**Practice Newsletter** 

Dear Physio

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

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Q: I suffer from back pain. What should I do?

A: Have your back problem assessed by a physio as soon as you can. Treatments such as manual therapy (to free up stiff and painful spinal joints), mobilizing exercises and exercises aimed at strengthening your core muscles can help a lot of back problems. Medications such as pain killers and anti-inflammatory can

be useful but don't actually fix the problem. Don't rely on

theses passive measures. Take control by consulting your

Q: I sit at a desk all day. My neck gets stiff and sore. Will exercises help?

physiotherapist.

**A:** *Neck strengthening exercises* can definitely help you overcome chronic or recurrent neck pain. These exercises need to be tailored to your specific needs. Seeing a physio to set you up with a program is definitely worth considering. Hands-on treatments, such as joint mobilization and even manipulation can also help.

Q: I tore a muscle in my leg. My doctor didn't really say what to do. Should I see a physio?

**A:** Physio will usually help you get back to normal activity as soon as possible. Torn muscles need to be properly rehabilitated to avoid slow recovery and repeated tears. The body heals itself by laying down scar tissue. Very often scar tissue can form badly, leading to ongoing problems and further injury. Massage, stretching and strengthening can all help avoid this. A gradual return to activity can also help avoid re-tears. Physios are experts in treating soft tissue injures like muscle strains, so contact your physio straight away.

Q: I suffer with headache. Can treatment to my neck help?

**A:** Many headaches are due to problems in the upper neck. Physio can help restore pain free function in your neck and show you exercises and other ways of looking after your neck in the future.



Q: Why should I see a physio? What can they do for me?

**A:** Physiotherapists are university trained health professionals. They use a range of treatment modalities to help you overcome pain and injury. This may include joint manipulation, massage, exercise, postural advice, electrical therapy, dry needling, taping, splints and braces, to name just a few. Physiotherapist will involve you in the treatment process, so that you can attain a better, quicker outcome for your problem.

> 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.

Q: My mother fractured her wrist. The plaster has just come off. When should she start physio?



**A:** Start physio straight away. Your mother needs to get the wrist moving and to regain strength as soon as possible so that she can get back to normal activity. Leaving physio off for too long may lead to ongoing pain, weakness and stiffness in the wrist and hand.

Q: I get a lot of shin pain since I started running. How can I overcome this?



**A:** Shin problems like this can occur due to a combination of factors. They include overuse. poor foot wear and poor recovery. They can also be due to tightness or weakness in the surrounding muscles, like the calf.

Poor foot mechanics, such as pronating rear feet, can also be

implicated. The good news is that physio can help greatly.

Q: I get recurrent chest pain. My doctor said it was "musculoskeletal". Can physio help?



A: If your doctor is sure that your chest pain is not due to heart.

lung or other serious problems, then it is worth consulting a physiotherapist. In many instances, chest pain can be due to problems in the mid back (thoracic spine). Tightness, poor posture and overuse (e.g. Playing too much golf) can contribute.

# Are you due to have orthópaedic surgery?

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

eone with any of the problems outlined in this ewsletter, 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

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# PHYSIOTHERAPIST

**Practice Newsletter** 

SHOULDER PROBLEMS

See your physiotherapist for a quick recovery

There are a number of reasons why your shoulder can

become painful. Theses can include disease, injury,

overuse, wear and tear and pre-existing structural

problems. Physiotherapy can help you over come a

shoulder injury or recover after shoulder surgery.

deal with and some information you may find helpful.

Shoulder dislocations and unstable shoulders

Here is an outline of some common problems physiotherapists

It can occur during a fall or a collision. Some people have

very lax joints and the shoulder dislocates very easily with

out much force. Once the dislocation is reduced (sometimes

this occurs spontaneously but sometimes it requires a lot of

effort), you will probably need physiotherapy to help settle

the inflammation and strengthen the muscles around the

shoulder. Unstable shoulders (where there is too much laxity in

the shoulder joint) can lead to pain and injury. Strengthening

This is the joint that the connects the collar bone (clavicle)

to the shoulder. It can be strained or disrupted from injury.

Sometimes an operation is required to repair the joint. Again,

physio will usually be required. Sometimes the A/C joint can

become arthritic ( due to previous injury or overuse) and cause

pain later in life. Physiotherapy can help restore pain free

The small deep stabilising muscles of the shoulder can become

painful due to injury as well as wear and tear. A cortisone

injection sometimes helps but physio will be required to

rehabilitate the shoulder. If this fails, surgery can be required

to either repair the damaged rotator cuff tendons and/or to

excise bony spurs and other tissue that may be pinching and

Your neck can refer pain into the shoulder so your physiotherapist

will always assess whether your neck can be contributing to

your shoulder pain in any way. Physiotherapy on your neck may

Broken bones can occur during trauma to the shoulder.

Sometimes the fracture needs to be reduced (bones put back

into proper alignment) and sometimes they need to be pinned

or wired to help them heal up properly. Physiotherapy should

commence as soon as possible so that you regain function and

Neck problems can cause shoulder pain

therefore help your shoulder pain.

exercises may help this.

**AC joint injury and pain** 

movement in theses arthritic joints.

**Rotator cuff problems** 

damaging the tendons.

avoid complications.

**SPRING 2011** 

## Dear Patient,

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

& PHYSIOTHERAPY CLINIC

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**

M. Manipulative Phty.

## **Andrew Seymour**

M. Manipulative Phty.

## **Chris Tubb**

M.Musculoskeletal Physiotherapy

## Anthony D'Aloisio

Carlos Bello

B. Physiotherapy

## **Kate Walters**

Massage and Myotherapy

## **Daniel Zwolak**

B. Physiotherapy M.Musculoskeletal Physiotherapy

### **Daniel Geilings** B. Physiotherapy

Sian Percy

**Brendon McCarthy** 

## B. Physiotherapy

# This is when the humerus (arm bone) pops out of its socket.

The cartilage that makes up part of the shoulder joint socket is called the labrum. This cartilage can tear following injury and overuse. It is subject to wear and tear (e.g. with swimming, tennis, repetitive work) and this may predispose you to injury. The damaged cartilage can be resected or repaired surgically and physio may be required to rehabilitate your shoulder.

## Frozen shoulders

Sometimes a shoulder can stiffen up after injury or surgery. Some shoulders stiffen up for no apparent reason. Having physiotherapy after injury or surgery usually prevents a frozen shoulder occurring. Once a frozen shoulder occurs, it can be very difficult to manage and can take a long time to get better (i.e. 12 months or more).

## **Shoulder arthritis**

Like all joints, the shoulder can become arthritic due to wear and tear or disease (e.g. Rheumatoid arthritis). Physio can help you manage the ongoing and recurrent symptoms of arthritis.

If you suffer with a shoulder problem, see your physiotherapist as soon as possible so that you can get on top of your problem quickly.

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# **NURSE'S** BACK?

**Call Your Physio** 

Nurses are one of the most trusted and valuable professions. Nursing can be a very rewarding career but, unfortunately, it has its down sides. One of these is a syndrome we call "Nurse's back".



Many older nurses undertook their initial training in hospitals rather than at university, as happens now. This hospital based training was basically slave labour. Young nurses (usually girls) were expected the work long hours and perform back breaking work such as repeated heavy lifting of patients (no mechanical lifters in those days!). The net result was that many nurses in their 40's and older have terrible problems with their backs (among other things).

Whilst things have improved a lot in recent decades, nursing is still hard work. "Nurse's back" is still alive and well! Many younger nurses are still developing "Nurse's back", even though conditions have improved and there has been a major push for occupational health and safety measures in hospitals.

If you are a nurse and you have, or want to avoid developing, nurse's back; here are some things you

Don't put up with "Nurse's back", see your physio and have treatment. This can reduce your pain, restore your movement and get you back on track.

### **REGULAR MAINTENANCE**

If you have chronic or recurrent back problems, consider having regular "tune ups" ( see page 3). This can make your life more enjoyable.

## **IMPROVE YOUR FITNESS**

Improving your muscle tone, flexibility and cardiovascular fitness can help you avoid and/or overcome back problems. It is surprising how many nurses are unfit and this needs to be rectified. Smoking is a risk factor for back problems and impedes recovery, so take this into consideration if you are a smoker.

Many back pain sufferers find that Pilates helps improve their core stability and their back problems. Consider regular Pilates to keep your back in check.

**OCCUPATIONAL HEALTH AND SAFETY** Don't be a hero or a martyr. Avoid performing activities that damage your back or put you at risk. Make sure your work place is "back safe".

# Did you know?

Your thumb is the same length as your nose.

# **FOOT AND ANKLE PAIN THINGS YOU SHOULD KNOW!**

It is surprising how many people have a foot and ankle problem and either don't know what to do, or they don't actually do anything about it. Here are some things worth knowing about your feet and ankles.

**POOR FOOT WEAR** 

the expense.

**POOR FOOT MECHANICS** 

pain and injury.

Poor shoe selection can be a major factor in

developing foot and ankle problems. Shoes need to

fit well, give adequate support and give adequate

cushioning. They also need to suit your foot type.

Some people sacrifice comfort for fashion. This is

on their feet. Avoid falling into the trap of buying

shoes purely on the basis of price. Spending a little

extra to buy good appropriate shoes is usually worth

A large number of foot and ankle problems arise from

can easily develop foot and ankle problems especially

overuse. People who walk, stand or run excessively

if they have poor foot mechanics, poor footwear or

Many people have poor foot mechanics. In very

simple terms this means that they may have stiff

they may have very lax joints, they may have an

excessively high arch or they may have an arch that

Inserts (that you put in your shoe) can help correct

and support a fallen arch or high arch. These can be

supplied by either a physiotherapist or a podiatrist.

collapses. Poor foot mechanics can predispose you to

joints in the foot and ankle that don't move properly,

they do too much activity too soon (e.g. trying to get

especially a problem for those who spend a lot of time



They can be very effective in helping foot and ankle pain as well as pain further up the leg.

## **ANKLE SPRAINS**

The ligaments in the ankle can be torn (sprained) when you roll over on your ankle. This can lead to pain and swelling.

Physiotherapy can help your recover from a sprained ankle as quickly as possible

### **TENDON PROBLEMS**

There are a number of tendons around the foot and ankle that can become painful due to injury or overuse. The most common tendon involved is the Achilles tendon. Again, physio can help with tendon problems. Orthotics may be required as well as changes to foot wear and activity.

### **PLANTAR FASCIITIS**

The arch of your foot is supported by tissue called the plantar fascia. This attaches to your heal. Pain and inflammation at this attachment is called plantar fasciitis. This can be very debilitating. Orthotics, local anti-inflammatory modalities, stretching, and activity modification can all help.

Like all joints, the foot and ankle joints can become arthritic. Stretching/mobilising the joints and tissue around the foot and ankle can help. Orthotics and appropriate foot wear can also help. Activity modification is very important. Regular maintenance treatment can be helpful.

If you develop a foot or ankle problem, a good first step in managing the problem is speaking to your physiotherapist.

# 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.

# **DOES MAINTENANCE TREATMENT WORK?... SOME NEW EVIDENCE**

Regular maintenance therapy is considered, by many experienced physiotherapists, to be a way of effectively managing a range of chronic and recurrent problems. These problems include back pain, neck pain and arthritis (see article below). Clinically, this approach seems to work well, but is there hasn't been any research to back this up.



providing evidence to support what has been seen clinically. In this study (Spine 2011 Aug 15:36(18):1427-37), patients with chronic low back pain were given an initial burst of treatment consisting of regular

A new study is

spinal manipulation for a month. They were then seen at regular intervals, for spinal manipulation, over the

They improved significantly after the initial burst of treatment and this improvement lasted over the following nine months.

### THE COMPARISON GROUP

This group were compared to a second group of patients who were given the same initial burst of treatment over a month but who were then given no follow up treatment over the next nine months. This group got better initially, after the first month, but then



deteriorated to their pre-treatment state over the next

## THE GROUP RECEIVING SHAM TREATMENT

A third group of patient received sham manipulation for a month and then nothing else over the ensuing nine months and reported no improvement.

### WHAT DOES THIS TELL US?

The conclusion of the study was that spinal manipulative therapy is effective for the treatment of chronic low back pain. However, to obtain long term benefits, this study suggests regular maintenance spinal manipulation after an initial period of intense

It should be noted that this is only one study and has only been done to analyse the effect of manipulative therapy on patients with low back pain. It does provide some evidence to support maintenance therapy for chronic and recurrent problems. Again, clinically, this approach seems to work well for a variety of problems.

'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.

## 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:-

If you suffer an injury, a knowledge of appropriate

**Good first aid** 

will get you

back on track

quicker

**REST** the injured part so that no further damage can occur. This may mean stopping work or sport immediately and 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

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?

The storage capacity of human brain exceeds 4 Terabytes

# 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.



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.



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.

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