

1<sup>st</sup> December  
2003

# Help St Physiotherapy Summer Newsletter

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## Clinic Update

**Phi and Errol** are back from holiday. Both return married and much more relaxed. And relaxed they should be. Whilst Phi and her husband (Stephen) spent much time discovering one of many atolls of the **Maldives**, Errol and his wife (Hae Jin) enjoyed some quiet time in northern **Phuket**. However, it did not end there. As Phi and Stephen made a beeline for **Burma**, Errol and Hae Jin jetted to **Jeju island** (Korea's honeymoon island). Clinic resentment was surely apparent as the staff left behind wondered why a single destination was insufficient.

As they begin their new lives, they assure all that their energies will

certainly be directed more towards the clinic in 2004. Of course, we will keep them to this commitment.

**Anastasia** also had some time off, spending all of it in **Canberra**. She assured us that it was by no means a destination of her choice. On her first trip to the nation's capital, Anastasia weathered 7 grueling days of intense lectures and tutorials at the Australian Institute of Sport to finish her **Level 3 Sports Physiotherapy course**. After spending time with elite athletes and having practical sessions involving swimming and throwing, she reported gaining significant knowledge in the field of sports physiotherapy and sports medicine.

Anastasia then spent a further few days in Canberra but this time she was able to spend more time with her family.

Many thanks must go to **Amanda** for looking after the clinic whilst the 3 physiotherapists took leave. Not only has she been working tirelessly at Help St. but she is also in the final stages of her **sports massage course** for 2003. Thank you Amanda.

We must not forget **Valerie Kwok** who held a 5 week locum position throughout October. By all accounts, she enjoyed her time at Chatswood and the patients were delighted with her standard of service. We hope to work with Valerie in the future.



## Needing fewer consults to treat injuries

“less consults to get patients better”

We have been collecting statistics for some time now and we would like to share an interesting result with all of you. We have noticed that the average number of **consults needed per patient has dropped by 20%**. Combined with our increase in new patient growth, we can

infer that it is taking us **less consults to get our patients better**. Physiotherapy is forever changing as ongoing research aims to improve our knowledge and capacity to manage or prevent injuries. Our primary aim at Help St Physiotherapy is our client’s well-being and hence it is **mandatory**

for all our staff to undergo **continuing education** every year in the form of courses and conferences. In so doing, we hope it **promotes better treatment and overall patient care** which in turn hastens recovery.

## NEW Postural Assessment

Help St Physiotherapy has developed a **postural assessment** to help all of you gain **better posture**. With over 20 years of collective experience in treating corporate clientele, we have heard it all. The excuses are endless for one’s poor posture.

We hope that with our postural assessment, we can give our client’s **specific documented information** which they can peruse at their own leisure. They will also have a plan to tackle better posture and a **digital photo** of

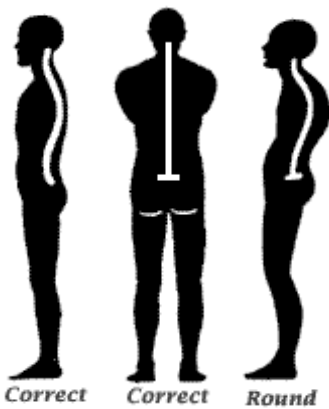
themselves in either a **sitting or standing position** as a constant reminder. The plan will include a checklist of important ergonomic issues to amend, a list of muscle groups pertinent to each client to strengthen and an array of therapies to choose from which are best suited to the individual for stress and tension relief.

The assessment will take **30 minutes** and a hard copy of the results will be available to keep. Results can also be sent to your HR manager, work place

manager or even your treating doctor or physician.

The cost is \$65 which is **claimable** as a physiotherapy consultation if you have **private health insurance**.

Why not **ask your HR manager if they will cover the cost** of the assessment if you are trying to be proactive in reducing your risk of future injury. One postural assessment could lead to a **lifetime of less pain and tension**.



## Injuries in the Surf

With summer upon us, Australians tend to flock to the beach and invariably head into the surf. No matter which activity you choose - surfing, body boarding or just body surfing, you place yourself at the mercy of nature. Studies on surfers have shown an increasing rate of injury. Studies by Hartung et al. and Lowdon et al. found that lacerations were the most common injury and that **most injuries involved the head and neck**. An internet based survey<sup>4</sup> in 1998 also found that lower extremities (37%) and the head and neck (35%) were most susceptible to acute injury whilst **musculoskeletal strains (59%) made the bulk of chronic injuries**. Shoulder, back, neck and knee injuries accounted for 85% of these chronic conditions.

Acute injuries are unfortunately part of the sport with most of them resulting from contact with the board. If sustaining a severe laceration, aid should be sought from a doctor perhaps for stitches or

general wound care. Musculoskeletal injuries involving the neck, back and peripheral joints causing acute pain or restricted mobility **should be assessed by a physiotherapist or doctor**. X-rays should be sought if symptoms of acute pain and/or paraesthesia (for example, pins and needles, numbness, etc) arise or persist. An **ice-pack** should be the treatment of choice for pain relief and swelling.

**Chronic injuries** on the other hand are **preventable** and can be **managed well** if the right steps are taken. For instance, swimming/paddling in the surf can lead to tendonitis in the shoulder. **Shoulder tendonitis** can be managed by looking at **swimming technique** and assessing **muscle strength**, in view of starting strengthening exercises.

Numerous factors could lead to a surfer suffering **chronic back and neck pain**. Commonly, stiffness in vertebral joints, tight muscles and weak abdominal and back muscles cause

back and neck pain. A physiotherapist should be able to assess which of these factors is the cause. **Manual therapy techniques and specific exercises** form the basis of appropriate back and neck care management.

Like all sports these days, **core stability** is the key to limiting many aches and strains. The more stable one's pelvis, the less other joints and muscles have to work to perform their tasks. This goes for surfers suffering **knee pain** as well, especially if symptoms arise from pathology around the kneecap/patella. It is probable that a surfer suffering these symptoms would require **knee, buttock/hip and pelvic strengthening**.

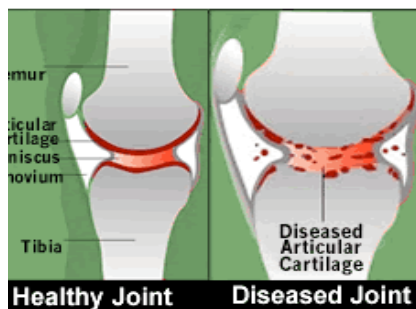
**Core stability** for all injuries can be achieved with **swiss ball or Pilates based exercises**. These exercises should be prescribed by an appropriate therapist; either a physiotherapist or an exercise physiologist.



## REFERENCES

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2. Hartung, G. H., Goebert, D. A., Taniguchi, R. M., and Okamoto, G. A., *Epidemiology of ocean sports-related injuries in Hawaii: 'Akahela O Ke Kai'*, **Hawaii Med. J. 49: 52-56, 1990.**
3. Lowdon, B. J., Pateman, N. A., and Pitman, A. J., *Surfboard-riding injuries*, **Med. J. Australia 2: 613-616, 1983.**
4. Nathanson, A., Haynes, P., Tam Sing, K., and Galanis, D., *Surfing Injuries: an Internet-based Survey*, **surfstudy@sitehosting.net, 1998.**

**The Effect of Osteoarthritis**



*“physiotherapy involving exercise and specific techniques have reduced pain and improved function”*

**Latest Research from the APA**

**Knee Osteoarthritis**

Recently conducted trials have shown that physiotherapy involving exercise and specific techniques have reduced pain and improved function in people with knee joint osteoarthritis. One study has also shown that physiotherapy can

prolong the need for knee joint replacement surgery. Some other studies suggest that the **regularity of exercise** is more **important** than the type of exercise; with motivation to exercise being a factor in maintaining reduced pain levels and improved function.

Rana Hinman from the

University of Melbourne recently completed a trial advocating **knee taping** for people with knee osteoarthritis. Taping was found to **improve disability** and **reduce pain** by up to 40%. This sort of taping is **inexpensive** and can be **easily taught by a physiotherapist**.

**Whiplash evidence helps formulate NSW Motor Accident Authority guidelines**

Doctors and physiotherapists presented evidence to

the NSW MAA on whiplash showing that an active approach to whiplash management is better than a passive one. Manual therapy used in physiotherapy is recommended in certain circumstances of whiplash. On the other hand, prescribed

rest and neck collars may prolong recovery. (The researchers involved were Trudy Rebbeck, Andrew Leaver, Dr. Christopher Maher and Associate Professor Kathryn Refshauge, University of Sydney)

**Taping for flat feet** and arches of feet which roll in too much has been shown to reduce pain in the arch of the foot and other associated areas. The tape helps to displace the

pressure through the arch. This may be a useful technique for your average person or elite athlete. It will also help to determine the need for orthotics (arch inserts placed in

shoes). (The researchers involved were Lucy Chipchase and Sonia Russo, University of South Australia)

*Ask us at Help St. Physiotherapy how to tape for flat feet or arches that roll in. You can even order orthotics from us.*

## Christmas Gift Idea: Massage Therapy Gift Voucher

As Christmas comes closer, the arduous search for presents begins. Why not consider giving a massage gift certificate as a present. Massages are relaxing but they can also reduce stress and tension and give

pain relief. As people become more conscious of their health and general well-being, a massage is the perfect answer.

Give Amanda a call to purchase a gift certificate and/or to make an appointment.

### Gift Certificates Available:

**1 hour Massage \$60**

**Pamper Package  
Three 1 hour  
massages \$160**

**Indulgence Package  
Five 1 hour  
Massages  
\$250**



### Who can claim benefits for massage?

This is a list of health insurers who give set benefits for remedial massage at Help St. Physiotherapy: MBF, HCF, NIB, Manchester Unity, Government Employees, CBHS, Teachers Health Fund, Grand United, Defence Health and Navy Health Fund.

## Private Pilates Sessions

Stephanie Mottram has been kept busy with 3 weekly classes on Monday and Tuesday nights. We are still finding a growing need for small classes which allows for **patient directed** Pilates

training. Stephanie's exercise physiology background and Pilates experience is the perfect blend for patients who require just that bit of extra care.

**Hence we are now**

**offering personal Pilates and core strengthening sessions with Stephanie. Use this as a base to start the Pilates classes.**



### MBF Members

Did you know you can claim a set benefit for **exercise physiology** consults? This means that you will be able to **claim benefits from our Pilates** consults at Help St. Physiotherapy as our Pilates instructor, Stephanie Mottram is an exercise physiologist. This makes exercising even cheaper for you.

**For members of other health funds, approval for exercise physiology is only possible if enough members request it as part of their ancillary cover.**

# 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 check their website [www.fernwoodfitness.com.au](http://www.fernwoodfitness.com.au)

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## Heat Wheat Bags



We have Heat Wheat Packs for \$25 as pictured or packs shaped for the neck as well

## Denton's Contour Pillows



Dentons Contour Pillow in Low and High profile. Available for \$56 and \$58 respectively. Designed to give the best therapeutic support with the ideal posture for correct spinal alignment. The foam is breathable and treated with Health-Fresh for effective control of bacteria mold and mildew. Complete with zip removable cover.

