

JR Chiropractic Chiropractor

About JR Chiropractic

The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease.

Thomas A. Edison

JR Chiropractic is a modern facility using advanced research to create a personalised health plan that helps you reach your goals. [Chiropractor Dr John Infante](#) offers two convenient practice locations in which you can discover optimum health: [Marrickville](#), our primary location, and [Brighton-le Sands](#). He also offers a [mobile chiropractic](#) service.

The JR Chiropractic Philosophy

We are the number-one choice and first point of contact for diagnosis, treatment and prevention of musculoskeletal conditions. Our skills allow us to accurately diagnose your problems. From there, we will guide you to the best treatment options using the latest evidence available and our years of clinical experience while keeping your goals in mind.

The tools we use to do so include [physical therapy](#) (including both manipulation and soft tissue work), [rehabilitation](#), [massage](#), [dry needling](#) and [nutrition and lifestyle advice](#).

From Pain Relief to Wellness Care

When you are in pain, our priority is to provide you with relief as soon as possible. Once you are feeling better, we will discuss what you can do at home and in the clinic to maintain the level of health you have achieved. We have helped a range of people including professionals, desk-bound business people, sports athletes, dancers, musicians, the elderly, the injured, expectant mothers, babies and children and those who just aren't willing to tolerate less-than-optimum health and wellness.



Dr John Infante and Laura Castillo welcome you to JR Chiropractic!

Physical Therapy

We offer a number of techniques, including manipulation and soft tissue therapy.

At JR Chiropractic, we use physical therapy or manual therapy that includes both manipulation, or adjusting, and soft tissue work.

The adjusting techniques we use are designed to relieve pressure on joints, reduce inflammation, and improve nerve function. [Chiropractor Dr John Infante](#) uses the techniques that are most suitable for you, rather than relying on a single method to suit everyone. The manipulation performed is a low-force, high-velocity technique focused on your joints. Virtually all joints of the body can be adjusted to help restore proper range of motion.

You will only be adjusted depending on your diagnosis and any X-rays that may need to be taken to ensure the adjustment is safe, gentle and effective. We may also include soft tissue work using techniques such as trigger point therapy, active muscle release techniques (ART), and muscle stripping.

Rehabilitation at JR Chiropractic

We will teach you how to follow your rehabilitation program in your day-to-day life.

Day to day activities, like sitting for hours at your office, home, car, or even what we might be doing at the gym can cause harm in the way of muscle or joint overload, giving rise to faulty, dysfunctional movement. Functional rehabilitation is used to negate the effects of these activities and forms one of the centerpieces of our treatment approach.

There are two main areas we look at with rehabilitation:

- Improve performance
- Improve function

Our concept of rehabilitation is progressive. It encompasses many forms of what is known as 'active care' and involves sequenced exercises and stretching for maximum healing.

Rehabilitation is based on deficiencies or muscular imbalances that have been detected during your functional movement assessment. It consists of exercises that get your body to move in ways in which it was designed to move, to correct dysfunctional patterns or habits of movement which have been adopted over time from poor and repetitive movement. It is used to improve overall function, so your body can heal faster, perform better, and be more resilient to injury in the future.

Massage Therapy in Marrickville

Massage therapy may help you feel more relaxed and stress-free, giving you a fresh outlook on life. There are, however, more benefits to massage than just feeling great.

Some great reasons to book a massage at JR Chiropractic are:

- Correcting problems such as injury, postural or joint issues
- Giving a better sense of overall well-being
- Reducing stress
- Boosting immunity

- Heightening mental alertness
- Releasing muscle tension and pain
- Increasing joint mobility
- Improving skin tone
- Eliminating chronic complaints

Meet Laura Castillo, Massage Therapist



Laura Castillo is our massage therapist at JR Chiropractic

Laura wanted to become a massage therapist since she was young. She began her studies after graduating from high school in Colombia, South America. She has been in Australia for over eight years and has studied techniques such as:

- Deep tissue
- Deep tissue massage
- Lymphatic drainage
- Myofascial release
- Swedish

- [TMJ treatment](#)

Laura holds a certificate in nutrition and is happy to discuss your dietary needs with you, including advising you on weight loss and detoxification. She is also fluent in Spanish.

Outside of work, Laura is a singer in a band and is also an accountant. She loves studying and knowledge and is always finding out more to benefit her clients.

Treat yourself to a relaxing massage by scheduling your session today at our [Marrickville](#) or [Brighton-le Sands](#) practice. Give us a call on (02) 9599-6554!

Dry Needling in Marrickville



Dry needling can assist your body's natural healing process.

During the past decades, worldwide clinical and scientific interest in dry needling (DN) therapy has grown exponentially. Unlike acupuncture, dry needling is not based on the flow of chi or traditional Chinese medicine. Dry needling is based on a thorough understanding of the scientific background of trigger points.

From a pain science perspective, trigger points are constant sources of peripheral nociceptive input leading to peripheral and central sensitization.

Dry needling can:

- Reverse some aspects of central sensitization
- Reduces local and referred pain
- Improve range of motion and muscle activation pattern
- Alter the chemical environment of trigger points

What is Dry Needling?

Dry needling is a skillful therapy that uses a thin, filiform needle to penetrate the skin and stimulate underlying muscular trigger points or muscular and connective tissues for the management of neuromusculoskeletal pain and movement problems.

Dry needling does a great job of deactivating muscular trigger points. These are tender knots in a muscle that can refer pain to distant body areas. For example, someone with pain

radiating down the thigh to the ankle may have a trigger point at the side of their hip that is only painful to deep palpation. The brief insertion of a needle into this trigger point results in a twitch of the muscle, immediate relaxation of the trigger point, and subsequent reduction of radiating symptoms to the leg.

Nutrition and Supplementation



We recommend natural medicines as part of a holistic wellness approach.

At [JR Chiropractic](#), we have a holistic view and believe that good nutrition improves your health and quality of life. We also believe in a drug-free approach. This is why we recommend and prescribe natural medicine.

It is our job to have you feeling better as quickly as possible and to prevent health problems from reoccurring. If you want to achieve a new state of wellbeing, thus maximising the quantity and quality of your life, you and Chiropractor [Dr John](#) must not only treat the symptoms, but also the underlying cause of your disease or condition. That's why many of the programs that we prescribe may involve dietary and lifestyle changes and the use of natural medicines.

We work with a clinic-only brand, which means that they can only be prescribed by Dr John (Chiropractor) only after he has fully assessed your case. This is to ensure we prescribe the right supplement for you but also to ensure that we recommend only the highest quality, effective products available.

The brands we recommend are formulated to meet the exacting standards necessary to treat acute and chronic health disorders. They also adhere to the highest innovative research, highest quality of raw materials and a superior manufacturing process.

What We Treat at JR Chiropractic

We treat a wide range of issues at [JR Chiropractic](#). Some of the common reasons our patients see us for are:

Back Pain

Studies have shown that between 60-80% of the general population experience back pain at some point in their lives. Pain can be categorised into neck pain, upper back pain, lower

back pain or tailbone pain. It can be a dull ache, a sharp pain, a piercing pain, or a burning sensation.

Non-specific acute back pain with no serious underlying pathology is diagnosed in approximately 98% of back pain patients. Most of these non-specific pathologies can be treated conservatively with chiropractic care.

Sports Related Injuries

Sports injuries commonly occur to people participating in sporting events. In many cases, the injuries are due to overuse, direct impact, or the application of force that is greater than the body part can structurally withstand.

TMD and Jaw Pain

We've prepared [some research](#) about the connection of disorders of the temporomandibular joint with the cervical spine, and how chiropractic care can help you find relief from jaw pain.

Dr John is happy to work with your dentist to co-manage your treatment.

Neck Pain

Neck pain is a common problem, with two-thirds of the population experiencing neck pain at some point in their lives.

Neck pain may also occur secondary to injury, other health problems, or be referred from other areas or structures of the body.

Headache Management

Headaches affect approximately two-thirds of the population. They are frequently caused by joint or muscular dysfunction in the neck, poor posture, stress or increased tension.

There is strong evidence indicating that chiropractic treatment can help relieve migraine, cervicogenic and tension-type headaches. [Dr John](#) has written an article on headaches and migraines, you can [read it on our blog](#).

Postural Related Pain or Discomfort

Good posture and adequate back support is very important in maintaining a healthy back and spine. Incorrect posture adds strain to muscles and adds extra stress on your back muscles discs and joints.

