects your sleep.

For many people, caffeine doesn't need to be given up. Enjoying your cuppa in moderation and being mindful of when you drink it can help you find the right balance while protecting your sleep.

Caffeine affects everyone differently. Your sensitivity to it, how much you have, and when you have it all matter.

NUTRITIOUS BERRY OAT MUFFINS

Packed with berries and wholesome ingredients, these delicious muffins are perfect for breakfast, lunchboxes or as a healthy snack.

INGREDIENTS (MAKES 12)

- 1 cup rolled oats
- 1 cup wholemeal flour
- ½ cup almond meal
- ¼ cup pumpkin seeds or chia seeds
- 2 tsp baking powder
- 1 tsp cinnamon
- ½ cup milk (or plant-based milk)
- 2 large eggs
- ⅓ cup olive oil or melted butter
- ¼ cup maple syrup or honey
- 1 tsp vanilla extract
- Zest of 1 lemon
- 1 cup mixed fresh or frozen raspberries or boysenberries

INSTRUCTIONS

1. Preheat oven to 180°C (fan bake 160°C). Line or grease a 12-hole muffin tray.
2. In a large bowl, mix oats, flour, almond meal, seeds, baking powder, and cinnamon.
3. In another bowl, whisk milk, eggs, oil, syrup, vanilla, and lemon zest.
4. Pour wet ingredients into dry and stir gently to combine. Fold in berries.
5. Divide mixture into muffin tray. Bake for 20–25 minutes, or until golden and firm to touch.
6. Cool slightly before serving.

IS GETTING UP FROM A CHAIR BECOMING DIFFICULT?

WHAT THIS COULD REVEAL

Standing up from a chair – and sitting down again – is something most of us do without a second thought. But these simple everyday movements are actually quite complex. If they start to feel more difficult than they used to, it may suggest that something has changed in your strength, balance, mobility or overall function.

Why these movements matter

Standing up from a chair – especially without using your hands – relies on sufficient strength, balance and coordination. These same skills help us with everyday activities, such as getting out of bed, on and off the toilet, using stairs, and getting in and out of a car.

Being able to perform these activities comfortably and easily helps us maintain mobility and independence as we age.

The muscles involved

Standing up isn't just about having strong legs. Your glutes (buttock muscles), quadriceps at the front of your thighs, hamstrings, calf muscles and core all work together to help you rise and stay balanced.

Your gluteus maximus – the largest muscle in your body – helps extend your hips as you rise. Your quadriceps help straighten your knees, while your core muscles help keep your trunk stable. If one group of muscles is weaker, others may need to work harder, making the movement more difficult.

Why it may become harder

Many things can make getting out of a chair more difficult. Muscle strength naturally declines with age, but staying active and including regular strength exercises can help maintain muscle function and reduce the impact of age-related changes.

Long periods of sitting, recovering from an illness or injury, reduced physical activity, joint stiffness, pain or balance problems may also play a part.

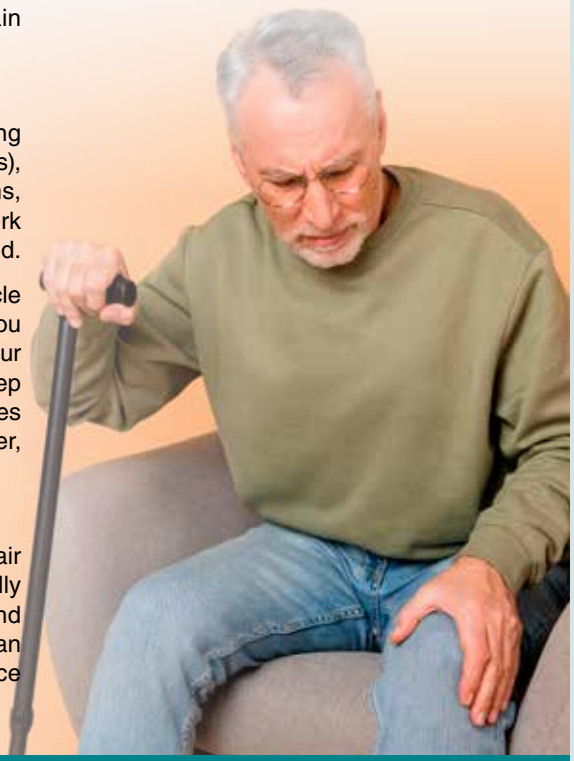
Needing to use your hands isn't always a cause for concern, but if standing up is becoming noticeably harder than it used to be, it's worth getting it checked.

Simple ways to support this movement

The good news is that muscles respond well to regular use. You don't need to spend hours in the gym – walking, climbing stairs, strength exercises and simply breaking up long periods of sitting can all help maintain strength and function.

Exercises such as controlled sit-to-stands, squats or bridges may also help if they're appropriate for you and performed correctly. If you're unsure which exercises are suitable for you, ask us for guidance.

We can discuss your movement patterns and help you understand which activities may be suitable for you as part of your overall health and wellbeing, taking into account your individual needs and goals.



APPOINTMENT REMINDER

Your next appointment is on _____ at _____

Date Time

ANSWERS

Across:
1 AHPRA
6 OSTEOARTHRITIS
7 ANTIOXIDANTS
10 HAMSTRINGS
12 CAFFEINE
13 QUADRICEPS
14 ACL

Down:
2 ALERTNESS
3 GLUTES
4 CREPITUS
5 MUSCULOSKELETAL
8 CARTILAGE
9 MOBILITY
11 MENISCUS

COASTLINE Chiropractic CENTRE

ON ARRIVAL AT THE PRACTICE

Please see the receptionist upon arrival. This eliminates the possibility of you being overlooked and enables us to have your information ready.

APPOINTMENTS

Your appointment schedule is designed specifically to obtain the best possible results. Should you wish to change an appointment, we would appreciate as much notice as possible so that other patients can be offered your time.

DR MEL TALKS...

Do you have tense muscles after a long day? Do you find it hard to reach your sore muscles to release them?

Spiky massage balls are a fantastic tool to help release tense muscles in hard-to-reach places. The smaller size, compared to a foam roller, helps to target smaller muscle groups. Self-massage after a physical day at work, post-gym, or in injury rehab can help improve your body's recovery!

Meet Dr Melinda Burke, chiropractor

Mel brings a warm, personalised approach to care. She enjoys helping patients of all ages improve movement, manage discomfort, and stay active, whether that means supporting growing kids, active adults, athletes, or older patients who want to maintain mobility and independence. With a focus on listening, education and tailored treatment, Mel creates a welcoming space for every stage of life.

For appointments or further information, please contact our reception 02 65839393 or info@coastlinechiropractic.com.au