



MUSCULO-SKELETAL THERAPY

YOUR ONE STOP PAIN FIX-IT SHOP

MOBILE 0411-393-503

www.healyslowerbackpain.com



What is the main difference regarding
Healy's Musculo- Skeletal Therapy to all other Therapies?

It is a multidimensional holistic practice that
INTEGRATES many disciplines
 to enable you to have the best that is available in one place.
YOUR ONE STOP PAIN FIX-IT SHOP

Qualifications:

Mobilizations and adjustments:

Musculo-Skeletal, Neurology, Bio-mechanics, Rehab, Diagnosis ability

Graham Healy is in his 5th year of a med-science-chiro degree (bachelors in science-chiropractic) and has 2 final subjects to complete this year 2021.(thereafter Masters)

He has already completed and achieved competence in the following medical-science-chiro subjects.

The first two years at university are similar to a medical Doctors after that there is more emphasis on muscular-skeletal, Neurology and radiology (in fact 13 times more Anatomy & Physiology(Orthopedics) and 3 times more Radiography education then the base University level General Medical Practitioner or GP) refer : <https://www.healyslowerbackpain.com/> (difference between Chiro/Med GP and Physio etc)

In Summery the Doctor of Chiropractic University education and scope of practice is similar to an Orthopedic surgeon in practical application except instead of using the scalpel the Dr. of Chiropractic uses his hands in a series of manipulations, muscle relaxing techniques and postural alignments and the Chiropractor is also licensed to take X-rays and does considerable studies in quantum physics to achieve these qualifications (Just like a Dr. of Dentistry can take x-rays) but the scope of the chiropractor is whole body , some Chiropractors are also Doctors of radiology or DACBAR (DACBR is an acronym that stands

for Diplomate of the American Chiropractic Board of Radiology, and is the designation given to chiropractic radiologists identifying their unique qualification and training to interpret medical images. To earn this designation, one must complete a 3-4 year postdoctoral residency training program in radiology at an accredited university, and then pass a rigorous two part board examination.)

In my studies I have done all the quantum physics subjects (see below) to be registered by the Australian Government to take x-rays (upon completion of the Masters) .

However all university studies are always reflected through the **LIFE EXPERIENCE** of the practitioner and I find that a 21 year old that has just completed a university degree with zero life experience certainly has a long way to go regarding practical application of “Theory”.

I have worked with Dr. Paul Ryan(Chiropractor) for over 20 years, where he did the Chiropractic analysis, I did the rehabilitation, and I had a Chinese acupuncturist in that successful combination .

I WILL NEVER RECOMMEND ANY TREATMENT THAT I HAVE NOT EXPERIENCED MYSELF and that I know works 100%.

Most people come to me as their last port of call having “tried everybody else”

BOTTOM LINE IS :

IF YOU ARE NOT GETTING RESULTS AFTER 4 to 6 WEEKS (in some cases in 1 session) THEN WHOEVER THE PRACTITIONER ISITS NOT WORKING and you are wasting time and money .

I have had countless hundreds of clients come to me in the Gym that had been to other practitioners 100% of them the PROBLEM WAS NEVER RESOLVED you can see the testimonies of these clients here:

<https://www.healyshealth.com/lower-back-testimonies->

<https://www.healyshealth.com/lower-back-care-support-->

The main reason for this is that many practitioners are too **ONE DIMENSIONAL** and are limited by their life experience, and real world practical application, many are locked in their own “theoretical bubble” that has little of no real “practical application” they hold titles, registrations with various associations and yet when it comes to **GETTING REAL RESULTS** these practitioners are a **RARE COMMODITY** .

Also I do not associate with any practitioner unless they are a tried and tested one over time in my “inner circle” so whoever I (if necessary) refer you to will be a good one.

However, when you read the scope of what I can do below, referrals will be rarely necessary as my clients will tell you .

Below is a culmination of my life’s experience as a professional athlete and owner of health and wellness businesses in every dimension, each treatment listed I have had done on me and know 100% that they are all tried and tested and WORK!

The big difference is that unlike other practitioners **Healy’s Health IS A ONE STOP PAIN FIX-IT SHOP!**

Everything is all at one place you don’t have to go to 10 various practitioners you can get the complete bio-mechanical/ muscle skeletal overhaul right here at Healy’s Health.

Graham Healy

Mob 0411393503

www.healyslowerbackpain.com

www.healyshealth.com

www.yunjungdo-healy.com

Established 1985

The subjects passed and studied by Graham so far are very comprehensive as you can see by the subjects passed and credited below, this gives Graham a big scope of med-science-Chiro knowledge from which to draw from :

more details on www.healyslowerbackpain.com

LIST OF UNIVERSITY LEVEL MED-SCIENCE-CHIRO SUBJECTS PASSED & CREDITED TO GRAHAM HEALY (2017-2020)

Refer: <https://www.cqu.edu.au/industry-and-partnerships/services/health-clinics>

<https://www.cqu.edu.au/industry-and-partnerships/services/health-clinics/brisbane-health-clinic>

SCOPE OF TRAINING :

CQ University Brisbane Health Clinic is a public access clinic with state-of-the-art health facilities. Chiropractors are trained to diagnose and treat health problems related to the nervous, muscular and skeletal systems. Although the goal of most chiropractors is to reduce pain and improve the functionality of patients, they are also trained to educate patients on exercise, nutrition, ergonomics and other therapies to treat back and neck pain.

CQUniversity's chiropractic students use a range of chiropractic methods to help in the treatment of the following symptoms or injuries:

- *Back pain*
- *Neck pain*
- *Headaches*
- *Whiplash*
- *Strains and sprains*
- *Repetitive strain injury*
- *Work and sports injuries*
- *Arthritis*
- *Limited range of motion (back, shoulder, neck or limbs).*

The above outline is the scope of study that Graham Healy has been trained in at University level . This combined with 40 years plus in the health and wellbeing/fitness industry at professional athlete level as well as rehabilitation level in a multi disciplined and integrated approach.

Below is the academic list of subjects already passed and credited to Graham Healy. This document will be updated with the extra courses and med-science-chiropractic interdisciplinary subjects will be added as Graham's attitude is to expand the scope of relevant treatments for clients to be EFFECTIVE with Definite RESULTS.!

On the last page of this document is a disclaimer to indemnify Graham Healy , what I have tried to do in the one document is to make you the client AWARE of the scope of practice and the various INTERGRATIONS that Graham uses to give the service of a ONE STOP PAIN-FIX IT SHOP.

Below is the list of university level subjects credited & Passed by Graham Healy.

Human Body Systems 2

BMSC11002

Foundations of Chiropractic Practice 2

CHIR11003

Human Body Systems 1

BMSC11001

Fundamentals of Chemistry

CHEM11042

Foundations of Chiropractic Practice 1

CHIR11001

Medical Pathophysiology

MPAT12001

Foundations of Chiropractic Practice 4

CHIR12006

Neuromusculoskeletal Anatomy 2

CHIR12008

Microbiology for Health Care

MBIO12013

Fundamentals of Radiographic Imaging

MEDI12008

Neurological Physiology & Measurement

BMSC12007

Neuromusculoskeletal Anatomy 1

CHIR12004

Foundations of Chiropractic Practice 3

CHIR12005

Clinical Assessment and Diagnosis 2

CHIR13006

Clinical Assessment and Diagnosis 3

CHIR13007

Foundations of Radiation Science

MEDI12008

Clinical Assessment and Diagnosis 1

CHIR12007

Professional Chiropractic Practice 1

CHIR13008

Systems and Pathology

CHIR13010

Physics for Health Sciences

MEDI11002

Study and Research Skills for Health Science

ESSC11004

Dry Needling certification

Graham has completed the advanced level Dry Needling (deep trigger point acupuncture) and is qualified by: (Dr Wayne Mahmoud below)



Dr Wayne Mahmoud a highly experienced Osteopath and Acupuncturist. He is a Certified Myofascial Trigger Point Therapist (CMTPT), having completed a 120-hour Dry Needling Training Program by Myopain Seminars (USA). In addition, he has more than 34 years' clinical and teaching experience, having taught at the British School of Osteopathy, RMIT University & Victoria University, Melbourne, Australia. Dr Mahmoud has presented over 450 Dry Needling courses in Australia the United Kingdom, Kuwait, Egypt, Dubai, India, New Zealand, and was invited to present at the Tenth World Congress on Myofascial Pain Syndrome and Fibromyalgia Syndrome, Bangalore, India in 2017

This course is recognized by both The Medical Association and the Chiropractic Associations

reference :

<https://www.healyslowerbackpain.com/copy-of-dry-needling>

IASTM certification

Instrument Assisted Soft-tissue Massage Tools .

Certified by world famous author of over 22 medical-science books Dr. Nikita A. Vizniak. Dr.Vizniak has invented these special tools integrating the design from hundreds of more inferior proto types .

The results from these IASTM tools are simply amazing

reference:

<https://www.healyslowerbackpain.com/book-online>



Traditional Chinese Cupping :

This is a traditional method to draw the blood through the tissues and has the effect of muscle relaxation and drawing out bruising and toxins trapped in tissue.

The visual effect looks like “octopus rings “ and will last for 4-5 days as visual purple rings where the cups have been applied .



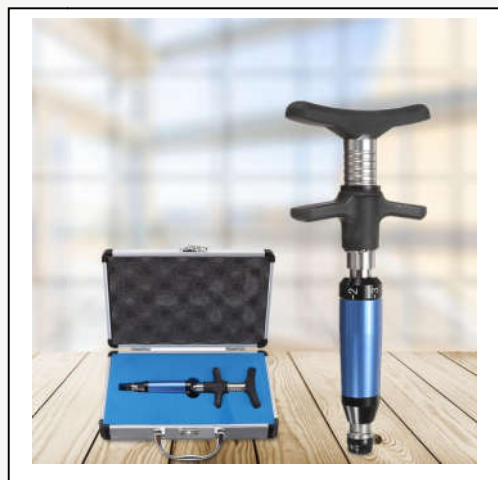
Special Chiropractic massage machine

invented by Dr.Graeme.(Chiropractor) (Not Graham Healy but a business associate)
This machine is used by professional sports people and is a effective way to maintain the muscles in a relaxed state in between visits to your health professional.
Graham uses these machines in his treatments and can arrange sale of these machines to clients for home use. Graham has also sold these units to professional sports athletes (European soccer teams) who highly recommend them.

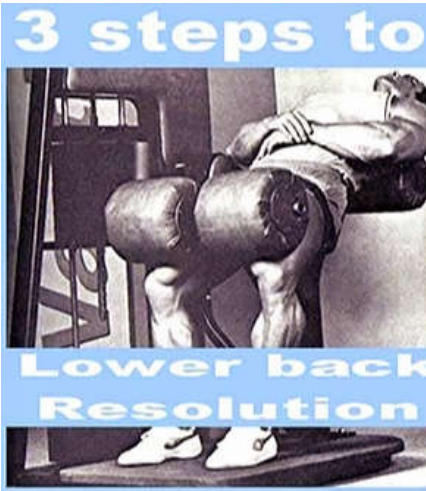


ACTIVATOR

This is a tool that is like a 'mini-hammer' (or clicker) that is used to defibrillate muscle 'spindles' in the muscle belly or attachments. It can also be used to do minor adjustments to ribs and smaller articulated surfaces in the body.



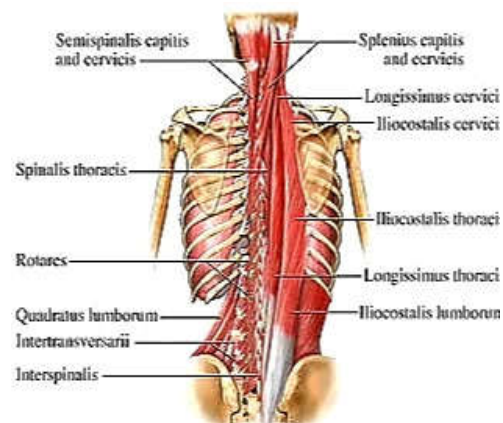
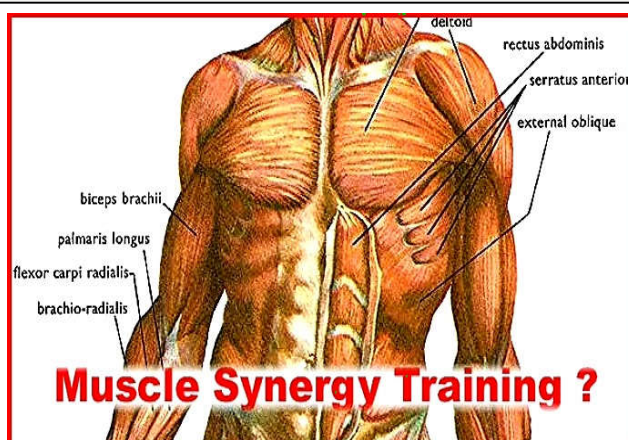
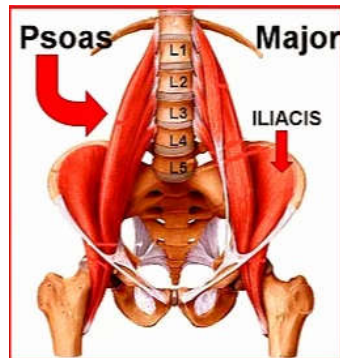
Nautilus Lower Back and Torso Twist machines



Graham Healy owned a Nautilus Gym in the 1985's to 1995 where he programmed hundreds of clients on the world famous Nautilus machines no other machines could isolate the erector spinae and torso muscles like Nautilus (invented by Arthur Jones)



The Difference between Nautilus and all other equipment is the specific isolation. The Nautilus Lower back machine resets the neuro pathways for the lower back (erector spinae) between L1 and L5 vertebrae the rehabilitation factoring is unbelievable . (Core strength training @ 1 session per week is all that's required) . The Nautilus Torso Twist machine isolates the obliques and multifidus (the fan shaped muscle that assists the rotation of your spine) put these two machines together and you have the ultimate lower back rehabilitation and core strength tools that leave anything else for dead.



Maintenance of core strength factors only takes one 30 minute workout per week
Graham can programme you to total spinal health and resolve and muscular pain today (after a thorough assessment of the root causes and source of the aches and pains initially)
Nautilus can be a big factor in rehabilitation and lower back care

<https://www.healyslowerbackpain.com/core-strength>

TENS machines

(transcutaneous electrical nerve stimulation)

These machines work , the whole human body works by electric impulses and the tens machine can interrupt pain cycles and reset the effected muscles and nerve supply .

Originally use by the ancient Egyptians (would you believe they used “Catfish” from the Nile river to stop severe headaches (don’t worry we won’t ask you to grab a cat fish ha! ha!) but interesting how far back this practice goes and its original roots.

https://en.wikipedia.org/wiki/Electric_catfish#:~:text=Electric%20catfish%20or%20Malapteruridae%20is%20of%20an%20electric%20organ.

Graham uses the modern TENS machines via pads and electrodes to acupuncture needles



KINESIOLOGY TAPING

Graham is certified to professionally apply “Rock Taping:

Refer: <https://www.healyslowerbackpain.com/copy-of-dry-needling>

RockTape is the world’s best kinesiology tape. It can be used to treat sports and non-sports injuries, including shin splints, plantar fasciitis, runner’s knee and back pain. RockTape microscopically lifts the skin away from the muscle and fascia below, creating a decompressive effect. Stretchier, stickier and stronger than the competition, RockTape is preferred by athletes and medical professionals throughout the world



Orthopedic testing, muscle relaxation techniques, Stretching Rehabilitation

Graham has spent 5 years at University level learning the complete orthopedic assessment and testing protocols, has done videos on neurological testing etc.

Graham has comprehensively studied all the medical manuals by Dr. Nikita Vizaniak (who is a personal friend/associate) and the author of over 22 medical books refer

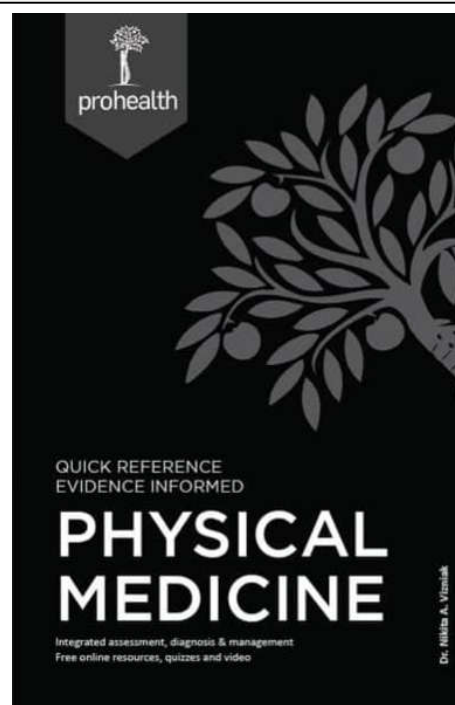
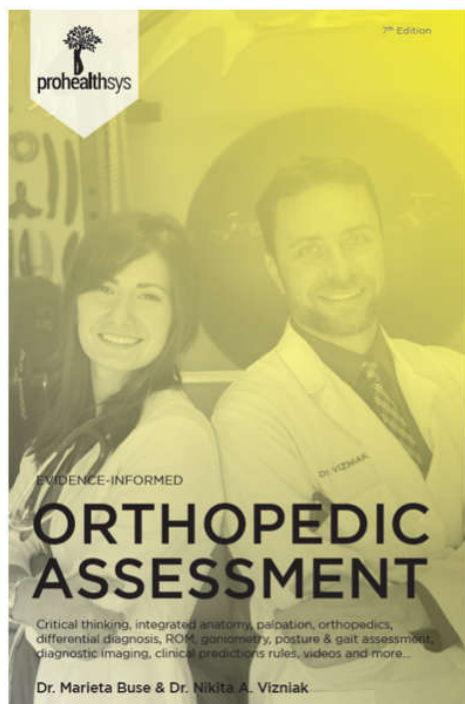
www.prohealthsys.com

Anatomy. Assessment. Action.

We've got your back.



TEXTBOOKS – EBOOKS – ONLINE COURSES – VIDEOS – IN PERSON SEMINARS – POSTERS – CLINIC TOOLS ... AND MORE!



YUN JUNG DO STRETCHING CLASSES (Yoda Style)

Rehabilitation and Musculo-Skeletal adjustments in itself .

The first 30 minutes of every Yun Jung Do Class conducted by Graham Healy includes this comprehensive stretching system that is a rehabilitation system within itself. Graham has over 40 years experience trained by one of the original Masters Grandmaster Young Ku Yun .(Bonus is we play meditation tapes while stretching) so Stretch and RELAX at the same time this is very therapeutic . refer <https://www.commandokravmagaaustralia.com/copy-of-yjd-lower-back-pain-solutio>



Rates:

Initial Visit \$100

3 Visit pack \$270 (\$90 each) (2 payments @ \$135)

6 Visits Pack \$480 (\$80 each) (2 payments @\$240)(or 3 @\$160)

10 visit pack \$700 (\$70 each) (2 payments @\$350)(or 3 @ \$233.33)

***If I have to come to you (house visit) +\$25 per visit
cash or pay pal (see below)**

***Services includes all acupuncture needles, liniments, TENS pad use,
kinesiology tape(within reason) the use of the various medical tools
listed on this document is all inclusive .GH**

Yours faithfully ,

Graham Healy

Mob 0411-393-503

www.healyslowerbackpain.com

www.healyshealth.com

www.yunjungdo-healy.com

Bachelors in science (Chiropractic) (5th year in process completing in 2021)

(Masters 2022-2023)

Master Personal Trainer

(Diplomas in Fitness and Sports coaching)

Body for Life™ Coach for Queensland 2000

Qualified TAFE teacher

(Cert 4 in Training & assessment)

Former Olympic weightlifter 1976 Queensland titles (Mid heavy)

(Coach Nev. Perry 2x times Olympian Mexico and Rome Games)

8th Dan Martial Arts (International Instructor)

Horary Doctorate in Christian ministry

Certified Christian Pastor

Director of registered Charity "Fit for Christ Ministries" ABN 4250 492 7267

Date of compilation of this document :

7th March 2021

Graham Healy _____

Please sign the Disclaimer on the next page :

This form is to be completed by every client of Healy's Musculo Skeletal Therapies

RELEASE AND INDEMNITY

I _____ do understand and acknowledge the above information as forming and being an integral part of the Curriculum Vitae of Mr. Graham Healy. I understand and acknowledge that Mr. Healy, although working towards achieving the title of Doctor of Chiropractic has not yet achieved that title and the qualification that goes with it.

I further understand and accept that any treatment I agree to have provided to me by Mr. Healy will be in accordance with the information given above and based on courses studied by Mr. Healy up to this point.

I therefore fully and irrevocably release, indemnify and forever hold harmless Mr. Graham Healy of any and all damage, harm or injury that may be incurred by my person as a result of my requesting and agreeing to be treated by Mr. Healy.

Furthermore, I understand and acknowledge that I have in no way been coerced or manipulated into having these treatments provided to me by Mr. Healy or any other person associated with Mr. Healy and I have permitted these treatments of my own volition and undertaking knowing full well that I accept entirely the responsibility and repercussions of my own actions.

Name: _____

Signature: _____

Date: _____

Witness Name: _____

Witness Signature: _____

NOTES: