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Free care for the carers

Danielle Nicastrì

A GROUP of chiropractors is offering free treatment for healthcare workers such as doctors and nurses.

The program, involving more than 20 chiropractors, will run in the first two weeks of next month to reward and recognise local health professionals from northern beaches hospitals and medical centres.

Statistics from WorkCover NSW show health and welfare

associated workers have the fourth-highest injury rate.

Project co-ordinator Hardip Kaur said the treatment and recovery costs for musculoskeletal injuries can be lessened with chiropractic work, and said recent research reported chiropractic care can reduce the intensity and frequency of headaches and stress levels.

"This is our way of contributing to the medical community. We

want to enhance their wellbeing, using the skills we have," she said.

"We want our medical staff to know we recognise their commitment to the community and are here to support them."

Medical professionals who would like to use the free service can call the Chiropractors' Association of NSW on 1800 83 665.



Hardip Kaur (front) and the group of local chiropractors.

Picture: BRADEN FASTIER