

1st March
2006



Help St Physiotherapy Autumn Newsletter

Special Interest

- **Physio** 2-3
- **Business partners** 5-6
 - Healthy Business
 - Fernwood Fitness
 - Sit back & relax
 - Rebel Sport
 - Living Well
 - Chatswood Tennis Club
- **Continuing Education Update** 3

Regular Columns

- **Clinic Update** 1
- **Physiotherapy** 2-3
- **Massage** 4

Clinic Update

Changes in season seem to bring numerous changes at Help St Physiotherapy. Babies, babies and more babies.

Errol's wife recently gave birth to a **baby daughter, Jaemi**. Both mother and daughter are doing well and surprisingly, Errol has been sleeping well. He thinks parenthood is a breeze but we are sure his wife does not feel the same.

Jenni too gave birth to a **baby girl** in February. **Sophie** is just 2 weeks younger than Jaemi and by all accounts has been a very good baby. We wish Jenni, Nick and Sophie all the best in the future and hope Jenni will be back one day helping us out.

We are also lucky to have a **new addition** to the practice - **consultant rheumatologist, Dr Irwin Lim**. He will be consulting on **Wednesdays** and he has brought a new level of service to the clinic with his experience and specialty. It is a great advantage to have a physician working with us especially one well versed in musculoskeletal medicine. We warmly

welcome him and hope he enjoys his time at our clinic.

As the weather gets cooler, it can only mean **football season** is about to begin. **Rachael** will again be looking after **Chatswood Rugby Club** which hopes for a more fruitful season. New club president, Lee Palmer, shall hopefully ignite more enthusiasm in the players. Rachael will also be on the sidelines at the **National Touch Championships in Coffs Harbour**.

In the meantime, everyone else has also been busy. **Amanda** has just completed a weekend **acupressure course**.

Susan attended a **course on shoulders** and **Rachael** finished a **Necksafe course** on concussion and spinal injury. We are also pleased to say that **Anastasia** returned to work **successfully** post carpal tunnel surgery. She is now working 4 hours everyday except Wednesdays. **Keran** too has been busy having started a **TAFE course in business administration**. Her new acquired skills have

already been in practice helping to make the clinic run even smoother. We are proud to tell you that **our clinic is now paperless** when it comes to patient files. All records will be kept on computer thus saving paper and reducing our storage needs. **Please excuse any hiccups in the early stages as we refine our processes**. For doctors, you can still expect ongoing correspondence in regards to your patients and as a patient/client, you will still be receiving email reminders in regards to your appointment times. We will soon be **introducing SMS reminders** to reduce the number of people forgetting and/or not turning up for their appointments. We hope you like this new service.

As part of our ongoing **community support** this year we have decided to **donate money** to Care Flight which allows children in need to attend a concert/magic show. **We thank you for your ongoing support** in order to allow us to do this.

www.helpstphysio.com

Please feel free to email us at admin@helpstphysio.com for suggestions to improve our newsletter, clinic or services. Thank you again for your support of Help St Physiotherapy and Sports Injuries Clinic.

Spinal Cord Injury (SCI)

Spinal Cord Injury (SCI) is an extremely traumatic and disabling disease which can have dramatic physical and mental effects on the state of a person. Nowadays, there has been a strong lean towards SCI prevention in order to help decrease the prevalence of this injury. These **prevention techniques include the following:**

- Mandatory seat-belt usage in vehicles
- Mandatory helmet usage for motorcyclists and bicyclists
- Changes to rules for Rugby League
- Changes to school-boy Rugby Union scrummaging rules
- Awareness of neck size/shape issues when choosing players for positions in schoolboy contact sports
- Education regarding diving into water without knowing its depth and potential for spinal injuries in the Australian surf
- Education on correct lifting technique

There can also be a number of secondary preventative techniques employed to decrease the severity of a suspected SCI. The keys to secondary prevention include:

- Awareness of situations and injuries likely to be associated with or cause SCI
- Early recognition for the potential for SCI
- Aggressive early intervention, erring on the side of over-caution, in treating potential SCI's
- Proper handling and packaging of the patient with suspected SCI for transport
- Adequate immobilization of the injured spine

With a head injury or in any unconscious patient, it should be assumed that there may be a spinal injury, and should be managed accordingly until proven otherwise. This means proven by adequate x-rays in a hospital and a consistent clinical diagnosis.

The key to proper management of spinal trauma is to recognize that an unstable spine may exist. The head is to be positioned in the neutral position and Manual Inline Support (MIS) applied (fig. 1).

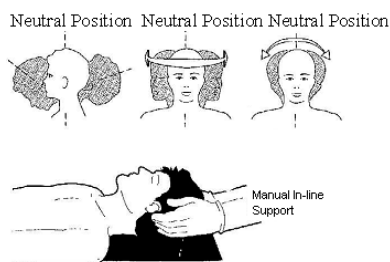


Fig. 1. Correct positioning of the neck.

In both the conscious and unconscious patient the principle is to return the neck to the neutral position, however if this causes an increase in symptoms then

the head is to be splinted in the position of most comfort/least symptoms. The person supporting the head in MIS is to not let go of the head until full immobilization has occurred (with the appropriate equipment) or until emergency services have arrived.

Equipment for immobilization:

Cervical collars (Fig. 2.)– application of a semi-rigid cervical collar will assist in immobilizing the head from excess movement however it is vital to not that this piece of equipment is not effective on its own.



Fig. 2. Cervical Collar

Scoop stretchers (Fig. 3.) – there are a number of differing brand names however it is important that a stretcher be effective for the transportation of spinal injury. If one is not effective then the patient is at great risk of further injury and possible disability.



Fig. 3. Two different kinds of scoop stretchers

Head immobilizer (Fig. 4.) – This is used in conjunction with the cervical collar and scoop stretcher to fully immobilize the patient. Once this has been achieved then the person supplying MIS is no longer required.

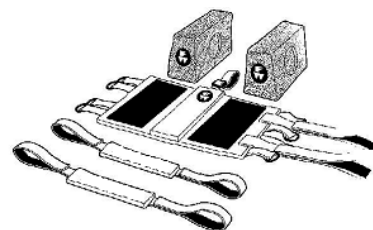


Fig. 4. Head Immobilizer.

All of this equipment and the correct application of its use is vital to transport an anticipated SCI effectively. If all the equipment is not available then MIS and constant reassurance to the injured patient must be carried out until emergency services arrive.



Continuing Education Update

Dry Needling & Trigger Points

A trigger point (muscle knot) is a hyperirritable spot within a taut band of muscle. The spot is painful on compression and can give rise to referred pain and referred tenderness.

Trigger points are seen in both acute and chronic pain conditions.

Active trigger points refer pain at rest or with activity. It is possible to deactivate trigger points by needling

them with acupuncture needles.

The needle helps the muscle to relax, encourages new blood flow and inhibits pain.

Acupuncture needles do not puncture the skin as opposed to hypodermic needles (eg, injections). Therefore it is painless.

Dry needling can be used to treat a wide variety of muscular conditions and sporting injuries.

Common trigger points include the upper traps which may refer pain down the arm or cause tension headaches. Other areas include the gluteal muscles that often refer pain down the leg or low back pain.

All these conditions can be treated with dry needling.

Image Available from:
<http://www.rhnaturaltherapies.com/.../Acupuncture.jpg>
 [Accessed 28 Feb 2006]

Dry Needling is now available at Help St Physiotherapy, just book in with Susan or Rachael

Research

- Studies have found that dry needling causes a mechanical disruption of abnormal functioning of muscles or nerve endings (Hong, 1994)
- Research has found that there is a 75% overlap between trigger points and traditional acupuncture points. (Melzack and Walls, 1981)
- Dry needling appears to be as effective as local anesthetic (Huguenin, 2003)
- Dry Needling may be the treatment of choice for an athlete with a regional pain that has not responded to previous soft tissue work (Huguenin, 2003)

Rheumatology – Dr Irwin Lim MBBS (Hons), FRACP

Now Consulting at Help St Physiotherapy on Wednesdays

Dr Irwin Lim trained for many years at the Royal North Shore Hospital before completing his specialist rheumatology training at Prince of Wales and Westmead Hospitals.

Since early 2004, he has been in private practice while maintaining an appointment as an honorary medical officer to Westmead Hospital. At Parramatta, Irwin helped to establish The Bone & Joint Clinic, a multidisciplinary musculoskeletal clinic that has particular expertise in the coordinated management of arthritis, osteoporosis, soft tissue injuries, spinal disease and work injury.

As part of the Specialist Outreach Assistance Program, he also provided services to Tamworth. Due to increasing family commitments (expecting twins!), he is unable to continue that travel, and has decided to establish a practice closer to home, at Chatswood.

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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.

Sports Massage Therapy (SMT)

SMT should play an important part in the life of any sportsman or woman whether they are injured or not. Massage has a number of benefits both physical, physiological and psychological

The main purpose of SMT is to help alleviate the stress and tension which builds up in the body's soft tissues during physical activity. Where minor injuries and lesions occur, due to overexertion and/or overuse, massage can break them down quickly and effectively. Massage will help to relieve swelling, reduce muscle tension, promote flexibility and therefore help prevent injuries. SMT also has the same benefits as other types of massage, it reduces resting heart rate and blood pressure, increases blood circulation and lymph flow.

Each type of sport has different demands on the players. Each sport uses muscle groups in a different way. SMT is designed to address those specific concerns and may differ according to the sport the athlete plays. Sports massage can be aimed to help heal strained muscles as well as allow healthy muscles to reach peak performance whilst minimising the risk of injury. SMT can also include pre-event, post-event and maintenance techniques that promote greater athletic endurance and performance, lessen chances of injury and reduce recovery time.

No matter which sport you play, the aim is nearly always to systematically increase the level of training by subjecting the body to gradual and controlled overuse. It is this overuse which may often create problems and

imbalances in the soft tissues. If these are ignored and allowed to become chronic, they will not only hinder the athlete's rate of improvement, but also in many cases their performance may well suffer and ultimately the athlete may be susceptible to developing more serious conditions.

Massage, applied skillfully, is the most effective therapy for releasing muscle tension and restoring balance to the musculo-skeletal system. Received regularly this may help athletes prevent injuries, which might otherwise be caused by overuse. A constant build-up of tension in the muscles from regular activity may lead to stresses on joints, ligaments, tendons, as well as the muscles themselves.



During a massage pressure is increased in the blood and lymph vessels as well as creating a vacuum behind the massage stroke. This increases the flow of fluids through these vessels. This is especially important in tight or damaged muscle tissue as a tight muscle will squeeze blood out like a sponge, depriving the tissues of vital nutrients and energy to repair.

Massage will increase tissue permeability. The pores in tissue membranes open, enabling fluids

and nutrients to pass through. This helps remove waste products such as lactic acid and encourage the muscles to take up oxygen and nutrients which help them recover quicker.

Massage can stretch tissues that could not be stretched in the usual methods. Bundles of muscle fibers are stretched lengthwise as well as sideways. Massage can also stretch the sheath or fascia that surrounds the muscle, so releasing any tension or pressure build up.

Scar tissue is the result of previous injuries or trauma and can affect muscle, tendons and ligaments. This can lead to inflexible tissues that are prone to injury and pain.

Hard training can make tissues hard and inelastic. This is one reason why hard training may not result in improvements. Massage helps reverse this by stretching the tissues.

Tension and waste products in muscles can often cause pain. Massage helps reduce this in many ways including releasing the body's endorphins.

Muscles relax through heat generated, circulation and stretching. Mechanoreceptors which sense touch, pressure, tissue length and warmth are stimulated causing a reflex relaxation.

Through the effects mentioned above relaxation is induced and so reduces anxiety levels.

Image Available from:
<http://www.holistic-angel.co.uk/images/sports-massage->

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

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

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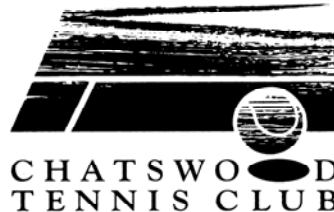
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LivingWell Willoughby is proud to offer Help St Physiotherapy clients with **VIP/corporate membership rates**. Just ask us for an introductory letter confirming you as our client.

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

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Disclaimer: This information is not intended to be a substitute for professional medical advice. You should not use this information to diagnose or treat a health problem or disease without consulting with a qualified healthcare provider. Please