

wild
CHIROPRACTIC

The Wild Quarterly

What it takes to feel more you

THIS ISSUE
Q3 2026

Stay Strong

*Strength, structure and what
it takes to keep your family
moving well*

WILD CHIROPRACTIC - Feel More You

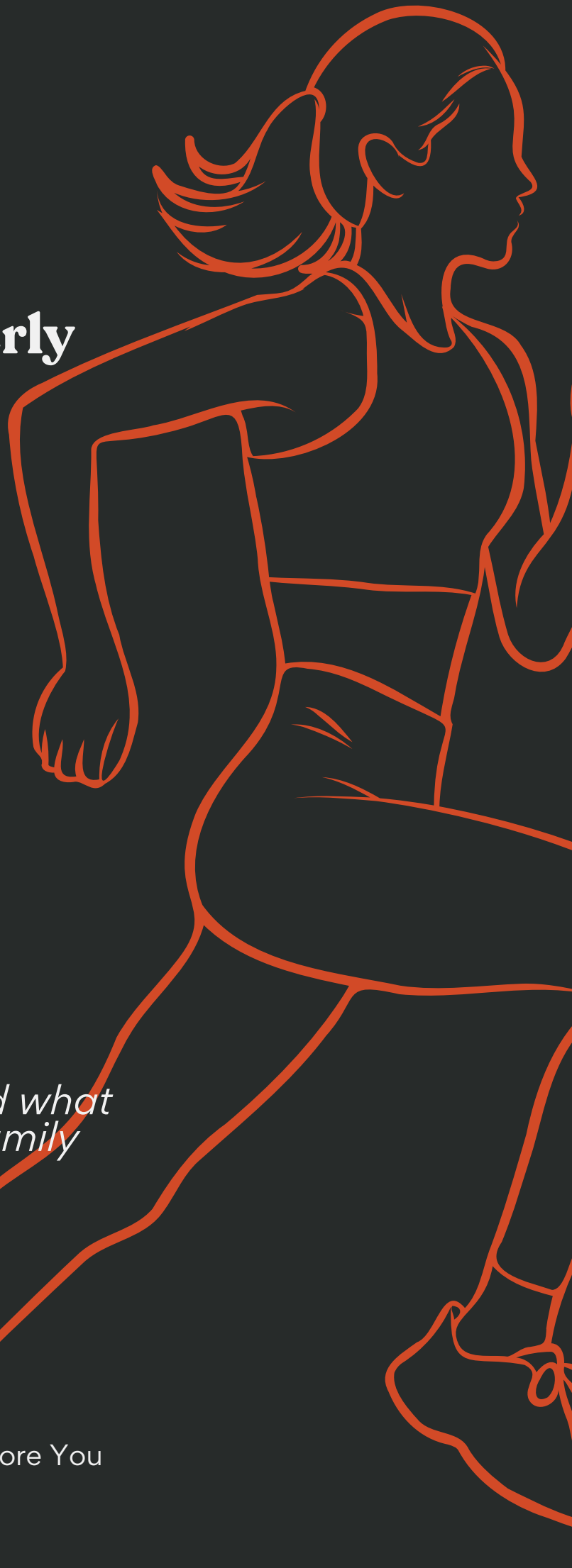




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From the Doc

I'll be honest with you, this quarter I'm writing this from the other side of the fence.

The last few months have been a write-off for my own routine. A shoulder injury that needed rest pulled me out of training. Our two-year-old has been teething, which means the nights have been broken and the mornings have been survival mode. The early sessions I'd normally bank before the clinic opens? Gone. Replaced by coffee and damage control.



Prepared by
Dr Matt Hamilton

Prepared for
You

I'm telling you this because it's relevant. July does something to people — and this year it got me too. The cold makes it easy to stay in bed. The rain gives you a reason to skip the walk. One missed morning becomes a week, a week becomes a month, and before long you're a chiropractor writing a newsletter about staying strong while quietly rebuilding your own base from scratch.

The thing I've noticed as I've gotten older — and I feel this more clearly every year — is that the rebuild takes longer than the slide. You lose condition faster than you regain it.

At 25 you could take six weeks off and come back in a fortnight. That's not how it works now. The body needs more runway. Which means the cost of complacency is higher than it used to be, and the case for keeping some baseline moving through winter, even imperfectly, is stronger than ever.

In the clinic I see this pattern constantly in the families I work with. Not dramatic collapse — just slow drift. Movement drops, load accumulates, and by September people are wondering why they feel worse than they did in March. The answer is usually six months of small decisions that each seemed reasonable at the time.

This issue of The Wild Quarterly is about staying strong through the months that make that hard. Not a training program. Not a protocol. Just an honest look at what the body needs when life is full, the weather is miserable and your sleep is being held hostage by a small person with new teeth.

I'm back in it now. Slowly. And if you've drifted too, this is a good time to start.

The chair is doing more damage that you think

You're not lazy. You're just designed to move — and the modern day won't let you.

The World Cup final just wrapped. A month of late nights and early school runs. Most Perth families are heading into the back half of winter already feeling it in their bodies.

The average Australian adult sits for 8 to 10 hours a day. That sounds like a lifestyle stat. It's actually a structural load figure. In a seated position, the load on your lower spine is roughly 40% higher than standing. Add a head tilted forward reading a phone, helping with homework, watching a screen and the load on your neck doubles for every few centimetres it drifts.

None of this hurts straight away. The body compensates. Deep stabilising muscles switch off. Hip flexors shorten. The mid-back locks into flexion. It takes months, sometimes years, for the compensation to run out and by then most people assume they've just got a bad back.

They don't. They've got a load management problem that's been building quietly all year.

What changes it

Short movement breaks reset the load more than people expect. Understanding what's actually accumulating is the first step — which is what Wild looks for at every visit.

AUS

sitters

8-10hrs

+40%

LOWER BACK

MORE

The rebuild takes longer than you think

Muscle doesn't wait for you to be ready. Neither does time.

AFL and NRL finals are a few weeks out. The players you're watching on Saturday afternoons have full-time recovery infrastructure between every game. Most parents watching them are running the opposite model, no maintenance, just keep going until something stops you.

Muscle mass starts declining from your mid-30s. Without load-bearing movement, the average adult loses 3 to 8 percent per decade. The number accelerates after 60. Most people don't feel the slide, they just notice one day that things take more effort than they used to.

Getting it back takes longer than losing it. That gap widens with age. The body needs more runway to rebuild than it once did, which makes the cost of a long break from movement higher in your 40s than it was in your 20s. Not impossible, just slower and more deliberate.

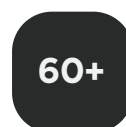
The nervous system sits at the centre of this. Muscle strength requires clear nerve signalling. A spine carrying chronic structural load means the muscles around it don't fire at full capacity regardless of effort. The structure has to work for the strength to follow.

THE PRACTICAL TRUTH

The bar for maintaining momentum through winter is lower than most people think. A short walk counts. Ten minutes of movement at home counts. Consistency at a lower level beats a perfect routine that disappears in July.



MUSCLE MASS
3-8%



LOSE
MORE

What your kid's spine is doing right now

It's not about screen time limits. It's about load and it starts earlier than most parents realise.

AFL and NRL grand finals this month. The athletes your kids are watching have been moving freely since they were small. That physical foundation doesn't appear at 18. It's built across childhood, or it isn't.

For every 2.5 centimetres the head moves forward from neutral, the perceived load on the cervical spine roughly doubles. A child holding a tablet at lap height can be loading their developing neck at the equivalent of 12 to 15 kilograms. Repeatedly. For hours across a school week.

The spine hasn't changed. The environment has. Thoracic rounding, restricted neck rotation, tight muscles at the base of the skull — these were adult desk worker presentations a decade ago. Wild sees them regularly in primary school children now.

Children's spines are most responsive between ages 4 and 14. The load patterns formed in those years shape the structural baseline they carry into adulthood. What we catch in that window is far easier to address than what we find at 25.

ONE THING TO CHANGE THIS WEEK

Raise the screen to eye level. A tablet propped at eye height instead of held at lap level cuts cervical load dramatically. It costs nothing and changes the structural equation across every homework session.

Ask us about a paediatric assessment at your next visit. The check-in takes minutes. What it finds can matter for years.

AUS

SITTERS

8-10hrs

+40%

LOWER BACK

MORE

This weeks take-home

One thing. This week

Raise the screen to eye level.

It sounds too simple to matter. It isn't. A tablet or laptop held at lap height pulls the head forward and for every few centimetres it shifts, the load on the neck doubles. Across a school homework session, an evening on the couch, a workday at a low desk, that load accumulates into something the body has to compensate for.

A device propped at eye level, a stack of books, a laptop stand, a phone holder, changes the structural equation completely. It costs nothing. It takes thirty seconds to set up. And applied consistently across the week, for both you and your kids, it's one of the highest-return adjustments most families never make.

Pick one screen in your house. Change its height today.

This weeks take-home

She came in first. He wasn't convinced. Now the whole family comes.

A pattern we see more than you'd expect.

A patient we see regularly came in on her own initially. Neck tension she'd had for years, worse since going back to work after her second child. She'd assumed it was stress. It was partly that — but what we found in her assessment was a structural pattern that had been building quietly for much longer. A loaded thoracic spine, a cervical curve that had flattened, deep muscles that had largely switched off.

Her husband was sceptical. He was fit, trained regularly, felt fine. Didn't think he needed to be here. She asked him to come in anyway, not for a problem, just to understand what we do and what we'd find. He came in as a favour to her.

What we found wasn't dramatic. But it was significant. Years of desk work and heavy training without structural support had created a load pattern he couldn't feel yet. The x-rays showed the years of wear and tear. The kind of thing that becomes a problem at 50 if nobody looks at it at 40.

He's been under care for two years now. So has she. Their kids started coming in six months ago, not because anything was wrong, but because they understood by then that that's not how you use chiropractic well.

That's what investing in your family's health actually looks like. Not waiting for the pain. Understanding the load before it runs out of road.

Whats on at Wild this Quarter

JULY • EVENING EVENT

> BUILT TO LAST

For families who want to understand what structural strength actually means. Not the gym. The capacity to carry your life well, for a long time. Dr Matt Hamilton presents, spinal screens available on the night for adults and kids.

Free entry • Ask at reception to reserve your place

AUG • PARENT EVENING

> QIGONG at WILD

A free evening at the clinic. Movement workshop with a special guest and Qigong Practitioner - Nikki from @innersweat . If you made it to our breath workshop you will love this!

Free entry • Ask at reception to reserve your place

SEP • PARENT EVENING

> KIDS, SCREENS AND SPINES

An honest look at what screens are doing to your child's developing spine — and the simple changes that shift the load. For parents of school-age children. Complimentary paediatric assessment invitations for children of all who attend.

Free entry • Ask at reception to reserve your place

The wrap up

Summary

Strength isn't built in a single decision. It's built in the small ones, the walk you take anyway, the screen you raise to eye level, the morning you show up even though the bed was warmer. None of it looks impressive in the moment. All of it compounds.

That's what this issue has been about. Not a training program. Not a perfect routine. Just an honest look at what the body needs through the months that make consistency hard and the understanding that staying strong is less about effort and more about attention.

If you take one thing from these pages, let it be this: the body keeps the score whether you're watching or not. Wild is here to help you read it, and to help you stay in front of it before winter writes the story for you.

Thank you!

We're now in our 8th year at 160 Onslow Road, Shenton Park and this quarter marks the launch of The Wild Quarterly. If you've enjoyed this first issue, pass it on. Leave it on a kitchen bench. Hand it to someone who needs it. That's how Wild grows, one family at a time, through the people who already know what we do.

"You don't need the perfect plan.
You just need to start."

Dr Matt Hamilton · Wild Chiropractic



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