



NEWSLETTER

December 2010

Welcome to the December edition of the physionorth newsletter. With Christmas fast approaching our physio's have included a few tips on injuries associated with video games.

In other news, Lisa and Robert completed a professional development course run by Dr Alison Grimaldi on dynamic stabilisation of the hip and pelvis in August and Jaquie and her husband Ross are expecting their first child which is due 14th March next year.

Product of the Month!



This month we have packs containing one roll of strapping tape and one roll of underwrap for the special price of \$20! This is Physio quality tape that our therapists use. This special only runs until the 30th December so get in quick!

Nintendo Wii Injuries

The Nintendo Wii has enjoyed great success over the past few years due to its unique user interface. The 200 gram handheld controller can pick up movement in three directions as the player controls the on screen action. This makes it a fantastic and popular Christmas gift, however, there are a few injuries to be aware of.

Injuries, (especially overuse injuries), are not new to video game consoles. The first recognised video game injury was described in 1990 by Brasington, who coined it "Nintendinitis". This injury involved pain in a tendon of the thumb due to prolonged play.

A study in 2009 found nine common injuries sustained by video games, which were: periorbital haematomas (black eye), hand or finger lacerations, other bruises or haematomas, dislocations, fractures, epistaxis (nosebleed), avulsed teeth, patellar dislocations ('Wii Knee'), and acute tendonitis ('Wiitis').

Wiitis is a tendinopathy and causes fraying and deterioration of a tendon from overuse. This seems to be the most common video game injury in the modern world.

And the game that causes the most injuries? "Wii-Sports Tennis". So if you receive a Nintendo Wii or play one this Christmas period here are a few things to remember.

- > As with any physical activity gently warm-up, don't rush into intense swings of the controller
- > Keep a good distance from co-players, furniture and the television screen
- > Be aware of any pre-existing injuries which may be exacerbated by over enthusiastic game play





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New Staff Member - Rosie



Rosie recently joined the Physionorth Team as a receptionist in the beginning of September, Rosie is eager to learn and expand her knowledge within this field of work.

Being from a Military family, Rosie has lived in 3 different states and 6 different cities; Townsville being her favourite to call home.

Now having lived here for 3 years straight, enjoying the far north Queensland weather with her partner and son, Rosie now plans to finish a university degree in business studies by correspondence within the next four years.

When not working Rosie enjoys playing social sports such as touch and netball; and most importantly spending quality time with her family and friends.

Clinical Pilates vs Pilates for Exercise

Pilates classes at physionorth are based on the clinical Pilates method as taught by physiotherapist and founder of DMA clinical Pilates, Craig Phillips. Clinical Pilates integrates the original work of Joseph Pilates with an evidence based focus. Clinical Pilates programs can be specifically tailored to suit individuals, taking into consideration different injuries or spinal conditions.

The underlying focus is to retrain functional movement patterns and work on control of the body, rather than a focus on strength. Possible outcomes from a course of Clinical Pilates includes improved posture and flexibility, increased trunk, pelvic and shoulder stability, overall toning of the body, improved breath control, injury prevention and self management strategies.

With a focus on retraining movement patterns, Pilates has also been found to be beneficial for continued rehabilitation post stroke and for those with progressive neurological conditions.

Physiotherapists at Physionorth Jaquie, Robert, Luke and Lisa all have training in Clinical Pilates. Lisa continues to enjoy teaching small, individually focused classes based on the clinical Pilates method. Each introductory course includes a pre screening session and courses are 8 weeks in duration with flexible starts dates.

For more information: www.clinicalpilates.com or visit our website (www.physionorth.com.au)



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**HAVE A SAFE AND WONDERFUL
CHRISTMAS FROM ALL THE
TEAM AT PHYSIONORTH!!!**