



**Dear Patient,**

Welcome to our newsletter and thanks for coming to see us for your physio needs.

Your ongoing health is very important to all of us here at the clinic. We hope that this newsletter will help keep you up to date with information about physio-related health matters that may be of interest to you and people you know. We hope you enjoy it!

If you have any queries, please call us. If you, or someone you know, have a physio related problem, please call us. We would be more than happy to help you out in any way we can.

Please feel free to pass this newsletter on to your family and friends.

*With kind regards*

The Physiotherapists and Staff at  
**PHYSICA SPINAL & PHYSIOTHERAPY CLINIC**

**PHYSIOTHERAPISTS**

The physiotherapists working at this clinic are:-

**Warwick James**

Dip. P.E., Dip. Phys, Grad. Dip. Manip. Therapy

**Gregory Collis-Brown**

B. App Sc (Phy)  
M. Manipulative Phy.

**Darren Ross**

B. Phy,  
M. Manipulative Phy.

**Andrew Seymour**

B. Phy,  
M. Manipulative Phy.

**Solomon Cheng**

Bach. Physiotherapy  
M. Manipulative Phy.

**Chris Tubb**

Bach. Physiotherapy

**Anthony D'Aloisio**

Bach. Physiotherapy

**Carlos Bello**

Bach. Physiotherapy

**Nadia Hall**

Ba Ex Sci, Grad Dip Ex Rehab  
Exercise Physiologist

**Kate Walters**

Massage and Myotherapy

**Cycling injuries**

**How to stay out of harm's way whilst you are on your bike**

Cycling has grown in popularity in recent years. It is an enjoyable activity for all ages, and is a great way to get out and enjoy the world around you. However, bicycle injuries are common so you need to be aware of this.

**TYPES OF INJURIES**

The nightmare scenario with cycling is a collision or a fall. These can result in major trauma such as fractures, head injury, chest injury and even death. Lower down the scale are problems such as overuse injury, neck and back pain and saddle soreness.

**BIKE SET-UP AND CORRECT POSTURE**

Many neck, back, shoulder and leg problems can be the result of poor bike set up and poor posture. Having your bike set-up correctly to suit your body and maintain good posture is therefore vital. It is worth having this done professionally by visiting a reputable bike shop or mechanic.

**OVERUSE**

Riding to far, to fast, too often or too many hills can lead to overuse problems. Build up your riding slowly until your body accommodates to the challenges you put it through. It is worth having regular breaks in between rides and even looking into some cross training to give your body a break from doing the same repetitive movements.

**PROPER EQUIPMENT**

This is also vital. It goes without saying that you should have the best helmet you can afford. A good reliable bike is essential. Padded gloves, appropriate clothing, good riding shoes, pedals and cleats are all good investments to prevent injury. Have your bike serviced regularly so you know your brakes work properly, that your wheels aren't coming loose etc.

**FLEXIBILITY**

Make sure you have good flexibility in your spine, legs and arms. Poor body biomechanics can predispose you to various injury such as spinal pain or knee problems.

**CORE STABILITY**

Having good core control will enable you to maintain good posture over long rides and it will enable you to generate optimal power in your legs.



**GOOD RIDING TECHNIQUE**

This may involve changing hand position regularly, being careful with braking, stretching at traffic lights or during safe periods on your ride.

**CRASHES**

Ride defensively. Be aware of situations where cars may pull out suddenly, car doors opening or riding into stationary vehicles. Watch for oil slicks on the road, animals or children running onto road as well as other cyclists.

If you do suffer an injury, make a beeline to your physiotherapist for assistance.

**Did you know?**  
*Babies are born with 300 bones, but by adulthood they have only 206 in their bodies.*

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25 Wantirna Road  
RINGWOOD VIC 3134  
**PH (03) 9870 8193**  
**www.physica.com.au**

**HOURS**

The practice hours are  
**MON-FRI:** 7.00am - 8.00pm  
**SAT:** 8.00am - 1pm  
(Please ring for an appointment)

**CONDITIONS TREATED**

You can have the following conditions treated at our clinic:-

- Manipulative Therapy for the Treatment of:
  - Spinal Problems
  - Sports Injuries
- Treatment of Neck Related Headaches
- Postural Assessment
- Treatment of Work Injuries
- Treatment of TMJ (Jaw) Problems

**SERVICES AVAILABLE**

Some of the services available to you are:-

- Orthotic Assessment & Prescription
- Home Visits
- Nursing Home/Hostel Visits
- Post-operative Rehabilitation
- Hydrotherapy
- Assessment and Treatment of Balance Disorders
- Exercise Prescription and Monitoring of Gym Programmes
- Clinical Pilates

**FURTHER INFORMATION**

Preferred Provider for HBA, MBF and Medibank Private - HICAPS available for most health funds - we bill the health fund for the rebate - you pay gap amount only

Most Cards Accepted

EFTPOS Facility Available

*Dear Physio*

**HEADACHES**

**Q. I suffer from recurrent headaches. Can physio help?**

**A.** Many headaches can be due to a problem in your neck. A physio assessment can help identify if this is the case with you. Often you will have pain and stiffness in the upper joints of the neck and restricted neck movement. Make sure your GP rules out serious causes of headache first. A gradually worsening headache or a sudden severe headache needs medical assessment.



**LOW BACK PAIN**

**Q. Who should I see about my low back problem?**

**A.** The majority of low back problems are due to a mechanical problem in your back. Usually these respond very well to physiotherapy. Medication and spinal injections have not been shown to alter the long term outcome for back pain sufferers. Only a very small number of people will benefit from surgery.

**MUSCLE STRAIN**

**Q. How soon after injury should I see a physio about a strained muscle?**

**A.** First apply the RICER regime for 48 hours and then commence physiotherapy. Early intervention will lead to a better, quicker recovery.



**TENDONITIS**

**Q. What is the best treatment for a tendon problem?**

**A.** A graduated exercise program to strengthen the tendon and its associated muscle is thought to be the best approach at present. A physiotherapist can set up a strengthening program suited to your needs.

**Are you due to have orthopaedic surgery?**

After most knee, shoulder, hip, back and other joint surgery you should be having physiotherapy to



enhance your recovery. Ask your surgeon when you should commence this (usually as soon as possible). You can also request that you have your physiotherapy carried out at this clinic.

**POOR POSTURE**

**Q. My teenage daughter has terrible posture and experiences headaches and mid back pain. Can physio help?**

**A.** Stretching and strengthening exercises can help improve posture. Sometimes a postural support brace can be used for short periods to re-educate your daughter to keep a corrected position. The brace can often alleviate pain if she has to sit or stand for long periods and finds this brings on her pain.



**CORE STABILITY**

**Q. Everyone tells me I need to improve my "core stability" to overcome my back problem. What is "core stability"?**

**A.** There are specific muscles in your trunk and neck that help maintain your spine in an optimal position whilst you perform your activities of daily living. If these muscles are not working correctly, the spine may move or be positioned inappropriately. A physiotherapist can assess your "core stability" and show you how to improve it with specific exercises.



**KNEE PAIN AND HIP WEAKNESS**

**Q. Can weak muscles in the hip be causing my knee problems?**

**A.** If your hip muscles are not working optimally, your legs may not function properly. This can overload the knees and other structures in your legs. Strengthening your hip muscles can reduce this abnormal loading and help your knee problem.



**Referring others to our clinic**

If you know someone with any of the problems outlined in this newsletter, please let him or her know about our clinic. We are very grateful for any referrals we receive and we will endeavour to provide patients referred to us with the highest quality of care.

Physiotherapy offers a safe, gentle and effective treatment approach for a variety of conditions.



The information in this newsletter is for general patient interest. If you have a problem you should get it properly assessed by your physiotherapist or family doctor.