

1<sup>st</sup> March  
2007

# Help St Physiotherapy Autumn Newsletter

## Special Interest

- Physio Column 2-3
- Dietitian Column 4
- Exercise Physiologist Column 5

## Regular Columns

- Clinic Update 1
- Physiotherapy 2
- Products and Services 6



## Clinic Update



Wow, was that the quickest 3 months ever? For those who wonder if we really had summer, we didn't and hence we are again preparing for winter. This autumn installment from Help St Physiotherapy is a special one not just because there have been many changes in our clinic but the articles included in the newsletter will concentrate on this year's "City2Surf". We know it is 6 months from the race but it is always better to be prepared, with **articles on "runner's knee", nutrition and training.**

The biggest change at Help St is **Amanda's new role of practice manager** which will encompass managing both the Chatswood and Parramatta clinics. We are delighted as we are sure both clinics will run smoother than ever. For those of you wondering, she will **remain working as a massage therapist** (though reduced hours) on **Tuesdays, Thursdays and Saturdays** at Chatswood.

Amanda's new role has allowed us to **welcome Danny Orlando**, a **remedial massage therapist** with excellent skills. His experience includes "Massage by the Sea" and the "Natural Healing Centre", both at Coogee. He also works at another physiotherapy clinic refining his skills and we feel that Danny is already an integral part of our team. He is **available on Mondays, Wednesdays and Fridays.**

Like Amanda, **Rachael** will also be very busy with more sports coverage in March. She will be covering a **rugby 10's tournament** in Sydney and then will be physiotherapist for the **Sydney Scorpions** at the **National Touch League** in Coffs Harbour.

The **saddest change** of all will occur over autumn when **Rachael leaves** our shores for the **UK**. After 2½ years at Help St and a stint at Parramatta, Rachael is expanding her horizons by traveling and finally settling in the UK for an indefinite period of time. She hopes to further her career options but at the same time have fun. We would like to thank Rachael for all her efforts and care of our patients and wish her the best in her endeavors overseas.

With sadness comes a ray of light. **Charles Geddes** will take Rachael's place as the clinic's **full-time physiotherapist**. He has extensive experience in private practice having worked in Sydney and the UK. He has a special interest in orthopaedics and still works at North Shore Private Hospital on alternate weekends. Coming from South Australia, his appreciation of Aussie Rules football will make for interesting conversation through the rugby season. Despite his sporting allegiances, we look forward to working closely with Charlie.

As always **Susan** cannot be left out as she is about to be busier than ever embarking on her **Masters in Manipulative Physiotherapy at The University of Sydney**. Her hours have changed a little and she will be **working on Mondays, Thursdays and Saturdays.**

**Keran** too is continuing with her studies at TAFE and will **finish her business administration course this year**. Our newsletters, correspondence and generally everything about the clinic has never looked better with Keran at the helm.

As an aside, for those wondering, Errol's daughter Jaemi has just turned one and her cousins, Dylan and Elise (Irwin's twins) will also be one soon.

So as the days get cooler, remember to leave more time for a warm-up before training and please do all the pre-season training. We don't want to be seeing you for an injury you could have prevented. Train hard, play well and good luck with the winter season.



[www.helpstphysio.com](http://www.helpstphysio.com)

## Iliotibial Band Friction Syndrome – ITBFS

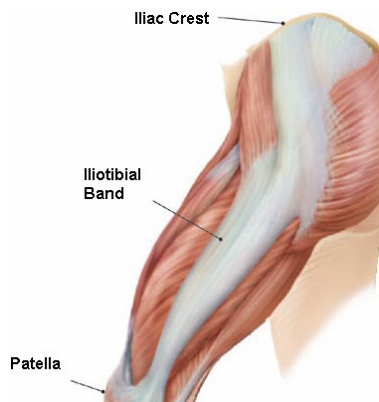
Written By Rachael Butterworth

For any of us who start out running, whether it be for the first time ever or after having a long break, there are a number of factors that should be taken into account before you head off down the running track. This will strongly assist you in minimizing injury and making sure that you are in fine, fit, fighting form.

Many of us may have already or will experience knee pain at some stage in our lives. This can become extremely debilitating especially when you are training for an event such as the “City2Surf”. It not only causes us pain but disrupts our training schedule and ultimately may lead to missing the event we have been working so hard towards. One of these common causes of knee pain is “Runner’s Knee”, more scientifically known as Iliotibial Band Friction Syndrome or ITBFS.

### What is ITBFS?

The Iliotibial Band is located along the lateral or outer part of the thigh (dig. 1).



Dig 1. Anatomy of lateral left thigh showing Iliotibial Band

Studies have shown that the pathology of ITBFS is due to fluid build up in a sac of fluid near the attachment of the ITB around the knee joint.

### Common Signs and Symptoms

- Pain located on the outside of the knee
- Pain aggravated with running
- Running down hill may increase symptoms

### Predisposing Factors

ITBFS is commonly related to our biomechanics and there are a number of mechanical faults which may predispose a person to ITBFS, these include:

- Excessive pronation or rolling in of the feet
- Varus alignment of the lower limb or knock-kneed
- Weakness through the inner quadriceps muscle (VMO)
- Poor gluteal strength and control

### What Can You Do To Help Avoid Getting ITBFS?

#### Footwear:

Having the correct running shoes for your foot type is vital for minimising injury. When we run we place 4-5times our body weight through each leg which places a lot of pressure on our feet. Going to places like Athletes Foot will help to get the right shoe for you, or your local physiotherapist or podiatrist should also be able to assist you.

#### Orthotics:

Over 70% of the population has pronated feet or feet that roll in. This in turn changes the mechanics of your lower limb thus adding to unwanted stress through the knee. A simple orthotic may be enough to realign your foot which can be fitted by your physiotherapist. However more complicated mechanical faults can be seen to by a podiatrist.

#### Poor Inner Quadriceps Strength:

Our quadriceps muscle is divided into 4 parts and the inner quadriceps (VMO) is of great importance for stabilising the knee joint. Simple single leg squat exercises (dig. 2) can help to strengthen this muscle making sure that correct alignment is carried out during the exercise.



Dig. 2 Single leg squat exercise. Be sure to keep good mechanical alignment with knee going over 2<sup>nd</sup> and 3<sup>rd</sup> toes and hips level.

Tight Calf and/or ITB:

Shortened or tight muscle tissue again will change the mechanics of your lower limb. Tightness through the calf will decrease the amount of range at your ankle joint and tightness through the ITB places added stress on the patellofemoral joint. Both of which can lead to more injury. Stretching of both of these structures is pictured below (dig. 3a & b).



3a.

Fig. 3a. Showing calf stretch of left calf, left knee must be kept straight. 3b. Showing ITB stretch of right side, can tilt upper body to left for added stretch



3b.

Stability of Pelvis and Hip:

During running there is a normal amount of pelvic movement (rotation, front and back, side to side) but this may be excessive in some cases due to poor stabilising control of surrounding muscle tissue.

References:

Bruckner, P. & Khan, K. (2001). Clinical Sports Medicine (2<sup>nd</sup> Ed.).

Fig. 1. Iliotibial band syndrome: a common source of knee pain. Available from: <http://www.aafp.org> [Accessed 23/02/07]

## Local Corticosteroid Injection in Iliotibial Band Friction Syndrome in Runners: a randomized controlled trial

A research experiment carried out in 2004 investigated the effects of corticosteroid injection compared with a placebo injection into the knee on runners with ITBFS.

Results showed that there was a significant reduction in pain for the group who had had the cortisone injection compared with those who had had the placebo injection at 14 days post injection. This indicates that a corticosteroid injection decreases pain during running more so than placebo after 14 days in patients with ITBFS of recent onset.

Obviously this is positive news for those of us who suffer from ITBFS. Pain symptoms can be greatly reduced and allow us to return to our training regime sooner. It is important to keep in mind that a cortisone injection alone is not always the only solution and it must be remembered that biomechanical faults or inappropriate training programs may have been the cause of the ITBFS initially. These matters have to be addressed as well as the pain symptoms.

Please note: There may be side effects from cortisone for some individuals and to discuss these with your practitioner.

Gunter, P. & Schwellnus, M. (2004). Local corticosteroid injection in iliotibial band friction syndrome in runners: a randomized controlled trial. *British journal of sports medicine*, 38 pp269-272.

Important stabilizers of the pelvis and hip include transversus abdominus (deep abdominals), multifidus (lower back muscle) and gluteus medius (buttock). Strengthening these muscles will support the pelvis and hip and aim to minimise excessive mobility.

Transversus Abdominus and Multifidus:

Lying on ball with feet and hands touching the ground. Lift alternate leg and arm from ground aiming to not wobble with ball. Repeat alternate sides as necessary

Gluteus Medius:

Lying on side, roll hips forward with hand. Keeping feet together, lift top knee off leg on ground making sure to keep hips rolled forward. Repeat as necessary. Repeat exercise on opposite side

## **Pre-Competition Nutrition**

*Written by Claudia Jah-Jah – Dietician*

As a Sports Dietitian, I regularly get asked what foods should be consumed before a pre-event sport, such as the upcoming city to surf event. Essentially, an increased carbohydrate meal plan that is Low GI (Glycaemic index) is ideal. This is known as *carbohydrate loading*. Carbohydrate loading is not as simple as eating more pasta, bread, or rice the day before the sporting event. The quantity of carbohydrate you eat depends on how much training and how much of an elite athlete you are. It is important to get this balance right as you may find unwanted weight gain will occur.

For the average contestant, you will find that it is important to have nutritious snacks and carbohydrate meals on the days of your training.

Try some of the following ideas:

- *Immediately after training*, consume a 200g carton of low fat fruit yoghurt, or 60g of Sustagen drink, or a bowl of fruit salad with a handful of nuts on top.
- Drink at least 600ml of water for each hour or training.



**An example of  
Low GI food**

Image accessed on 26/02/07. Available from [http://www.diogenes-eu.org/images/LP\\_LGI\\_daily%20intake1\\_2.jpg](http://www.diogenes-eu.org/images/LP_LGI_daily%20intake1_2.jpg)

Carbohydrate loading is important to store readily available glucose in the muscle, which helps fuel your event and prevent fatigue. The amount of carbohydrate to consume is between 7-12gm of carbohydrate per kilogram body weight for 24-48hours before the event. For a specific and tailored meal plan, visit a sports dietitian.

On the day of your event, make the most of breakfast by having 2 slices of toast with a piece of fruit, or for the nervous contestant who can not eat, try having a liquid meal such as an 'up and go' breakfast cereal drink. Make sure you have access to a drink bottle during the event, to replace fluid loss and prevent dehydration. Resources on sports nutrition are available on the Australian Institute of Sport website, [www.ais.org.au/nutrition](http://www.ais.org.au/nutrition).

With these few strategies in place, I am sure you will be a winner on the day. Have a fantastic time.



Image accessed on 26/02/07. Available from: [images.inmagine.com/.../bs183/sw008.jpg](http://images.inmagine.com/.../bs183/sw008.jpg)

## 10 Week Program - Get fit for the City2Surf!

Written by Joel Bromley – Exercise Physiologist

Wk	Walker (Beginner)	Runner (Intermediate run/walk)	Runner
1	2 x 30 min walks this wk. Try to aim to keep a steady pace throughout	Walk 3 x 30 mins at a fastish pace Jog – 1 x 2.5 km easy & flat	Jog – 3 x 3km at a steady pace, no hills
2	4 x 35 min walks this wk, again at a strady pace. Try to aim to have a rest day between each walk	Walk 3 x 40 mins at moderately fast pace Jog – 2 x 2.5 km runs. Easy pace & flat	Jog 3 x 5km at a steady pace, no hills
3	3 x 30 min walks at a slightly faster pace 1 x 60 min walk (steady pace)	Walk 3 x 40 mins at moderately fast pace Jog 2 x 2.5 km at slightly faster pace (less rest breaks) but flat	Jog 3 x 5km at steady pace, no hills 1 x 32 min interval session (flat) - 10 min warm up - 2 mins hard/2 mins easy x 3 - 10 min cooldown
4	This wk we will train the same as wk 3 however, for each walk, attempt to walk slightly faster 3 x 30 min walks at slightly faster pace 1 x 60 min walk (steady pace)	Walk 2 x 45 mins at faster pace Jog 3 x 2.5km at moderately fast pace & flat	Jog 3 x 7km steady pace, no hills 1 x 3km faster pace with few hills 1 x 32 min interval session (flat) - 8 min warm up - 2 mins hard/2 mins easy x 4 - 8 min cooldown
5	3 x 4 min walks at moderately fast pace 1 x 60min walk. Try to chose a route that is undulating (includes hills)	Walk 2 x 60 min walks at moderately fast pace Walk/jog-walk 10 mins as a warm up. Then attempt to jog 2 mins, walk 2 mins & repeat 5 times followed by 20 min walk to cooldown Jog 2 x 2.5km at moderately fast pace, including hills	Jog 2 x 10lm steady pace, few hills 1 x 4km faster pace, few hills 1 x 38min interval session (flat) - 10 min warm up - 3 mins hard/3mins easy x 3 - 10 min cooldown
6	3 x 45min walk picking up pace to fast 1 x 60 min walk (moderate pace including hills)	Walk 2 x 80 mins at fast pace, including hills Jog 2 x 3km at moderate pace with hills 1 x 2.5km fast & flat!	Jog 2 x 10km steady pace, few hills 2 x 4km faster pace with hills 1 x 38min interval session(flat) - 10 min warm up - 3 mins hard/3 mins easy x 3 - 10 min cooldown
7	3 x 45min walk (fast pace) 1 x 90min walk. The aim of this walk is to maintain your speed throughout & have little or no rest breaks. Try to maintain a moderate pace & include hills	Walk 1 x 60 min at easy pace with hills Jog 2 x 4km at a moderate pace with hills and 1 x 4km fast	Jog 2 x 12km steady pace, few hills 2 x 4km faster pace, few hills 1 x 8km jog at comfortable pace
8	4 x 45min walk (fast pace) 1 x 240 min walk (moderate to fast pace including hills)	Walk/Jog 8km Jog 2 x 4m (moderate & hills) Jog 1 x 5km harder	Jog 2 x 12km race pace with hills 1 x 14km easy pace with hills 1 x 42min interval session (flat) - 10 min warm up - 3 min hard/3min easy x 4 - 10 min cooldown
9	4 x 60 min walk (fast pace) 1 x 240min walk (City2Surf pace including hills)	Jog 1 x 10km easy 2 x 4km moderately ast 1 x 5km faster with hills	Jog 2 x 12km race pace with hills 1 x 14km easy pace with hills 1 x 5km faster pace
10	It's the week before the race & it's time to ease the volume down. You have now put in the hard work so don't spoil it be overtraining now! 3 x 60 min walk (1 x fast, 1 x moderate, 1 x slow) 3 days rest before race	Walk/Jog x 90 mins (early in week) Jog 8 – 10 km easy Followed by 4 days rest	Jog 2 x 10km easy pace first few days of week

# Bakballs

*Now available at Help St Physiotherapy*

Immediately reduce pain and stiffness. For use in your own home or take them to the office, sporting events or gym to mobilise your spine and reduce pain.

Rebates apply for selected Medibank Private Members

**Only \$45.00**

❖ **A portable and affordable way of treating your own back**



## Clinical Pilates One on One

*With Susan Bird & Rachael Butterworth*

### Packages

\* 3 x 30 Minute Consultation with a **FREE** Swiss Ball Book (save \$30) **\$192**

\* 5 x 30 Minute Consultation with a **FREE** Swiss Ball (save up to \$67) **\$320**



Image source [www.mindmotions.com](http://www.mindmotions.com)

### Help St Physiotherapy & Sports Injuries Clinic

Ground Floor  
7 Help St  
Chatswood  
NSW 2067

**(02) 9413 2979**

Fax:  
**(02) 9413 3316**

Email:  
[admin@helpstphysio.com](mailto:admin@helpstphysio.com)  
[www.helpstphysio.com](http://www.helpstphysio.com)

Postal Address:  
PO Box 5364  
West Chatswood  
NSW 1515

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



## Looking to buy a home or refinance?



Refund Home Loans will compare hundreds of loans from over 40 of Australia's leading banks and lenders to help you find the best mortgage product to suit your needs. There is no cost for the consultation, and in fact when you take a loan through Refund Home Loans, you will receive a real cash refund. **Contact Andrew An on 0402 112 188 to find out more.** Let him know you are a Help St Physio client and expect nothing less than the same quality of service and expertise you received from us.

[www.helpstphysio.com](http://www.helpstphysio.com)