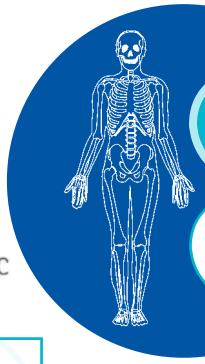
Autumn 2009

physica
SPINAL & PHYSIOTHERAPY CLINIC



Your PHYSIOTHERAPIST

Practice Newsletter

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 (Phty)
M. Manipulative Phty.

Darren Ross
B. Phty,
M. Manipulative Phty.

Andrew Seymour
B. Phty,
M. Manipulative Phty.

Solomon Cheng
Bach. Physiotherapy
M. Manipulative Phty.

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

7 REASONS WHY YOU SHOULD HAVE YOUR INJURY ASSESSED AS SOON AS POSSIBLE.

SEE YOUR PHYSIOTHERAPIST FOR A QUICK RECOVERY.

It is surprising how many people put up with injury without having any formal assessment or treatment. They hope or think the injury will improve on its own. If you are injured, here are some things to consider.

1. Missing a more serious injury. It is very important that you don't miss a more serious injury. For example, you may think you have a simple sprained ankle, but how do you know you haven't sustained a small fracture? Dealing with a more serious injury inappropriately can have dire consequences.

2. Untreated injuries may become chronic or recurrent problems. This is especially the case if you don't regain your full pain-free range of movement or you don't regain muscle strength. It is common to see simple injuries, such as a sprained ankle, left untreated. It is also common to see these untreated injuries giving rise to ongoing weakness, stiffness and pain. This is also the case with more complex problems such as back or neck injuries.

3. Early treatment will lead to quicker resolution. Improving your range of pain free movement, increasing your muscle strength and learning how to perform activity (without aggravating your injured part) are important goals of treatment. Achieving them will help you feel better again and enable you to start getting back to work or sport as quickly as possible.

4. Injury affects your performance. You may have a minor injury that doesn't stop you performing activity, but stops you performing at your peak.
For example, that stiff neck stops you serving with your normal power during tennis. Fixing your neck can result in you playing better again.

5. Ongoing injury can make you feel "blue". Some of the by-products of injury include; ongoing pain, reduced fitness, inability to work (and earn income), inability to reach your sporting goals and inability to participate in social activities. These can lead to a negative mental state and even depression. Having treatment to overcome injury as quickly as possible can "short circuit" the development of other problems in your life.

6. You may have underling biomechanical problems that need to be addressed. An injury may be the by-product of long standing biomechanical problems. If left unaddressed, these problems can lead to ongoing problems or injuries in other parts of your body. For example, fallen arches can lead to foot, ankle, shin, knee, hip and back problems. The onset of your shin pain may lead to the discovery of your "flat feet". Correction of this can help you overcome your current injury, but also it may help prevent future problems elsewhere.

7. Learn what you can be doing to overcome your injury faster and how to manage the injury yourself. One of the important aspects of physiotherapy management is helping you to learn self-care. This may be in the form of exercises, strapping/ bracing, learning how to modify your activity to reduce overstressing your injured part and learning self treatment strategies (such as ice application or trigger point release).

If you have an injury, even a minor "niggly" injury, have it assessed by your physiotherapist as soon as possible.

Did You Know?

Every human spent about half an hour as a single cell.

this issue

WHAT IS YOUR BMI?

HOW UNDERSTANDING THIS CAN HELP YOU OVERCOME YOUR PAIN

Your BMI is your "body mass index". This is a formula to help determine whether you are of normal weight. To calculate your BMI you divide your weight (in kg) by your height squared (in metres). It is for use in people over 18 years of age.

An example of a BMI is someone 1.8 m tall who weighs 100 kg. Their BMI would be 100 divided by 1.8 squared. This would equal 31.25.

If your BMI is between 20-25, then you are within a healthy weight range. If you have a BMI under 20 then you may be underweight. If your BMI is over 25, then you may be overweight. The BMI above, being 31.25, would indicate someone quite overweight.

Being overweight can contribute to the development and ongoing nature of a range of musculoskeletal problems such as hip, knee, ankle, foot and low back pain.

Management of these problems is very difficult if patients don't recognise or address their weight problem. Calculate your own BMI. If it is above 25, you need to do something about it. This is especially so if you have joint pain and you want to get the best results from physiotherapy and other treatment.

SPLINTS, TAPE AND OTHER PRODUCTS

Your physiotherapist can obtain a range of splints, braces, walking aids, tape and other equipment for you, to help you manage or overcome a problem or disability.

A physiotherapist can advise what is the best option for you and ensure it fits properly and suits your condition.

If you are considering obtaining a brace or some other type of medical device, ask your physiotherapist to recommend and supply it.

HEEL PAIN

What you should know

Heel pain is a huge problem. Though it sounds innocuous, heel pain can be very debilitating and can lead to health problems such as loss of fitness and weight gain. Below is a range of factors that should be considered if you want to overcome your heel pain.

Diagnosis. There are a number of causes of heel pain but the most common is plantar fasciitis. This is damage to tissue (the "plantar fascia") attaching to the heel. The role of this tissue is to support the arch in your foot. It can become damaged for a number of reasons. "Heel spurs" are not usually relevant, even though they may show up on X-ray.

Lose weight. Being overweight places increased strain on your joints and tissue. Sudden weight gain, or the chronic stress that being overweight puts through your feet, can lead to heel pain. If you are overweight, losing weight is very important in managing heel pain.

Orthotics. Having fallen arches (excessive pronation) places increased strain on your plantar fascia. Sudden overactivity (such as commencing running) or chronic activity (regular long walks) can lead to damage if you have fallen arches. Using "off the shelf" or "prescription" orthotics will support your arches, taking the strain off your plantar fascia.

Stretching. Stretching tight calf muscles and mobilising the joints of your foot and ankle can help. Also, stretching your damaged plantar fascia can prevent or reduce the formation of abnormal (painful) scar tissue at the injured site.

Modify your activity. Chronic or sudden overuse can lead to plantar fasciitis. Learning how to modify your activity is important. For example, rather than walk or run for your fitness, try bike riding or swimming.

Footwear. Wearing supportive foot wear with good shock absorption can be useful.

Treatment. Physiotherapy modalities such as ultrasound, laser or acupuncture may help. Manual therapy to mobilise your foot and ankle joints can help. So too can stretching your calf and your plantar fascia. Taping can take the strain off the injured part in the short term. Your physiotherapist can organise orthotics if required.

If all else fails. Plantar fasciitis can take months rather than weeks to get better. If you address all of the above, and the problem doesn't resolve, you may need to take things to a higher level. Local cortisone injections may help and sometimes surgery is required. If your plantar fasciitis doesn't resolve, ask your physiotherapist to recommend a good specialist.

Did You Know?

Blondes have more hair than dark-haired people.

What types of conditions can a physiotherapist help you with?

Many patients are unaware of the many conditions that can benefit from physiotherapy. Below is a list of some of the common problems that we help deal with:-

- ❖ Back and neck pain ❖ Headaches
- ❖ Sprained ankles ❖ Injured knees
- ❖ Arthritic pain and stiffness
- ❖ Shoulder pain ❖ Tennis elbows
- ❖ Tendon problems ❖ Muscle tears
- ❖ Hand and foot problems
- ❖ Bruising ❖ Fractures
- ❖ After joint replacements
- ❖ After joint and bone surgery

If you have any of the above problems, and you want to improve as quickly as possible, have an assessment from one of the physiotherapists at this clinic.

LOW BACK PAIN
WHAT HELPS?

Low back pain is a common problem seen by physiotherapists. In most cases, physiotherapy can help, but as in all problems, early assessment and treatment is vital.

Prognosis. The longer you have the problem, the more recurrent it is, the further down your leg the pain travels and the more severe your symptoms, the worse your prognosis. If you have signs of nerve involvement (weakness in the leg, numbness/ pins and needles in your foot) this may indicate a longer recovery or a worse outcome.

Diagnosis. In about 80% of low back pain the exact diagnosis is not apparent. This means that no-one can tell exactly what structure is injured. Physiotherapists usually use a biomechanical diagnosis. This identifies areas of the spine and surrounding structures, that have dysfunctional movement. Treatment is aimed at restoring pain free movement and function in the spine. This helps in the majority of patients.

Is your back out? A common "diagnosis" offered to some patients is that their "back is out". This is an inaccurate and outdated explanation of the cause of your back pain. Modern research does not support this explanation of back pain and you should be very cautious if you are told your back is out.

Treatment. Physiotherapy management in most cases seems to be beneficial in helping overcome back pain. Using a biomechanical model, modalities

such as joint mobilisation/manipulation, exercises, soft tissue therapy, traction and patient education can lead to a good outcome. Self treatment strategies are very important.

Medical treatment. Unfortunately, not all patients respond to physical therapy. Though knowledge about back problems is not a core part of medical training, your doctor has access to advanced diagnostic options such as blood tests and advanced radiology (such as CT and MRI scans). If there are no serious underlying medical problems (such as infection or cancer), the basic medical tools would be medication, injection or surgery. There is no guarantee these will work in all cases. A combination of physiotherapy plus medical treatment can be helpful in more difficult cases.

A regular "TUNE-UP" can help you stay feeling better

If you have a chronic or recurrent problem, such as back pain, neck pain, headaches or arthritis, a regular "tune-up" may help you enjoy life more.

Most of these problems mentioned respond very well to a course of physiotherapy. In conjunction, your physiotherapist will usually give you self treatment exercises, to help you improve your problem and maintain this improvement.
Unfortunately, spinal problems and arthritic pain can recur and can make your life miserable. If this is the case with you, or someone you know, then regular maintenance treatment (or "tune-up" sessions) should be considered.
"Tune-up" sessions will help keep your joints mobile, will release tight muscles and will update your self treatment exercises, so that they are giving you maximum benefit.

Many patients find that a tune-up session every few weeks can help keep them feeling good and stop them having repeated acute episodes of pain. It is also more cost effective than having extensive treatment to overcome an acute episode of pain.

If you feel you would benefit from regular maintenance treatment, please ring to book a time to discuss this with your physiotherapist.

GOOD FIRST AID WILL GET YOU BACK ON TRACK SOONER

If you suffer an injury, a knowledge of appropriate first aid will minimise bleeding and further damage. This in turn will help you overcome your injury as quickly as possible.

The basics of first aid can be summed up by remembering RICER for the first 48 hours. This stands for:-

REST the injured part so that no further damage can occur. This may mean stopping work or sport immediately. It may also mean applying some sort of splint to prevent movement of the injured part.

ICE should be applied to the injured part for 15-20 minutes, every 30-60 minutes, to slow down bleeding and swelling. Make sure you avoid an ice burn by wrapping the ice in a damp cloth, so that it does not directly contact the skin.

COMPRESSION will also help reduce swelling and bleeding . This can be done by wrapping a bandage around the injured part or by compressing the injured site with your hand.

ELEVATE the injured part so that bleeding and swelling flow away from the injured part.

REFER the injured person to a health professional for further assessment and management. This would usually mean to your family doctor or your physiotherapist.

Physiotherapists are experts in managing sports and soft tissue injuries such as bruises, sprained ligaments and strained muscles.

Carry on this protocol for the first 48 hours after an injury. Also, during this time, avoid HARM. This means avoid Heat, Alcohol, Return to activity and Massage until you are sure bleeding and swelling have stopped.

Did You Know?

On average women say 7,000 words per day. Men manage just over 2000.

Your PHYSIOTHERAPIST
Practice Newsletter
Autumn 2009

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

Massage and Myotherapy

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

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Dear Physio

Q: I experience recurrent pain in my knees and ankles. I run 7 days per week. What can I do to fix this?

A: Many people suffer ongoing problems due to overuse. If you exercise/work excessively, your body will start to break down and you will feel pain.

Your body needs time to recover after activity. This is especially so the older you get. Try to have a day off in between exercise. In the above case try to run 3-4 times per week rather than daily. If you "have" to exercise daily, try cross training. This may involve bike riding or swimming 3-4 times per week and only running 3 times per week. Another option, if you "have" to run each day, is to try some shorter runs and top up your exercise with low impact work. For example, a 30 minute run and a 30 minute ergo bike ride instead of a 60 minute run.

Q: Is it safe for my child to do weights?

A: A well organised and supervised resistance training program can be beneficial to pre-adolescent children. It can lead to strength gains, injury protection, better self image and better performance in sport. Most injuries to children occur during unsupervised sessions when a child attempts to lift too heavy a weight.

Q: Football season is starting soon. What should I be doing about injury?

A: The commencement of football season is usually responsible for a sudden increase in the occurrence of sporting injuries in Australia.

Orthopaedic surgeons, doctors and physiotherapists around Australia are therefore gearing themselves up for their "busy" time. Make sure you address any niggly injuries. These can develop into more serious problems and can prevent you completing a full and meaningful preseason. If you have had a previous injury have it assessed. For example, one of the main predictors of hamstring or back problems is a history of previous problems. See your physiotherapist and have an assessment to make sure all is well. Make sure you are fit. Don't attempt to play vigorous sport without proper conditioning. If you can't go to all training sessions, do extra work on your own. If you are an "older" athlete, you may not be able to cope with the same workload that is given to younger athletes. Do some cross-training and also give your body time to recover between sessions. With regard to sports injuries, have them properly assessed and treated. Sports trainers are valuable assets to a sporting team. However, they are not physiotherapists or doctors. Seek assistance from your physiotherapist.

Q: What is bursitis?

A: Every person has hundreds of bursae scattered throughout the body. They are like little sacks of fluid that decrease friction between two surfaces that move in different directions. You tend to find a bursa at points where muscles and tendons glide over bones. Without the bursa between these surfaces, movements would be painful. Direct trauma, overuse, infection and medical problems (such as rheumatoid arthritis) can all cause bursitis. Common areas for bursitis are the shoulders, knees, hips and under the Achilles tendon. Physiotherapy can help.

Q: I have tennis elbow.

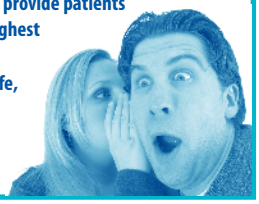
A: Can physiotherapy help? Tennis elbow is damage and pain in the tendons attaching to the outside of one's elbow. It can be very difficult to overcome. Early intervention is very important.
Physiotherapy modalities can help, so too can stretching and local massage. Special strengthening exercises (eccentric exercises) are very important in overcoming tennis elbow.

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.

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.