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2004



Help St Physiotherapy Autumn Newsletter

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Clinic Update

Yet another season has past. We will be glad for relief with cooler autumn temperatures on the way. The past 3 months have been eventful more so for the clinic than individually. We have made improvements by expanding our services.

In addition to our existing Pilates classes, **Stephanie Mottram**, our Pilates instructor has started **One-on-One Pilates** training sessions with clients. Clients are finding the personalised instruction and regular feedback extremely effective. Stephanie's **exercise physiology degree is vital** for correct exercise prescription especially when dealing with clients who have injuries or particular disorders. Welcome Stephanie!

On the 31st of January, we were invited to participate in the **official opening at Fernwood Women's Health Club in Chatswood**. Our presence enabled us to personally introduce

massage to the health club's members. It was a successful day for Fernwood with many people taking the opportunity to discover and join Chatswood's newest gym. We wish the team at Fernwood all the best in the future.

Massage is now offered **at Fernwood** in association with our clinic. **Amanda** will be available onsite by appointment on **Tuesdays and Thursdays**. As if she was not busy enough!

Anastasia is now working only Mondays and Fridays to spend more time with little Alexander who is now two and a half years old. It may also give her the opportunity to enjoy the

things which she has put off for some time. We appreciate that she is still part of the team at Help St. Have fun and enjoy Anastasia!

We would also like to introduce **our website, www.helpstphysio.com** which will go live in mid March. We hope you find it useful. It will have descriptions of each of our services and an archive of all newsletters and related articles.

Our email address has changed to **admin@helpstphysio.com** Each staff member also has their individual email address, just add their first name in front e.g. phphi@helpstphysio.com We look forward to hearing from you.



Recovery from Sport

Autumn is now upon us and many of you are probably already into pre-season training for various football codes or just about to start another season of netball or which ever sport you play. Are you scared of getting injured or does the thought of an overall body ache the next day deter you from turning up to training? Well, it does not have to be this way if simple guidelines are followed. Optimal recovery from sport can be achieved if some thought goes into your workout or training.

First of all, remember that **playing a sport does not make you fit!** You should **be fit to play sport!** This will allow for much improved performance and should also make the sport itself more enjoyable.

Things to consider for optimal or better recovery from sport or training are:

- **Goal setting**
- **Adequate flexibility, strength and fitness**
- **Warm-up & cool-down**
- **Appropriate rest**
- **Nutrition**

Setting **goals** in sport gives us direction and helps determine the type of exercise and training required in order to achieve these goals. Realistic goals, appropriate time frames and constant re-evaluation makes goals more achievable. An example of a common mistake is the office worker who plays competitive sport once a week without any training during the week. He/she should not have the expectation of performing at their peak every time they play as this would be unrealistic.

To minimise body soreness and to prevent injuries, it is important to have correct biomechanics and optimal fitness. This is achieved by stretching, strengthening and core stability work in addition to the usual training sessions.

Pushing the body when it is not in shape or when it has an existing injury will cause further injury. As an aside, a simple rule (not documented in research) is the higher the level of sport or the older you get, the more you need to do in addition to your chosen sport, especially if optimal performance is expected.

Adequate flexibility, strength and fitness specific to the sport are necessary to prevent injury. For most people, these are the most difficult to attain. If you are unsure as what is required for your particular sport, please ask for help. Physiotherapists involved in sport will have the knowledge as to what bodies need to perform in various sports and at differing levels.

Until proven otherwise, a **warm-up** routine consisting of graduated activity and stretching is required prior to commencing any sport. It allows the body's overall temperature to rise gently thus increasing the blood flow and oxygen levels to muscles. The increased elasticity of the muscles will also prepare the body for the activity to follow.

It is appropriate to then **cool-down** the body once strenuous activity has ended as blood and muscle by-products from exercising collect in the extremities, potentially leading to muscle soreness, dizziness or even nausea. Cool downs should include light activity and stretching which will aid the blood to return to the heart and also promote relaxation at the end of the exercise session.

Compression tights / stockings which also promote blood flow back to the heart have been shown to improve performance and recovery during training and sport (see related article pg 5).

Rest is important in recovering after exercise. As the aim of training is to improve the function of muscles and other body systems (e.g. cardiovascular fitness), the body needs to be subjected to loads higher than it is used to for this to be achieved. In turn, the body requires adequate rest to recover and adapt after training. The amount of rest time needed is dependent on the intensity and amount of training, the type of exercise performed and the fitness level of the individual and their diet.

A **good diet** gives the body the correct fuel to create energy which is required for exercising. A balance of protein, carbohydrates and fat is important. Your goals with exercise will also determine more appropriate proportions of such food groups. If you are unsure of your nutritional requirements, a visit to a nutritionist or dietician is the answer.

What is Exercise Physiology?

Exercise physiology, by definition, is the study of functions of the human body and the way these systems react to exercise, stress, activity and lifestyle. We are able to monitor your heart rate and cardiovascular fitness as well as guide you through strength and flexibility programmes.

Small classes run by our exercise physiologist, Stephanie Mottram, are available to those who require a structured routine with professional feedback whilst performing their exercises. We also offer one-on-one consultations which allow for more intensive learning.

Private consultations or group classes can help you achieve different goals with regards to your health.

Exercise physiology is beneficial for people who have:

- back pain
- osteoarthritis
- diabetes
- mobility and general weakness

It is also used for:

- post-operative rehabilitation
- weight management
- stress management
- work fit programs
- postural education
- cardiovascular exercise or general fitness

Our exercise physiologist is also an accredited Pilates instructor. This blend of knowledge is the key to providing varied options to all clients when exercising.

With the importance of core stability becoming more apparent, get ahead by training with a specialist in exercise therapy and Pilates. Make an appointment today!

Picture
Yahoo! Inc., 2004. Available from:
<http://www.yahoo.com/health/centers>. [Accessed 23 Feb 2004].



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 one-on-one/Pilates** consults and classes at Help St. Physiotherapy as our Pilates instructor, Stephanie Mottram is an exercise physiologist. This makes exercising even cheaper for you.

NEW Pilates Format

In order to accommodate an increased number of clients wanting to do Pilates, we have made a few changes to our class structure.

The classes will still remain small, only 5 to 6 people and they will still be progressive and graded but we are happy to add that there will be **more class times to choose from** allowing for more flexibility and therefore making attendance each week much easier. It will now also be a **6 week course** instead of the original eight weeks.

Stephanie will still be running the classes providing you new challenges each week whilst giving you the appropriate feedback.

For **beginners**, prior to starting you will have **2 one-on-one sessions** with Stephanie who will then have an idea as to your ability allowing her to give more specific direction in a class situation.

We also suggest having a **Pilates assessment** performed by one of the physiotherapists which will give you a measure of your **baseline strength, flexibility and posture**. You will be **given digital photos of your posture and a hard copy of the documented findings**.

We look forward to seeing you at Pilates. Please call for more information or ask for one of our brochures.

Picture
LA times Health Section, February 10th 2003. Available from:
<http://www.karenvoight.com>. [Accessed 23 Feb 2004]



Reserve your spot now as new courses start in mid-March!

Structured exercise for young women to prevent falls later in life



Reduced balance and postural stability are key factors in the risk of falling. As we age, this risk significantly increases. **Falls are more dangerous for women** as women have a **higher risk of osteoporosis** than men.

Osteoporosis reduces the strength of bone and increases the likelihood of sustaining fractures when falling. Physiotherapists contributing to a study in Queensland showed that

balance significantly declined in women in their 40s, 50s and 60s.

The decline was marked between the 40s and 50s for more challenging tasks such as standing on one leg with eyes closed.

This research suggests that **preventative programmes designed by health professionals to maintain balance and postural stability should commence before women are in their 40s.** This could

prevent falls and hence reduce the risk of fracture.

(The researchers were Dr Jennife Nitz, Nancy Low Choy, Dr Sandra Brauer and Rosemary Isles, University of Queensland)

Picture (top)
Body Trends Health & Fitness.
Available from:
<http://www.bodytrends.com>
[Accessed 23 Feb 2004]

Picture (bottom)
Calorie Control Council. Available from:
<http://www.caloriescount.com>
[Accessed 23 Feb 2004]

Link between back pain & depression



“Early recognition and management is the key to quicker recovery for both conditions.”

A recent study from the University of Sydney showed that clients with back pain and depression markedly worsen the recovery rate of both conditions.

The researchers from this study found that **40% of patients suffering low back pain who attended private physiotherapy clinics had symptoms**

of depression based on the Depression Anxiety Stress Scale (DASS).

Research shows that depression seems to be prevalent in clients with low back pain. Although it is often hard for you and your therapist to recognise, it is vital to recognise depression early in order for it to be managed adequately.

(The researchers were Associate Professor Chris Maher, Associate Professor Kathryn Refshauge and Sonia Haggman, University of Sydney).

Picture
Foot Orthotics. Available from:
<http://www.foot-orthotics.co.uk>
[Accessed 23 Feb 2004]

Postural Assessment



"Usual posture"



"Adjusted posture"

Our postural assessments are well on the way. The feedback has been positive with clients benefiting from the **digital photos** of themselves in a **sitting and standing position**. The **objective results** from testing have been useful to guide clients through their management of pain, stress or tension. A **hard copy** of the photos and results given to clients, have also been well received.

The cost of the whole postural assessment including the hard copy of result findings is \$75 which is **claimable** as a physiotherapy consultation if you have **private health insurance**.

SportSkins & JetSkins

Skins help to **promote strength and stamina** and on average offer 12% increase in power and stamina while keeping muscles warm without overheating. Skins can also **reduce muscle strain** and ligament damage by keeping muscles in line and at optimum position, particularly when suffering slight injury.

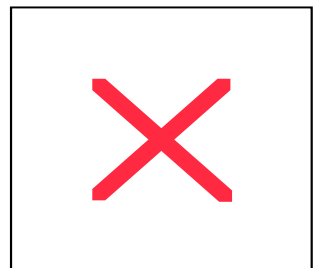
Jetskins innerwear/outerwear are appropriate for recovery after all active sports where muscle fatigue resulting from lactic acid build-up as well as muscle vibration are issues for recovery.

Jetskins assist everyone to recover from life pursuits faster and with **less** downstream effects such as **soreness and lethargy**.

In the pressurised atmosphere of an aircraft cabin, where the recycled air is pressurised at a level up to 30% lower than sea level, your body is deprived of up to 20% of its normal oxygen supply. Add immobility to that and your feet and ankles swell. You become dehydrated and normal blood circulation is inhibited. You feel jetlagged and dull. Jetskins considerably **reduce the effects of jetlag**.

Until recently, deep vein thrombosis (DVT) was a relatively unrecognised side effect of long distance air travel. Then increasing evidence showed that although still rare, DVT can be potentially serious. Even travelers who might be regarded as fit and healthy can suffer from clotting of the blood in the lower legs after prolonged immobility. Skins are engineered specifically to stimulate circulation and hence **may help to prevent DVT**.

Skins are available at Help St Physiotherapy at a cost of **\$125** (10% off RRP).



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**

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



Gift Idea: Massage Therapy Gift Voucher

When birthdays and anniversaries creep closer, the arduous search for the right present begins. Why not consider giving a massage gift certificate as a present. Massages are relaxing and 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.

Gift Certificates Available

1 hour massage \$70

Pamper Package
3 x 1 hour massages \$190

Indulgence Package
5 x 1 hour massages \$305

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.



Picture
Centre for Health and
Healing, 2002. Available
from:
<http://www.healthandhealing.org>. [Accessed 23
Feb 2004]