

Family of five lines up for realignment



Karen Laverty had back pain and migraines for years, but after her third child was born, they got worse. She didn't see a GP but, on a friend's recommendation, made an appointment to see chiropractor Joe Ierano in Camden in 1998.

"The first time I saw him, he took an X-ray to make sure there were no serious problems, and after that he adjusted my back accordingly," she says. "At first I went every few weeks. But now I just go back when I think I need it. Sometimes it won't be for a while, sometimes it will be twice a week."

For her, the effects are dramatic. "I have one sort of pain which starts in the middle of my back and goes right through to my chest. After my back is manipulated, it vanishes. Last week, I had a headache almost every day, then I went to see Joe, and the headaches stopped immediately."

Laverty's husband and children also go for treatment. She hopes this will keep her children's spines in good shape as they grow, helping to prevent injuries and pain in later life.

The process isn't cheap - \$30 to \$40 per visit, though her private health fund reimburses nearly half of the cost. But Laverty thinks the benefits are well worth it. "I'd recommend it to anyone," she says.

Backs on track: Karen Laverty with her sons Lachlan, Brennen and Ryan.

Photo: Natalie Boog