

1st September
2005



Help St Physiotherapy Spring Newsletter

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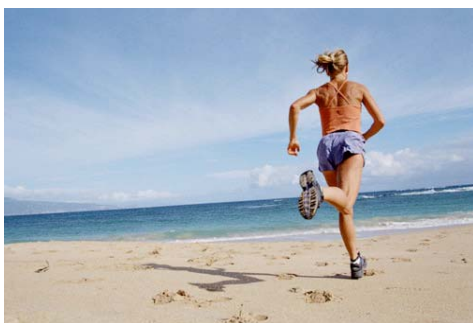
Clinic Update

Well, technically the weather should be warming up, but spring seems to be delivering crisp days still. However, the clear skies speak of warmer days soon to come...

Talking of warmer days, **Errol** has just returned from forty degree temperatures on the coast of **Turkey**. He was in **Izmir** for just under three weeks as one of the physiotherapists for Australia at the **World University Games**. Gruelling days covering sport, working in the clinic and fighting off the dreaded Turkish tummy bug were nullified by Turkish hospitality and good friendships built within the Australian team. Errol had an **amazing experience** and hopes to be at the next games in Bangkok, Thailand in 2007.

The **season has ended early** for **Chatswood Rugby** with second grade being the only team to make the finals but have since been knocked out. We would like to **thank Rachael** for her hard work on the sidelines during the season. She is happy to have her weekends again, at least for summer.

Amanda successfully completed



the first part of her **Sports and Occupational Massage Certificate**. Held at Peridor Health School in Bondi Junction the course was an intense four days from Friday 19th to Monday 22nd of August. The course covered treatment of athletes pre and post event, trigger point therapy, specific muscle PNF stretching, periosteal pain points, muscle energy techniques and strapping. Amanda will be **doing the second half of this course in November**.

When you thought there could not be any more changes, Spring brings in new challenges. We will now be running a **second clinic in Parramatta at The Bone & Joint Clinic**. Errol and Rachael will be doing some hours there each week but will still be at Help St. most of the week. Further details on page 4.

We also have a **new business partner, Voodoo Espresso**. For the full details please turn to page 5.

With all the changes in the clinic we thought it best we clarify all **practitioners working hours**.

Errol: Mon 8am to 11:30 am, Tues 3pm to 6pm, Wed 8am to 6:30pm, Thurs 8am to 11:30am, Fri 8am to 2pm and Sat 8am to 12 noon.

Rachael: Mon 12 noon to 5:30pm, Tues and Thurs 8am to 6pm, Wed and Fri not in.

Anastasia: Mon 10am to 6pm, Tues and Wed not in, Thurs 10am to 2pm and Fri 10am to 6pm.

Amanda: Mon to Friday 8am to 6pm and Sat 9am to 1pm

"We love spring, but we can't wait for summer"

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.

Golf – Common Injuries and Prevention

Although many consider golf a low-level physical activity there is still a potential risk of suffering injury to the back, shoulder, elbow, wrist and hand. Two main causes of injury in golf include overuse/too much practice and poor biomechanics.

- **Back Injuries:** The rotational stress of the golf swing can place considerable pressure on the spine and muscles. This can be reduced in two ways, 1) a back swing that minimises the difference between shoulder and hip rotation. In amateur golfers this angle is commonly around 60 degrees while in professionals it is reduced to 45 degrees, 2) a follow-through which is perpendicular to the ground as opposed to the reverse C-shape (Fig. 1a & b) which places a lot of stress on the lumbar spine.

- **Shoulder Injuries:** Commonly in golfers, shoulder injuries are a result of overuse of the shoulder muscles as opposed to a specific injury. The leading shoulder is subject to extreme ranges of motion and therefore is more commonly injured. Shoulder and scapular muscles must be well coordinated for the arms to function effectively during the swing. One way to help reduce the stress on the shoulder is to end the backswing in a 1 or 2 o'clock position instead of a 3 o'clock position. Conditioning of the rotator cuff muscles and scapular muscles with light weights may also help (Fig. 2a, b & c).

- **Elbow:** Forearm and elbow pain are common in the golfing population. These pains can occur on either the

medial (inside) or lateral (outside) side of the elbow. Common therapies for medial elbow pain are medial counterforce braces (Fig 3) and larger club grips but the effectiveness of both these therapies is unclear. The underlying problem to the golfer's elbow pain for either medial or lateral problems may lie in their swing mechanics. Of particular importance is the correct swing plane of the shaft during backswing and downswing. If the swing is either too steep or too flat then undue stress can be placed on the elbows, wrists and hands leading to pain and injury.

- **Wrist and Hands:** Wrist position changes rapidly through the golf swing which suggests the potential for wrist injuries. Weakness in the forearms, wrists and hands prevent adequate wrist control during swing, leading to excessive motion and persistent pain and injury. Strengthening of these regions will aid to minimise undue wrist motion during swing (Fig 4 & 5).

Many of the common injuries in golf are related to golf technique and equipment. Understanding the biomechanics and correct technique of the golf swing can assist tremendously with not only reducing the risk of injury but improving your swing and handicap. And that is what all golfer's like to hear!

If you have any questions in relation to golf and swing technique, please do not hesitate to contact your golfing professional or your physiotherapist.

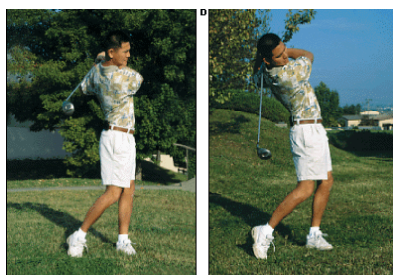


Fig 1a. Correct follow through posture, & b. C-Shaped posture.
Managing Golf Injuries. Available from:
<http://www.physsportsmed.com>
[Accessed on 24/08/05]

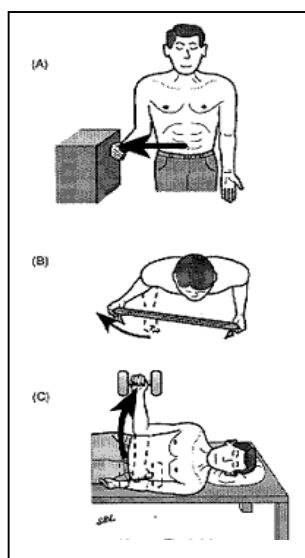


Fig 2a,b&c. Rotator Cuff Strengthening Exercises
UW Medicine. Available from:
<http://www.orthop.washington.edu> [Accessed on 24/08/05]



Fig 4. Wrist Strengthening
Xsci. Available from: <http://www.physiotherapyexercises.com>
[Accessed on 24/08/05]



Fig 5. Stress Ball to Improve Grip Strength.
The Common Sense Catalogue. Available from:
<http://www.linktotheweb.com>.
[Accessed on 24/08/05]



Fig 3. Elbow Brace
Tennis Elbow Supports and Braces. Available from:
<http://sportstek.net>
[Accessed on 24/08/05]

What is Fibromyalgia and Can Massage Therapy Help?

What is Fibromyalgia?

Fibromyalgia (FM) is a chronic musculoskeletal condition causing widespread pain over the entire body due to inflammation of the muscle, fascia and other connective tissue. FM patients, whom on the majority are women, suffer from muscle ache, tension headaches, fatigue, stiffness and sleep disorders.

FM cannot be diagnosed by visual scans such as X-ray or MRI and was therefore thought to be a psychosomatic rather than physical disorder. As yet the cause of FM is unknown but evolving theories state that the concentrations and activities of neurotransmitters are changed as a result of a trigger such as trauma, sleep disorders, hormonal changes (explaining the higher incidence in women), stress and chemical exposure. FM is actually believed to be a fibromyositic pathology. Fibromyositic is caused by prolonged increase in muscle tone triggered by post traumatic phenomena, stress, sleep disorders, hormonal changes and toxic chemical exposure.

Numerous studies have shown that there is a decrease in serotonin (a neurotransmitter and hormone, mediating basic bodily functions such as smooth muscle contraction and blood coagulation), ATP (adenosine triphosphate) as well as other high-energy phosphates in the skeletal muscles of FM patients. ATP is a major energy source for muscular contractions and relaxation. Prolonged increase in muscle tone exhausts ATP stores, therefore when the muscle receives nervous commands to relax there is not have enough ATP to perform the command effectively leaving some of the muscle fibers contracted even during periods of relaxation. This is how the tension cycle starts. The more tension that builds up in the skeletal muscle the more tension we



find in other soft tissues. Tension causes a decrease in elasticity and it starts to affect microcirculation. A mismatch between motor nervous commands and insufficient arterial blood supply initiates changes in the local pH, followed by the activation of pain receptors. It's at this time that the patient starts to feel pain. There is also a decrease in muscle cell mitochondria in FM patients, which of course we all remember from biology to be the power plant of our cells.

Treatment of Fibromyalgia

Unfortunately medications addressing this have failed many individuals. Hands on treatment, such as massage therapy, have proven to be a beneficial part of treatment along with exercise and a balanced diet. Massage therapy helps flush blood through the muscles bringing with it much needed oxygen and allowing toxic waste to be removed. The first 3 to 4 treatments can however cause aggravation due to this intense stimulation. As this is a chronic condition it can take up to 10 treatments for the client to feel results. Massage therapy and exercise are recommended as continual treatment for FM patients as this helps prevent the FM cycle from returning.

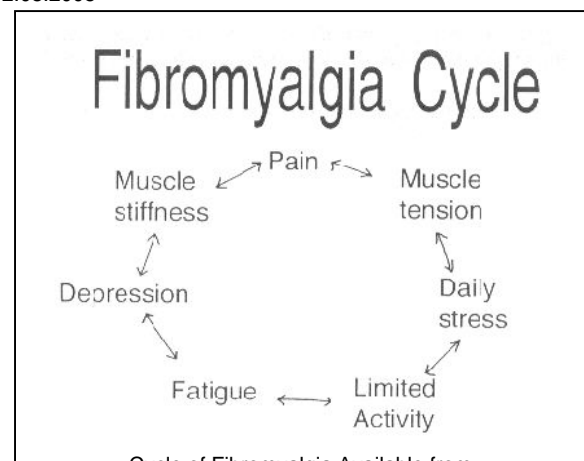
Massage Therapy: A Beneficial Tool in Treating Fibromyalgia by Ross Turchaninov and Boris Prilutsky. Available from <http://www.massageandbodywork.com/archive04.htm>. Accessed 12.08.2005

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 (AHM)
- Grand United
- HCF
- Manchester Unity
- MBF
- Navy Health Fund
- NIB
- Teachers Health Fund

(Provided your cover includes Remedial Massage Therapy)



Cycle of Fibromyalgia Available from: <http://www.angelfire.com/ia/cjmachine/images/fcycle.gif> Accessed on 24th August 2005

Continuing Education Update

- A study published earlier this year compared shoulder arthroscopic decompression with physiotherapeutic training of the rotator cuff (Fig 1a & b).
- Participants were included if their symptoms had been present between six months and 3 years, were aged between 18 to 55 years and fulfilled a set of diagnostic criteria for rotator cuff disease including a positive impingement sign. They also included a twelve month follow up of the participants of which 84 people were involved.
- It was concluded that participants in the surgical management group did not have significant improvements in function and pain over the physiotherapy management group, therefore surgical treatment of the rotator cuff is not superior to physiotherapy training.
- It must be noted that all patients had to fit a number of criteria in order to be a part of the study which may not be suited to all people with rotator cuff injuries.

Haahr, J.P. et al, (2005). Exercises versus arthroscopic decompression in patients with subacromial impingement: a randomized, controlled study in 90 cases with a one year follow up. *Annals of the Rheumatic Diseases*: 64(5): 760-764.

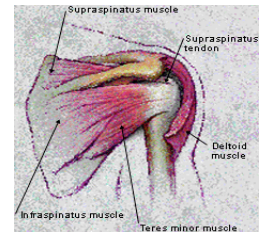
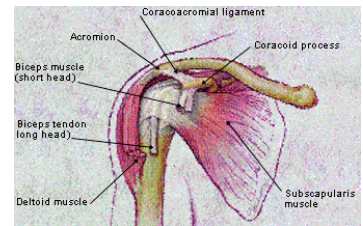


Fig 1a&b. Anatomy of the Rotator Cuff.
American Family Physician. Available from:
<http://www.aafp.org>. [Accessed on 24/08/05]

Help St. Physio's Exciting New Location at the Bone and Joint Clinic in Parramatta

We are happy to announce that we are now offering **physiotherapy** services at a **new location** in **Parramatta**. **The Bone & Joint Clinic** is a multidisciplinary clinic which offers many other services including:

- **rheumatology**
- **endocrinology**
- **nutrition/dietetics**
- **psychology**
- **exercise therapy/physiology**

The clinic was established in 2001 and we are very fortunate to be part of a great team.

Rachael Butterworth and **Errol Lim** will be consulting at the Parramatta clinic every

week but will obviously still be available in Chatswood. Please feel free to book in at the Parramatta clinic if it is ever more convenient for you.

Our commitment to providing the **best possible care** for you will not change at the new location. We will **still provide hands-on treatment** with a maximum of 2 clients seen in one hour to ensure quality treatment. On top of this, we have the **advantage** of being able to discuss a client's management with one of our **specialist doctors** and we also have use of **gym equipment to tailor exercise** programmes.



**101 Victoria Road
North Parramatta NSW 2151
(corner of Victoria Rd &
wandsworth St)**

www.boneandjoint.com.au

**Phone: (02) 9890 7633
Fax: (02) 9890 7655**

Introducing our business partners:

Voodoo Espresso

An exciting new opportunity arose for our clinic when this café opened within smelling distance. As willing guinea pigs, we tried the coffee, tea, the sandwiches, the banana bread, did we mention the coffee? Find out for yourself as Voodoo Espresso is fantastic when it comes to hot drinks expertly made! The service comes with more than

a smile; it's a friendly chat in an energetic yet ambient atmosphere. It is assured that whether you're purchasing lunch, morning or afternoon tea you will be pleased with what Voodoo has to offer. And as we are devoted to you, we have secured a **half price coffee** for our clients when you visit them. We hope you enjoy their delights as much as we do.



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

Shop 130, 65 Albert Avenue, Chatswood. Ph: 9411 3400

Rebel Sport



Rebel Sport offers our clients who present their MVP card a discount of **5%** every time you 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**
- **Voodoo Espresso**

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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Postal Address:
PO Box 5364
West Chatswood
NSW 1515

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



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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



www.helpstphysio.com

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 consult your healthcare provider with any questions or concerns you may have regarding your condition.