

National Chiropractic Care Week



Every little bit helps: Chiropractor Michael Fordham and player Phil Bailey.

Muscle manipulator

THE game is about to begin. The players are in position and the referee is about to blow his whistle.

Turn your eye to the bench and notice a new addition. A chiropractor has joined the traditional gathering of doctor, physiotherapist, coach and the reserve players.

If it's a Cronulla Shark's game the chiropractor is likely to be Michael Fordham. Before settling down to watch the game he would have treated at least 11 of the 17 team members. Treatments would have included posture checks, body alignments, soft tissue releases and blocking techniques.

Some players, such as Phil Bailey, have had ongoing treatment for two to three years and are convinced of the chiropractic value.

Bailey said that Mr Fordham's treatments had kept him on the field, attending training sessions, and prolonging his football career.

"About three years ago I had a problem with my neck and my right shoulder would seize up and I would get pins and needles in my fingers," Bailey said. "Mick looked me over and said the problem came from a jammed hip. He worked on me. Otherwise, I would not be on the field."

Chiropractors are a relatively new addition to the multi-million dollar football businesses which spare no effort to look after their investments.

"A lot of what Mick does with the team is maintenance," Bailey said. "It's about nipping problems in the bud before you get hurt."

If something should happen on the playing field, the doctor and the physio will be on the frontline to help the injured player.

The chiropractor will be called out as the second layer of service, checking for muscle imbalance, and jaw and neck alignments.

"We work in a team environment and it enhances the outcomes," Mr Fordham said.


Mr Fordham is a part-time Sharks' employee, working at least five hours a week for the team.

The rest of the time he treats people at his Caringbah clinic, back2life chiropractic and health.

His clients range from two-day old babies to 85-year-old grandmothers.

**Details: back2life chiropractic and health,
0402 834 890.**



Michael Fordham - 
Chiropractor to the Cronulla Sharks

Come visit our new premises!

114 Yathong Rd, Caringbah 2229

tel. 9531 2131 www.back2life.com.au