

1<sup>st</sup> December

2004



# Help St Physiotherapy Spring Newsletter

## Special Interest

- Physio Tips For Tennis 2
- Business partners 5-6
  - Healthy Business
  - Fernwood Fitness
  - Sit back & relax
  - Rebel Sport
  - Living Well
  - Chatswood Tennis Club
- Continuing Education Update 4
- NSTA & NBDBC Update 4

## Regular Columns

- Clinic Update 1
- Physiotherapy 2
- Massage 3

## Clinic Update

Summer is upon us with hot northerly winds and steamy conditions. It took awhile but the warmer weather is definitely here. With drastic changes in temperature over the past months come big changes at Help St Physiotherapy. We say **farewell to Phi Phi Pham** who has decided to take time out of physiotherapy to embark on a new life. The clinic will grieve her absence as she has been a wonderful physiotherapist, an invaluable business partner and most of all a great friend. We wish her the best of luck in her new endeavors and hope we will be able to work with her again in the future.

On a brighter note however, the clinic has been fortunate to have found an ideal replacement in **Rachael Butterworth**. For those of you who have met her, the answer is "yes" – she is from New Zealand. A graduate from Auckland University, Rachael is

with us on Tuesdays, Thursdays and Saturdays. We are very happy to have her as part of our team.

**Amanda** achieved great results in recent exams for her **certificate in Advanced Remedial Massage Therapy**. All the stress was worthwhile during the exams as she gained a high distinction. We always knew she would pass with flying colours. We are sure she will take on more studies in the future but in the meantime, she will enjoy a well deserved break.

**Errol** has also just returned from holidays, yet another trip to Korea to spend time with his wife's family with a little side trip to Shenyang (northern China). He is happy to be back after experiencing temperatures just under

minus 30°. He is now refreshed and raring to go.

The new year also brings **changes to our Pilates format**. We will still be running packages of 6 classes at \$150 but we will now have **4 classes to choose from**. There will be 2 classes on both **Monday and Thursday evenings** and you will be able to turn up to any of them each week. For those of you who are still beginners and need a one-on-one session, **Stephanie** is now consulting on **Saturday mornings**. Just call to make a booking.

The clinic is also proud to have 2 new business partners in **Chatswood Tennis Club** and **LivingWell Health Club & Spa** in Willoughby. Please see page 6 for further details.

**We would like to take this opportunity to wish everyone a happy new year. Thank you very much for supporting our clinic and we hope we can be of service to you in 2005.**

## Physio Tips for Tennis

**Technique correction** – this is the most important way of reducing stress and strain on the body for any sport. Especially in tennis, one little adjustment may make all the difference. Having an accredited coach who can give correct advice on stroke and serve correction is vital especially if one is experiencing pain whilst playing tennis.

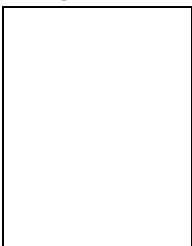
### Some simple mistakes are:

Ball toss positioning  
Incorrect grip used when playing  
Overuse of the wrist with ground strokes  
Lack of upper body rotation

**Racquet grip** – the appropriate grip size will reduce stress through ones forearm and prevent over-gripping. General over-gripping can also lead to problems. You don't need an extremely tight grip to serve or ground stroke. Sometimes a looser arm and wrist can allow for a smoother action and greater force production.

**String dampener** – this can reduce the amount of vibration through the racket upon impact from the ball thus reducing overall shock to the forearm

**Good footwear** – especially for those who have fallen arches and have knee pain. Shoes made specifically for playing tennis on hard courts provide cushioning for the heel, arch and the whole foot.

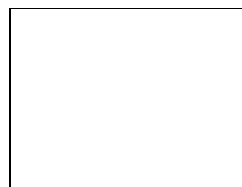


American Academy of  
Family Physicians.  
Available from: <http://familydoctor.org>.  
[Accessed 27 May 2004]

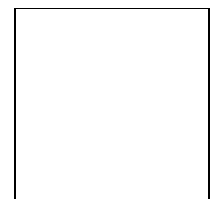
**Double up on socks** – for more cushioning wear two pairs of socks. This will help absorb sweat and also absorb the shock from running and jumping especially if you play on hard court surfaces. The extra padding will also help prevent blisters. Blisters can often cause secondary problems as you compensate for the pain from the blister.

### Good flexibility

- especially through the shoulder (frontal chest, back of the shoulder)  
- lower limb stretches (hamstring, calf)



Ski the World. Available from:  
<http://www.gettsystems.com/skitheworld/workout/flexibility12.html>. [Accessed 7 Dec 2004]



Tropical Software.  
Available from: <http://www.tropsoft.com/ergotimer/stretch.htm>.  
[Accessed 7 Dec 2004]



Tina Juan Fitness.  
Available from: <http://www.tinajuanfitness.info>.  
[Accessed 7 Dec 2004]



Ski the World. Available from:  
<http://www.gettsystems.com/skitheworld/workout/flexibility12.html>. [Accessed 7 Dec 2004]

### Does manual therapy or exercise help with headaches arising from the neck?

People often get headaches and after further investigation realise that they are a result of tension or stiffness in the neck. A clinical trial published in 2002 examined the effect of exercise and/or manual therapy on people with headaches arising from the neck. It was found that **exercise or manual therapy helped reduce headache frequency and intensity** and these reductions were maintained over a 12 month period. Those suffering from headaches should also look at their **ergonomic set-up at work, their sitting and standing postures as well as general stress management**.

(The researchers were G. Jull, P. Trott, H. Potter, G. Zito, K. Niere, D. Shirley, J. Emberson, I. Marschner and C. Richardson; Spine. 27(17):1835-1843. 2002)



## Massages Reduced



We all know how stressful December can be with end of year deadlines and Christmas shopping so Help Street Physiotherapy would like to help you relieve some of this stress by offering you 10% off all massages and massage packages from the 6<sup>th</sup> to 31<sup>st</sup> of December. That includes massage gift vouchers which are an excellent Christmas gift for everyone.

### Massage Prices

30 Minute massage:	$\$45 - 10\% = \$40.50$
60 Minute massage:	$\$70 - 10\% = \$63$
Pamper Package:	
Three 60 minute massages	$\$190 - 10\% = \$171$
Indulgence Package:	
Five 60 minute massages	$\$305 - 10\% = \$274.50$
Total Pamper Package:	
Three 90 minute massages	$\$270 - 10\% = \$243$
Total Indulgence Package:	
Five 90 minute massages	$\$445 - 10\% = \$400.50$

### Who can claim benefits for massage?

This is a list of health insurers who give set benefits for remedial massage at Help St. Physiotherapy:

- CBHS
- Defence Health
- Government Employees
- Grand United
- HCF
- Manchester Unity
- MBF
- Navy Health Fund
- NIB
- Teachers Health Fund

(Provided your cover includes Remedial Massage Therapy)

## Continuing Education Update

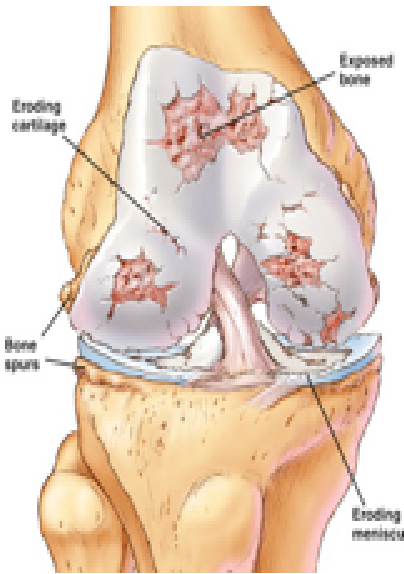
Errol recently attended the **NSW Annual Sports Physiotherapy Symposium** which was held at Coogee. He dragged himself out of bed to attend lectures on a Sunday morning presented by sport physicians, orthopaedic

surgeons and physiotherapists. The main topic of interest was **knee pain arising from osteoarthritis**. It was interesting to note that for **every 5 pounds overweight** an individual is, they **increase their**

**chances of osteoarthritis by 4 times**. For every 5 pounds an overweight person loses, they reduce their chance of developing osteoarthritis by half.

### Other interesting facts on knee osteoarthritis (OA) are:

- Chinese and Japanese women have an increased likelihood of developing OA (1.5 times and 2 times increased chance respectively)
- Increased incidence of OA with increasing age
- Women after menopause are twice as likely to get OA than men
- Incidence of OA due to heritability/poor genetics is only 10 to 30%
- People with osteoporosis have a reduced incidence of developing OA



Zimmer. Available from: [http://www.centerpulseorthopedics.com/us/patients/knee/arthritis/knee\\_osteoarthritis](http://www.centerpulseorthopedics.com/us/patients/knee/arthritis/knee_osteoarthritis). [Accessed 7 Dec 2004]

## NSTA and NBDDBC Update

**Northern Suburbs Touch Association** will be sending two representative teams to compete in the state cup at Port Macquarie from the 3<sup>rd</sup> to 5<sup>th</sup> of December. Rachael will be the team physiotherapist responsible for getting the players on the paddock and treating any injuries which may arise.

Help St Physiotherapy wishes all of them a safe trip and hopefully they can bring back a trophy or two. No matter what the outcome, we are sure they will all have a raging good time.

**Northern beaches dragonboat club** is well into the season with some good results in their last two competitions.

They are due to compete at Woronora in December, Tuggerah Lakes in January and Darling Harbour in February. Anyone who is interested in being a part of this great club, please contact Geoff Taken 0418 239 980 or send an email to [gtaken@optusnet.com.au](mailto:gtaken@optusnet.com.au).



Physiotherapy is a gentle and effective treatment approach for a variety of conditions. If you know someone with any of the problems outlined in this newsletter, please let them know about our clinic. We are very grateful for any referrals we receive and we endeavor to provide all clients with the highest quality of care.

## Introducing our business partners:

### Healthy Business Discounted joining fee

We are proud to have an alliance with Healthy Business Swim & Gym which is located at Riverside Corporate Park Village at North Ryde.

They will **discount the joining fee** on all memberships for any Help St. Physiotherapy client. Just a letter of introduction is required from us.

This bright and airy centre has:

- fully equipped gymnasium
- 25m outdoor heated pool
- full size tennis court
- variety of classes
- Personal Training
- Swim School & Squad Training
- Children's Swim School
- Personal Training

So kick start your summer by

getting fit with Healthy Business.



### Sit Back and Relax 5% Discount for Help St. Physio Clients



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

You have been told on numerous occasions that you need better ergonomics but you cannot find the right chair or appropriate support. Why not visit **sit back & relax** in Chatswood.

They have a Healthcare range including ergonomic seating, bedding and massage chairs to

suit everyone. Their experience lies in fitting the right piece of equipment for you.

They also offer a range of other products for home, leisure and travel. Visit their website for more details on products or pop into their store at 1/398 Victoria Avenue Chatswood. Ph: 9411 3400

## Rebel Sport



Rebel Sport has kindly offered all our clients a **5% discount** every time they shop at any Rebel store. Just show them the Rebel Sport **mvp** card which you can collect from our clinic and they will give you the discount straight away.

### Help St. Physiotherapy Client Card

As a way to say thank you for your continued support, we have developed a Client Card. As a client of Help St Physiotherapy and Sports Injuries Clinic, you are entitled to a range of discounts and savings with our business partners:

- LivingWell Willoughby
- Fernwood Women's Health Club
- Healthy Business Swim and Gym
- Sit Back and Relax
- Chatswood Tennis Club
- Rebel Sport

## Fernwood Women's Health Club Special Offer

Help St Physiotherapy has negotiated a special discount for our clients who join Fernwood Women's Health Club in Chatswood. This exclusive deal means **No Joining Fee** on new memberships and a **free Personal Training session** for Help St Physiotherapy clients. Through our clinic, memberships can be tailored to suit your needs as we have a close working relationship with the team at Fernwood in Chatswood



Level 2, 370 Victoria Ave  
Chatswood (access via Anderson St)



The new **Fernwood Women's Health Club in Chatswood** is the ideal retreat for women to develop their fitness in a well-equipped, well maintained and supportive environment. The all-female health emporium offers personal training, weight management and a large range of classes including yoga, Pilates, box, spin and fitball. Contact Fernwood on **9413 9900** or visit **www.fernwoodfitness.com.au**

### Help St Physiotherapy & Sports Injuries Clinic

Ground Floor  
7 Help St  
Chatswood  
NSW 2067

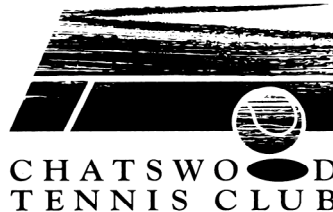
(02) 9413 2979

Fax:  
(02) 9413 3316

Email:  
info@helpstphysio.com  
www.helpstphysio.com

Postal Address:  
PO Box 5364  
West Chatswood  
NSW 1515

Mon-Fri: 8am-6:30pm  
Sat: 8am-12noon



*Winner 2003 Tennis NSW – Tennis Centre of the Year*  
*Winner 2001 & 2003 North Shore Business Awards*  
*Outstanding Health & Fitness Centre*

CHATSWOOD  
TENNIS CLUB

**TENNIS FOR EVERYONE - 4 to 104 YEARS**  
**Coaching, Competition, Court Hire & Social**

120a & 52 Fullers Road, Chatswood, NSW 2067

Phone: 9411 1500 Fax: 9411 4500 Email: info@chatswoodtennis.com.au

**Mention this ad to receive a free half hour introductory lesson**

## LivingWell Health Club & Spa **VIP membership rate**

LivingWell Premier clubs are larger, stand-alone units, offering a full range of facilities that include a gym, aerobics studio, varied group exercise classes, spa, "The Sensory Spa Mind, Body and Soul" salon, child minding, Pro Shop, members lounge and cafe area; plus meeting room, complimentary towels and toiletries.

LivingWell Willoughby is proud to offer Help St Physiotherapy clients with **VIP/corporate membership rates**. Just ask us for an introductory letter confirming you as our client.

They are located at 350 Eastern Valley Way, Willoughby.  
**Ph: 8962 6000**

