

1st June
2006



Help St Physiotherapy Winter Newsletter

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With all the changes in the last quarter, we have had a period of stability at Help St Physiotherapy. There have been **no staff changes** with everyone working hard to consolidate the fact that we are a paperless clinic. We are just coming to grips that nearly half of the year has gone by with plenty more to achieve over the ensuing months.

We are happy to announce the arrival of **Dr Irwin Lim's twins** in mid March. **Dylan and Elise** are doing well with their parents somewhat coping despite the sleep deprivation. Dr Lim assures us that 3 children are more than sufficient in the foreseeable future. The clinic has been fortunate that he has still been able to consult on Wednesdays despite his busier schedule.

Susan and Errol recently traveled to Melbourne for the **Australian Physiotherapy Association National**

Clinic Update

Congress. Many topics were discussed with respect to the physiotherapy profession – some useful and some just outright boring. Of most interest were debates on the medicare physiotherapy rebate as well as the ability for physiotherapists to refer directly to specialists. Some clinical **research** was also **presented** outlining **links with low back pain and people with incontinence and respiratory disorders.** It was also proposed that human muscles in the back may deteriorate as early as 3 days after an injury. It was not all hard work as Susan and Errol managed to sample some of Melbourne's fine cuisine.

We are well into the **winter** sports season and the injuries have been coming in thick and fast. We would like to remind all of you to take precautions for the rest of the **football season** and the **upcoming ski season.**

Ankle injuries have been **most prevalent** in the past 3 months. With no relief in sight for the **drought** affected grounds, the even **harder surfaces** are leading to **increased pressure on joints.** For those of you with previous injury and some instability, please take the necessary precautions either with **bracing or taping. Do your balance drills and strengthening exercises** as well. This goes for all skiers and snow boarders especially those of you who have not done much for the past few months.

June 2006 means **football fever.** It is expected that all the talk is about the **World Cup in Germany.** It seems the most important job in Australia at the moment is the physiotherapist for the Socceroos as the pressure is on to get Harry Kewell right for the competition. The team at Help St. are passionate supporters of the Socceroos and hence we are apologising in advance if we seem a little weary during the month of June especially the days after Australia play. We expect the same commitment from all of you in the wee hours of the morning through the next month. **Go Socceroos!**

" It was a victory for the Socceroos after 32 years, qualifying for the world cup "



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.

The 'Core' - Understanding Stability

By now we have all heard about the importance of training our core, but what really is it?

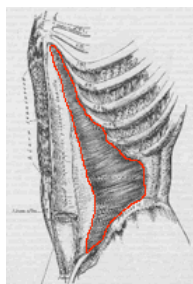
Our 'core' is another word for stability and is dependent on various anatomical and biomechanical factors. A key component to stability is our muscular system which can be divided into two important sub-groups.

Core Muscle Group:

- Multifidus (1a.) (Lower back muscles)
- Transversus Abdominus (1b.)
- Diaphragm
- Pelvic Floor



1a. Multifidus



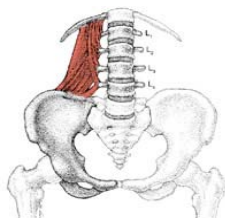
1b. Transversus Abdominus

Global Stabilisers (Outer Layer):

- Rectus Abdominus (2a.) (six pack muscles)
- Internal/External Obliques
- Quadratus Lumborum (2b.)



2a. Rectus Abdominus



2b. Quadratus Lumborum

Why is Core Strength Important?

When your limbs produce an action, the trunk needs to be stabilized in order to carry out the movement effectively. This occurs through the activation of the core stabilizing muscles, transversus abdominus and multifidus. For example, when we go to reach for an object like a glass of water, our stabilizing muscles activate in anticipation of the movement.

Problems can arise when these muscles fail to activate appropriately, leading to an unstable lumbar spine and thus injury and pain. What can make

matters even more complicated is that strength and activation patterns are further compromised simply because pain is present and as injury to the lower back becomes increasing more recurrent then stability soon becomes very very poor.

Basic Exercises for Home

• **Single Leg Lifts**



Lying on back with feet on floor
Draw lower stomach down towards spine
Maintain back and pelvis in neutral (starting position)
Slowly lift one foot 5cm off the ground and then lower
Aim to keep pelvis and lower back stable i.e. Try not to twist pelvis or lift lower back off the ground

• **Abduction/Adduction**



Lying on back with feet on floor
Draw lower stomach down towards spine
Maintain back and pelvis in neutral (starting position)
Lower one knee out to the side and return
Aim to keep pelvis and lower back stable i.e. Try not to twist pelvis or lift lower back off the ground

• **Alternate Arm and Leg Slides**



On hands and knees with hands under shoulders and knees under hips
Pull lower stomach in making sure lower back does not arch
Slide opposite arm and leg out maintaining pelvis and lower back in starting position
Aim to keep weight even and not rock from side to side

References:

- Tzar, C. (2006). Strong to the core. MBF living well magazine (Autumn/Winter Edition).
Hodges, P. W. et al (1996). Insufficient muscular stabilisation of the lumbar spine associated with low back pain. Spine 21 (22).
Moseley, L. G. et al (2002). Deep and superficial fibers of the lumbar multifidus muscle are differentially active during voluntary arm movements. Spine 27 (2).
Fig 1a. Pilates low back pain. Available from: <http://www.easyvigour.net.nz> [Accessed 17/05/06]

Exercise and advice effective for chronic low back pain

Acute low back pain which is described as pain lasting for 6 weeks or less can often be cured but chronic low back pain lasting greater than 6 weeks is often a different ball game. Pain which persists for 3 months is quite likely to persist for months if not years. **In Australia, 1 in 5 people are reported to have long standing back pain** which can often place a burden on the workplace and cost of health.

A recent trial by researchers at the University of Sydney and Auckland University of Technology have been able to show that **physiotherapy prescribed exercise and advice** for patients

with a 6 week history of low back pain were **effective in reducing pain and improving function**. These patients were followed for a period of 1 year.

It is thought that physiotherapy advice given is designed to **increase understanding** of the nature of low back pain in patients which will then minimize their fear and hence **allow them to return to more normal activities**.

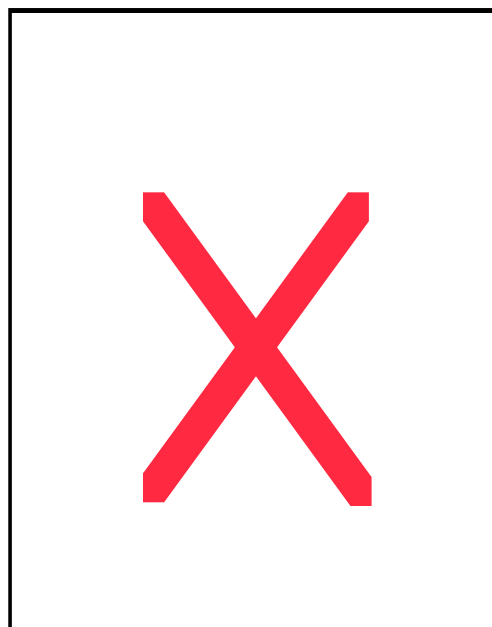
Researchers: Dr Liset Pengel, Prof Kathryn Refshauge, Assoc. Prof Chris Maher, Assoc. Prof Michael Nicholas, Assoc Prof. Rob Herbert, Prof Peter McNair
Picture Available from: www.orthowin.com

Glucosamine – what do we actually know?

Quick facts about Glucosamine

- It is less toxic than non-steroidal anti-inflammatory drugs
- It can worsen insulin resistance and so it should be used cautiously by patients with diabetes
- Patients who are allergic to shellfish should not use it
- Although there is no study to address the correct dose, human clinical trials suggest 1500 mg a day over a 12 week period should start to give pain relief

There is some evidence (1,2) that glucosamine helps with pain in osteoarthritic patients but there is insufficient evidence to suggest that it “replaces the cartilage” or changes the disease process of osteoarthritis. Reginster and his fellow researchers (2) reported that patients with knee osteoarthritis who took glucosamine experienced greater pain relief than those who took placebo. It was a randomized placebo controlled trial with 212 patients over a 3 year period - the best study to date. More will soon be known about glucosamine’s efficacy one way or the other.



- (1. McAlindon et al. JAMA 2000; 283: 1469-1475)
- (2. Reginster et al. Lancet 2001; 357: 251-256)

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

Depression: Can Massage Therapy Help?

Statistics On Depression

- **Three million Australians will experience a major depressive illness during their lifetime.**
- **Depression accounts for more days lost to illness than almost any other disorder, physical or mental.**
- **By 2020, depression alone will constitute one of the largest health problems worldwide.**
- **Women are more likely than men to experience anxiety disorders (12% compared with 7.1%).**
- **Postnatal depression affects about 10% of all new mothers.**

Depression refers to feelings of sadness and grief which most of us experience during our lives, as well as a clinical form of mental illness.

Depression can develop after a major event, such as a loss of a loved one or after repeated stress; ongoing abuse and sometimes with no apparent trigger. Symptoms that often occur with major depression include sleep disturbance, loss of energy and concentration; hopelessness and guilt; an inability to cope with decisions as well as weight loss or gain.

Physicians and physiologists are leading towards the conclusion that massage can have a powerful effect in reducing the symptoms of depression. Researcher Andrew Vickers has said “while it is far too simplistic to say that massage can cure depression, it can certainly help most people caught in its clutches to better cope with it and can improve their quality of life”.

The Effects of Massage on an Emotional Level

Touch can have a powerful positive emotional effect on a person. We touch each other to console, to show affection and to establish rapport. Touch has been a vital part of communicating with others. Massage therapy has many positive effects on patients with depression and research is continuing to determine the extent to which massage can alleviate some of the worst symptoms.

The Effects of Massage on a cellular level.

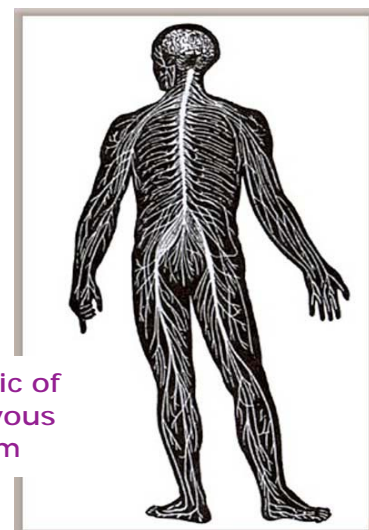
The skin and muscle tissue is densely packed with nerve fibres which feed directly into the central nervous system. It is this link between the skin and brain which makes massage therapy an excellent way of calming the central nervous system.

Massage also relieves pain, both by promoting the production of mood-enhancing biochemicals and also by improving circulation, loosening muscles and easing tightness in tense areas

Depression is frequently linked to physical discomfort – seemingly as cause and effect. This vicious cycle may begin with muscular pains triggering a depressive episode or more typically, with depression exacerbating physical pain. Massage can help to break this pain-depression chain.

If you (or someone you know) are exhibiting symptoms of depression, it is a good idea to seek the advice of a qualified medical practitioner immediately.

References: www.vichealth.vic.gov.au, www.everything2.com, www.mindframe-media.info. Picture available from www.ab.ust.hk. All links accessed on 22.05.2006



Schematic of
the Nervous
System

Have you heard about the Revolutionary **NEW** Sportswear called

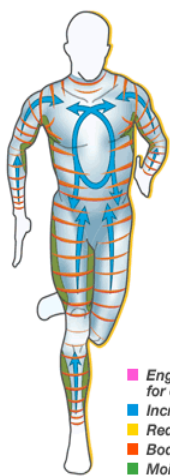
Firstly, what are Skins?

Skins are **body moulded compression garments** made from a small percentage of elastane and mostly from Meryl Microfibre, scientifically engineered to **provide support and muscle alignment**.

Ongoing tests have proven that Skins have made a **marked improvement in recovery after sustained exercise** by reducing lactic acid build up and in minimizing delayed onset muscle soreness.

Why are Skins able to provide these and many other benefits?

It is all due to the skins revolutionary **BioAcceleration Technology** that is built into the smart fabric of all tops and tights. **Skins apply an engineered gradient compression which enhances circulation thus increasing oxygen delivery** and also reducing lactic acid build up. Muscle support, enhanced by muscle wrapping seams **improves power and endurance** as it dramatically reduces muscle vibration.



- Engineered gradient compression for enhanced circulation
- Increased flow of oxygen
- Reduced lactic acid buildup
- Body temperature control
- Moisture management wicking keeps you dry
- Reduced muscle vibration
- Improved proprioception

"Whether I am playing or training, I always wear Skins under my whites"

Brett Lee

Australian Cricket Team Fast Bowler
World's Fastest Bowler



You don't have to be a sports star to reap the many benefits of these compression garments.



Other benefits of BioAcceleration Technology include:

- **optimization of body temperature** in warm or cool conditions
- **keeps you dry** by "wicking" moisture management which **draws moisture away from skin**
- **helps prevent odour and discourages growth of bacteria** through anti-microbial sanitisation treatment during manufacture
- **SPF 50+ protection** providing safety in the sun
- The **increased oxygenation and circulation** provided by Skins is also an excellent means of relieving many medical complaints including arthritis, deep vein thrombosis, chronic fatigue syndrome and are also effective in **promoting circulation during pregnancy**.

When to use Skins:

- Wear during **all physical activity**: (ie.team/individual sport) or active leisure pursuits (eg. Gardening /walking) as will improve performance and decrease muscle soreness.
- Wear as a **recovery aid**: put on as soon as practical after any activity for at least 3 hours.
- **Workplace situations**: Skins help you if you stand or walk on hard surfaces for a long time or spend extended hours driving.
- Wear **when travelling**: (specific product, Jetskins provide firmer compression for lower leg) to reduce effects of jetlag and lower risk deep vein thrombosis.

With winter approaching, another useful Skins product is **Snowskins**. They're brushed on the inside, making the garment **feel warmer** against the skin and have less muscle wrapping seams at the bottom of the leg to avoid interference with Ski boots.

Use Skins to improve your exercise performance and recovery therefore making exercise significantly more enjoyable!!!!

References: Physiotherapy in Motion, May 2006, p.18 / www.skins.com.au



- Reduces effects of jetlag and risks of DVT
- Combats altitude-induced dehydration
- Light breathable fabric is sanitised and expels perspiration
- Gentle compression improves circulation
- Body moulded for unrestricted movement
- Passive recovery after activity in the workplace, recreation or exercise

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

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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

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



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