

MAY 2010

## US Chiropractor visits Adelaide to present on extremity adjusting

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US chiropractor, Dr Mark Charrette, a pioneer in extremity adjusting, arrives in Adelaide Saturday 5 June 2010 to share his practical hands-on technique with South Australian Chiropractors.

Dr Charrette, who graduated from Palmer College of Chiropractic in Iowa, USA, has taught over 1,200 seminars worldwide and has authored a book and produced an instructional video series on extremity adjusting.

For chiropractors, extremity adjusting focuses on making adjustments to the joints of the limbs of the body and has been proven to help people with knee and hip arthritis, carpal tunnel syndrome and shoulder problems. Research studies have found that these peripheral joint issues are the third most common reason for people to present to a chiropractor, behind lower back pain and neck problems.<sup>1</sup>

Chiropractic care can generate a number of benefits for patients, including improvements in sleep patterns and overall pain reduction according to Dr Charrette.

"The reason we check and adjust the extremities is to provide a whole body alignment to de-stress the nervous system. A healthier spine, joints and nervous system lead to a healthier life."

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Dr Mark Charrette is available for interviews on Saturday 5 June and Sunday 6 June 2010.

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**For more information please contact Gray Management Group**

Melissa Behn

8363 4496 / 0424 505 227

[melbehn@graymanagementgroup.com.au](mailto:melbehn@graymanagementgroup.com.au)

**About the Chiropractors Association of Australia, South Australia (CAASA)** Members of the Chiropractors Association of Australia SA (CAASA) are registered, primary contact health professionals who undertake a minimum of five years of university training across three government universities in Australia. Chiropractors usually work in their own private practice or in clinics with other healthcare professionals. They may also act as allied health consultants in areas including occupational health and safety, sport, rehabilitation, health insurance assessment and medico-legal advising.

CAASA's mission is **"To empower all people to experience greater health and wellness through an active, lifelong process of healthy lifestyle choices."**

For more information visit [www.caasa.com.au](http://www.caasa.com.au)

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<sup>1</sup> Hoskins, W, McHardy, A, Pollard, H, Windsham, R, Onley, R (2006) *Chiropractic treatment of lower extremity conditions: A literature review*, Journal of Manipulative and Physiological Therapeutics. Volume 29, Number 8, October 2006, p. 660.