

# physionorth

## NEWSLETTER No. 12

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Welcome to Physionorth's 12<sup>th</sup> Newsletter.

### Practice News

We are pleased to announce a very warm welcome to Lyndal Hall who has joined us in her role as part-time receptionist since our last newsletter.

Bree has taken two, three month blocks off from her reception duties to do the practical placement section of her studies. She will be spending her time in Brisbane, McKay, Sarina and Townsville and will re-join us in late May.

A huge congratulations goes to Melanie and Christy who are both proud to announce their engagements to their long term partners Lee and Andrew.



### Health & Wellbeing

Physionorth would like to take this opportunity to welcome the full team of doctors, practitioners (nurses, allied health, complementary & herbal, health workers) at Health & Wellbeing Medical Centre to our building.



While the premises looks brand new, the medical centre has been in the same spot for over 30 years and was formally known as the North Ward Medical Centre or Dr. R Ward's practice.

Health & Wellbeing now provide many services including Child and Maternal Health, Women's health, Indigenous Health, Men's Health, Chronic Conditions, Skin Checks & Skin Surgery, General Health and Diabetes Clinics, Employment Medicals and many more.



For an appointment please call 4772 4144 or for more information visit their website at [www.hwb.com.au](http://www.hwb.com.au)

### Feedback

The team at Physionorth love feedback to help us improve our service to you; so any ideas, suggestions or criticisms please let us know:

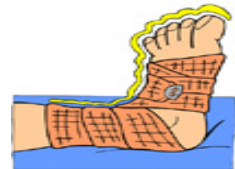


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### Management of Injuries

In "acute" joint and muscle injuries such as ankle sprains, hamstring tear, and 'corkies', the initial management plays a very important role in rehabilitation.



As soon as the injury occurs and throughout the following 48-72 hours, it is important to apply the RICE and NO HARM principles to reduce the risk of further damage.

**Rest** – Stop activity immediately

**Ice** – 20 Minutes on, two hours off. Any ice pack will do or even frozen peas wrapped in a tea towel.

**Compression** – A compression bandage can be purchased from Physionorth or any chemist.

**Elevation** – keep injured part above chest level

**No Heat** – no heat should be applied, avoid hot baths and showers and heat creams

**No Alcohol** – no alcohol should be consumed as it increases swelling

**No Running** – minimal activity in this time, as the injured part needs time to recover, no stretching either

**No Massage** – a

common mistake, as massage will make swelling worse



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Continue this management throughout the 48-72 hours and there should be a reduction in swelling and pain.

### **When to see a Physiotherapist**

- If pain and swelling persists longer than 48 hours
- Unable to carry out everyday activities due to injury
- Neurological symptoms such as numbness, pins and needles are present.
- If you are concerned

### **Do You Suffer From Headaches?**



Up to 80% of people will suffer from headaches at some point in time and when severe, can be a debilitating disorder.

There are several types of headache, however most commonly they are caused by a dysfunction of the neck. This can be a result of tension, stress, poor posture or occupational factors. Such things can result in stiffness and altered position and movement of the upper most vertebrae. This can then refer pain into the head by irritating the nervous system.

Headaches may be felt in various areas, for example the back of the skull, temples, forehead or behind the eyes. Light-headedness, dizziness and irritation from light (photophobia) and sounds (phonophobia) are also common.

Physiotherapy has many benefits for people suffering from headaches. It can provide relief in the acute instance of a headache. Your Physiotherapist may actually be able to completely ease you of any discomfort in some cases and can also assist in preventing reoccurrences by managing the cause of your headache.

Techniques that your Physiotherapist may use in treating headache include:

- Mobilisation
- Manipulation

- Massage
- Remedial exercise
- Postural assessment, correction and advice
- Relaxation therapy
- Electrotherapy and heat treatment



### **Tennis Elbow**

*“Avoid the cortisone at all costs”*

At physionorth, we see a lot of people with pain in their outside of their elbow, normally referred to as “tennis elbow” (although you don’t need to be a tennis player to get it).

The research coming from the University of QLD is showing that the tendons around the elbow actually suffer from degeneration of collagen fibres and small tears, not just inflammation. Therefore there is a significant degree of weakness in the elbow.

So in addition to our treatment of soft tissue and joint mobilization, acupuncture and electrotherapy, a specific elbow strengthening program is essential. This may be the missing piece in the puzzle if you have a chronic case of tennis elbow.



An interesting study compared a *cortisone injection* versus *physiotherapy* for tennis elbow. In the short-term the cortisone group and physio groups had a similar decrease in pain and improvement in function. However, 12 months later the story was much different. The physiotherapy group continued to improve and had a good outcome. On the other hand, the cortisone group reversed the improvements they made and in fact after 12 months *were worse off* than before they started.

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If you have an elbow problem, please contact us for further information on how we can help you.

### **RESEARCH CORNER**

*At physionorth, we like to keep up to date with the latest research findings in health and wellbeing. To make your life easier, we have summarized the latest findings below:*



**Exercise** has more **benefits** than just weight loss, according to study by Booth et al. Some of the benefits from **exercising 5 times 30 minutes** per week include:

- reduces cardiovascular disease by 30% (our nations biggest killer)
- can prevent the onset of type 2 diabetes by 98%
- 20% less chance of developing gall bladder disease
- 50% protection against colon cancer
- increased protection against breast, pancreatic and prostate cancer
- 50% reduction in melanoma
- 100% reduction in asthma
- 30% less chance of developing osteoporosis
- 50% reduction in Alzheimers and cognitive dysfunction, including depression

**Knee arthritis is not linked with excessive exercise** and activity, as many of us have believed. In fact it is people who are inactive, smokers and over-weight that are most at risk. People with arthritis tend to benefit from exercise, especially hydrotherapy, cycling and walking. The stronger muscles tend to support the joint to lessen the strain on it.



In a recent study, **Acupuncture** has been shown to have a beneficial effect on pain with **knee arthritis**. If you have never tried acupuncture, now is your chance! Physiotherapists are well qualified with their extensive training in anatomy and physiology. Acupuncture causes a very small amount of micro-damage that stimulates a strong healing reaction in the body.



If you are under the age of 50 most often your knee pain can be traced back to a **knee-cap misalignment (patello-femoral syndrome)**. If diagnosed and treated by a physiotherapist you can often get a 100% resolution of your symptoms.

A lot of people ask us whether **Glucosamine** is a useful supplement to take when there is degeneration present. A large study in America last year showed that it had no effect. On the other hand, a European study showed some improvement. So the evidence is conflicting- our best advice is to try it and if it works for you, great. If not, you may consider **physiotherapy or acupuncture** that has good evidence of benefit.

### **Clinic Hours**

Our hours for Physiotherapy treatment are:



Weekdays:  
7.30am – 7.00pm  
Saturdays:  
7.30am – 1.30pm

For an appointment please call Christy, Lorren, Bree, or Lyndal on 4724 0768.

**Remember that a Doctors referral is not required for private clients for physiotherapy! (It is however for Veterans Affairs, WorkCover and Medicare)**