

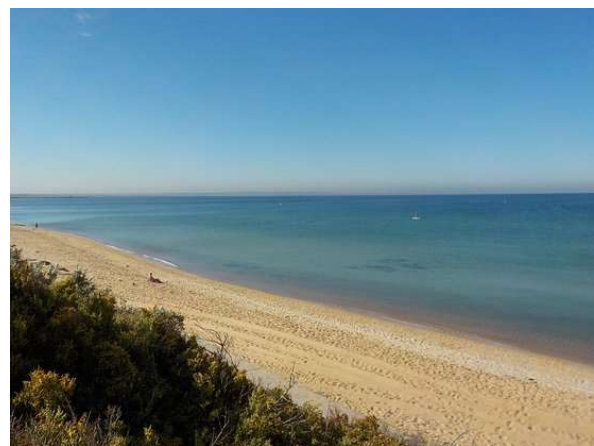
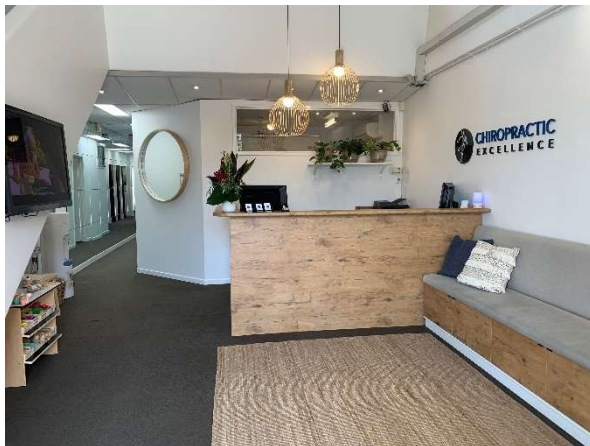


## Chiropractic Excellence Information for International Travellers

Thank-you for choosing to fly overseas to visit Chiropractic Excellence. We will endeavour to do our very best to help you find true health and hope this information helps you navigate your way to our clinic.

### Our practice

We are located in the cosy suburb of Parkdale which has a small community and great café culture. The beach is only a short 10minute walk away.



### Address

288 Como Parade West  
Parkdale, Victoria, 3195

### Phone: (03) 9587 1500

Phone attended:

Monday to Friday, 7:30am – 8:00pm AEST

Saturday, 7:30am – 4:00pm AEST

### Email

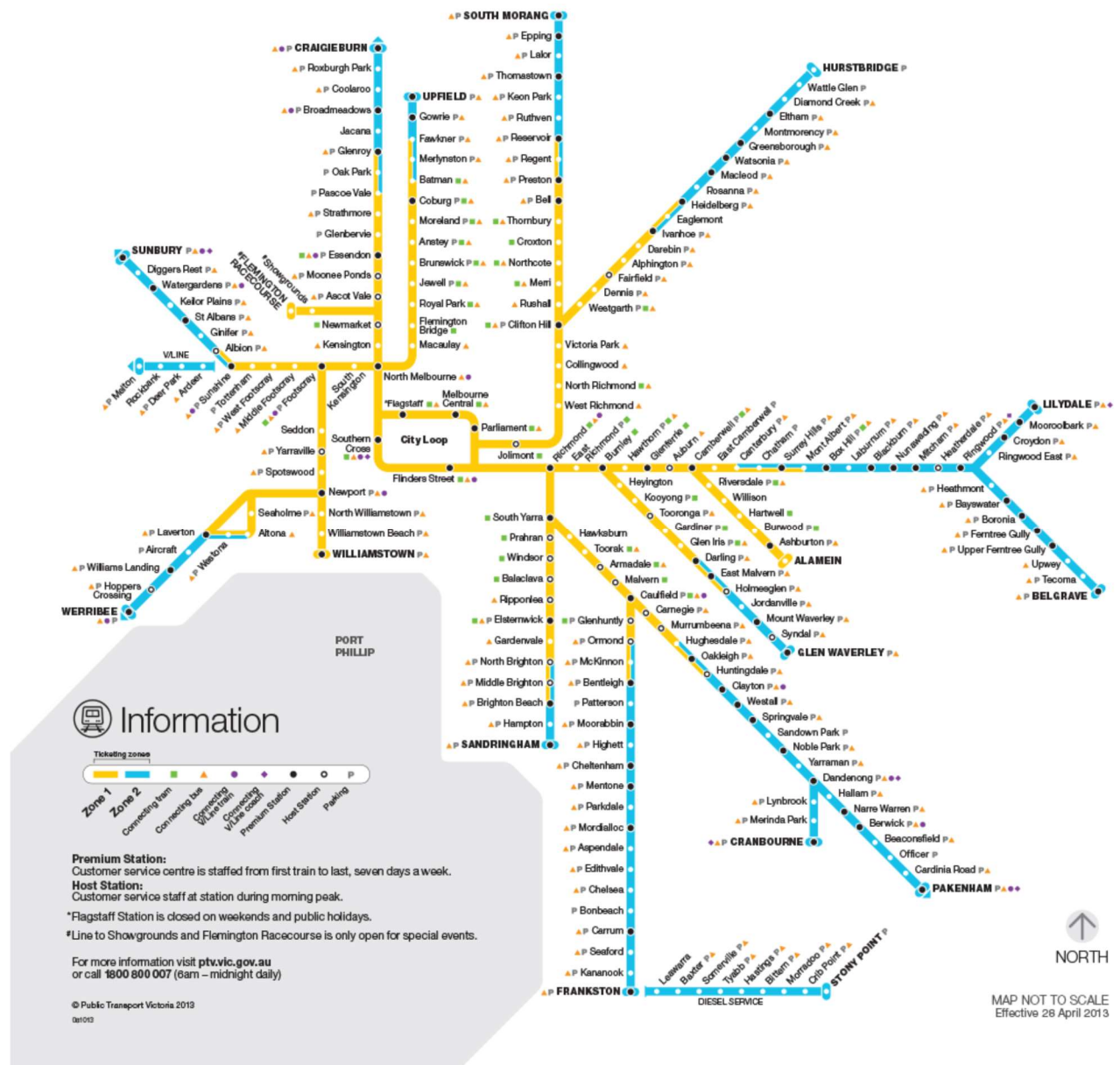
[info@chiropracticexcellence.com.au](mailto:info@chiropracticexcellence.com.au)



Chiropractic Excellence is approximately 60-90 minutes from the airport by car. Public transport is available by catching the SkyBus from the airport to Southern Cross Railway Station, Melbourne. From Southern Cross catch the Frankston Line train to Parkdale.



The closest railway station is Parkdale and is on the Frankston Line. Parkdale Station is only a short walk across the road from Chiropractic Excellence. Please see below map of the train network. For more information visit <https://www.ptv.vic.gov.au/>.



## Local accommodation

Quest Apartments (4-stars) is located a short 10-15-minute drive from Chiropractic Excellence.

[https://www.questapartments.com.au/properties/vic/cheltenham/quest-cheltenham/overview?utm\\_source=GoogleMyBusiness&utm\\_medium=organic&utm\\_campaign=cheltenham](https://www.questapartments.com.au/properties/vic/cheltenham/quest-cheltenham/overview?utm_source=GoogleMyBusiness&utm_medium=organic&utm_campaign=cheltenham)



Brighton Savoy (4 stars) is located a short 15 minute drive from Chiropractic Excellence

[https://www.brightonsavoy.com.au/?WSCam=accommodation&WSEvt=accommodation&gclid=Cj0KCQjAwP3yBRCKARIsAABGiPpwdEpz3lhKaQ19SHPwFVepuYHK-prqHWTY9iRMkasdkdS5--WxM44aAiLLEALw\\_wcB](https://www.brightonsavoy.com.au/?WSCam=accommodation&WSEvt=accommodation&gclid=Cj0KCQjAwP3yBRCKARIsAABGiPpwdEpz3lhKaQ19SHPwFVepuYHK-prqHWTY9iRMkasdkdS5--WxM44aAiLLEALw_wcB)



## Melbourne CBD accommodation

If you stay in Melbourne you can use public transport to attend your appointments. From Melbourne catch the Frankston Line and get off at Parkdale Station.

[www.trivago.com.au/](http://www.trivago.com.au/)



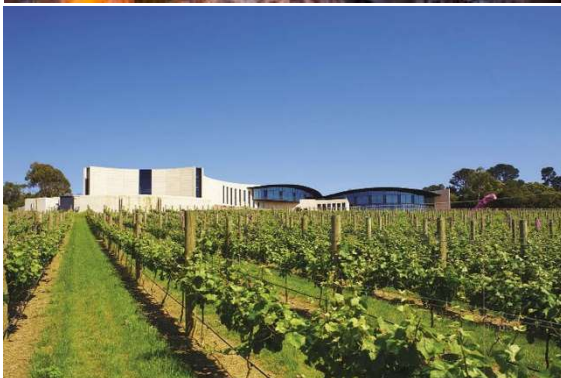


## Tourist information

If you are looking for things to do while you are in Melbourne here are a few ideas:

### Melbourne

<https://www.planetware.com/tourist-attractions-/melbourne-aus-vic-m.htm>



### Mornington Peninsula

Located 1hr from Chiropractic Excellence

[https://www.visitvictoria.com/regions/mornington-peninsula?gclid=CjwKCAiA7t3yBRADEiwA4GFllwFpnj8pXj19KbZsC2X0njwYBBYvnjttbv5ke3JHeFk3N-J\\_QSZo9xoC1t0QAvD\\_BwE](https://www.visitvictoria.com/regions/mornington-peninsula?gclid=CjwKCAiA7t3yBRADEiwA4GFllwFpnj8pXj19KbZsC2X0njwYBBYvnjttbv5ke3JHeFk3N-J_QSZo9xoC1t0QAvD_BwE)



### Brighton Beach Boxes

Located a short 20minute drive from Chiropractic Excellence



## Gonstead Chiropractic

### What is Gonstead Chiropractic?

Gonstead Chiropractic is the system of chiropractic that Dr Ian and his associates' practice. For further information about the Gonstead way you can refer to the following link. <https://www.gonstead.com.au/>

We have included the below information from the Gonstead website outlining what will be involved in your initial assessment.

The Gonstead Chiropractor conducts a thorough analysis of your spine using a variety of tools to detect the presence of spinal dysfunction known as the vertebral subluxation complex.

- History - Your Chiropractor will take a thorough history of your presenting complaint and include your overall health and medical history. This can assist in determining if you are a Chiropractic case
- Visualization – Visualization is a way to cross reference all the other findings. Your chiropractor is an expert in looking for subtle changes in your posture and movement which could indicate any problems.
- Instrumentation – The instrument of choice in the Gonstead System is the Nervoscope. The Nervoscope detects uneven distributions of heat along the spine which can be indicative of inflammation and nerve pressure. This instrument is guided down the length of your back and feels like two fingers gliding down each side of your spine.
- Static Palpation – This is simply the process of feeling (or palpating) your spine in a stationary (or static) position. Your chiropractor will feel for the presence of swelling (or oedema), tenderness and any abnormal texture or tightness in the muscles and other tissues of your back.
- Motion Palpation – This process involves feeling the spine while moving and bending it at various angles. This enables the chiropractor to determine how easily or difficult each segment in your spine moves in different directions.
- X-Ray Analysis – Taken when clinically indicated, X-rays enable your doctor to visualise the entire structure of your spine. This is helpful in evaluating posture, joint and disc integrity, vertebral alignment and ruling out any pathologies, or recent fractures that may be present or contributing to the patient's condition. These radiographs are taken in the standing, weight-bearing position to fully substantiate the examination findings.

When all this information is combined, a trained Gonstead Doctor will immediately let you know if your health situation is a Chiropractic case. If it is not, a referral to the appropriate health provider will be given. If your case is a Chiropractic case, the trained Gonstead practitioner's goal is to utilise the dynamics of the effectual Gonstead Specific Adjustment to get you back to optimal health as quickly as possible, with no "pre-planned" treatment programs. The goal of a Gonstead practitioner is to get a patient back on the road to health as quickly as possible and then leave the patient alone. In the words of Dr. Gonstead, "Find the subluxation, correct it, and then leave it alone".

A great deal of skill and knowledge is required to perform a Gonstead adjustment. Your Gonstead chiropractor has spent many years developing this level of expertise, including 5 years of tertiary study and ongoing post graduate seminars, workshops and private study.

The Adjustment: In the trained hands of the Gonstead chiropractor, the adjustment is simply a gentle direct movement of the restricted spinal segment towards normal alignment and mobility.

**Dr Clarence Selmer Gonstead** (1898-1978) took chiropractic practice from back alley bone setting to an understandable bio-mechanical science. His life was dedicated to clinical competency. In the 1930s, the chiropractic profession was dominated by its iconoclastic leader B. J. Palmer and his Hole-In-One upper cervical specific technique. At that time the technical skills of the typical graduating chiropractor were crude and rudimentary. Gonstead changed that and gave the profession a logical and bio-mechanically sound system for practicing chiropractic. With a gift of solving mechanical problems, he developed his own ideas on subluxations, x-ray, and adjusting bones through the empirical data he gathered from his large practice. Although perhaps not his intent, Gonstead redefined the very nature of chiropractic. With the adoption of the Gonstead technique by Palmer School of Chiropractic in the early 1960s, his technique assisted the profession in restoring chiropractic to its full-spine roots.



<https://www.gonstead.com.au/>

## Meet the Team

At Chiropractic Excellence we have developed a unique and highly effective process to allow Dr Ian and associates to work collectively and consult new patients whilst also ensuring your care is our top priority.

When booking your initial consultation, we generally recommend booking a further follow up appointment with Dr Ian to secure in advance.

If additional follow up appointments are required, your case will be shared with one of Dr Ian's associates. Dr Ian will recommend Dr Eric, Dr Teresa or Dr Celeste to assist with your tailored care plan, they will then work collectively to manage your ongoing care.

Dr Eric, Dr Teresa and Dr Celeste have all been handpicked and mentored by Dr Ian to be part of your ongoing care. If at any time you or your associate doctor would like to receive an opinion or consultation from Dr Ian, it will be managed as soon as possible.

## Our Doctors



**Dr. Ian Rossborough** has been a health care professional for over 30 years. He originally was a nurse but his desire to help people find the true cause of their problems through a natural means led him to become a Chiropractor. He has 5 beautiful daughters and 1 son and has a background in Yoga and martial arts. Ian is passionate about helping people through Gonstead Chiropractic.



**Dr. Eric Topcu** is a very passionate and skilled Gonstead Chiropractor who has been practicing for more than 11 years. We hand-picked him to join our team in 2013 and he moved his entire family down from New South Wales to join Dr. Ian and the Chiropractic Excellence team. Eric has 2 hilarious and active young boys and is always up for a chat with anyone. He is a fantastic asset to our team and a great guy!





**Dr. Teresa McGannon** has been with Chiropractic Excellence since 2007 and is an invaluable member team. She is known for her warm smile and compassionate nature. She has trained with Dr. Ian Rossborough right through University and is experienced in treating a wide range of conditions. Teresa is passionate about health and healing and is also very interested in nutrition and exercise. In her spare time, you'll probably find her cooking up a healthy storm, down the beach or in a Yoga class.



**Dr. Celeste Chong** has a compassionate heart and believes that having the right intention to serve patients is very important. She was inspired by Dr. Ian Rossborough since the start of her university course because of his selfless nature in sharing education to the public in addition to his outstanding skills. Dr. Celeste aspires to follow his footsteps to reach out to more people in need. Celeste is from Malaysia and she is able to communicate fluently in English, Mandarin, Cantonese, Hokkien and Malay.

### Our Chiropractic Assistants

Our Chiropractic Assistants are there to help you through your entire experience at the practice and really look forward to meeting you. If there is anything we can do to assist, please do not hesitate to ask.





We look forward to meeting you soon and if you have any questions regarding your appointment please contact us.

All the best in health and happiness,

*Dr. Ian and the team at Chiropractic Excellence*

288 Como Parade, Parkdale VIC 3195

P: (03) 9587 1500 F: (03) 9587 1400

[www.chiropracticexcellence.com.au](http://www.chiropracticexcellence.com.au)