

Dear Patient,

Welcome to our autumn newsletter. We trust everyone is keeping well and having a happy and healthy start to 2014.

This quarter we are very excited as we have just celebrated 29 years of Katrina's owning Capalaba Physiotherapy Centre. Over the years there have been several changes to the Capalaba area and the shopping district, but the support and friendship of our patients has not waned.

Thank you for your trust and loyalty over the years that you have sought our physiotherapy help with your health concerns. We welcome any suggestions you may have to enhance the quality of our service so that we may best serve you for many years to come.

With kind regards,

The Therapists and Staff at

**CAPALABA  
PHYSIOTHERAPY CENTRE  
PHYSIOTHERAPISTS**

**Katrina Dalzell**

B. Pty

*Member of Australian Physiotherapy  
Association & Sports Medicine Australia*

**Debbie Paton**

B. Pty

*Member of Australian Physiotherapy  
Association*

### **HOURS:**

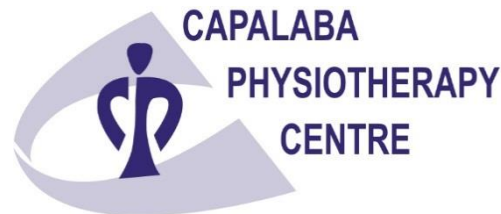
**MONDAY to FRIDAY  
10.30am - 6.30pm  
WED 1.45 – 7pm**

**Please ring for an  
appointment**

**P: 3245 4945**

**capalabaphysiotherapy@people.net.au  
www.capalabaphysio.com.au**

*Don't forget if you want anything in your home exercise programme checked just call the practice and make an appointment.*



Redlands Centrepoint  
8-16 Redland Bay Road  
CAPALABA QLD 4157

## **Physio will help you overcome your sports injury as quickly as possible**

Winter generally means an increase in the number of sports injuries occurring. The main reason is that many winter sports involve running and twisting at speed as well as collisions with other players. The main winter sports include netball, rugby, soccer and Australian Rules football with injuries including:

### **Hamstring tears**

One of the most common muscle strain injuries in sport is a hamstring strain. The hamstrings are at the back of the thigh. They usually tear during fast running activity, especially when the player is fatigued. When torn they can keep the injured player out of sport for at least 2-3 weeks.

### **Overuse injury**

Many players suffer from overuse injury. They undergo rigorous pre-season training and work hard during the season, placing excessive demands on their bodies. Sometimes the body is unable to cope with these demands. As a result, the player can develop muscle and tendon pain. Serious overuse problems can include stress fractures and osteitis pubis (inflammation of the bone in the pubic area).

### **Bruising**

Bruising is common in high velocity

contact sport. A heavy knock to the body can lead to severe bruising and this can potentially keep a player from playing sport for several weeks. The thigh area is commonly bruised (the so-called "corked thigh").

### **Knee and ankle injuries**

Knee and ankle injuries often occur in running sports. Common injuries in the knee and ankle involve some tearing of the ligaments of these joints. A severe knee injury may involve rupturing the anterior cruciate ligament. This ligament is a major stabilizing structure of the knee and often a ligament reconstruction is required if the player wants to resume sport. Severe ankle ligament injuries can also require reconstruction, but most recover with physiotherapy and an exercise programme.

### *Brain Teaser*

Is it wise to drink alcohol in the first 48 hours after injury?

- yes
- no
- it makes no difference

*First correct answer phoned or emailed in wins a tube of Fisiocrem*

## CAPALABA PHYSIOTHERAPY CENTRE

### CONDITIONS TREATED

Some of the conditions you can have treated at our clinic are:

Neck and Back Pain

Sports Injuries

Arthritic Conditions

Headaches

Post-operative Rehabilitation

Incontinence in Women and Men

### FURTHER INFORMATION

We appreciate payment at the time of consultation and accept

Eftpos, MasterCard, Visa,  
Cheques & Cash.

The practice is also online with



so a direct debit from several health funds is quick and easy.

### OTHER SERVICES

Massage

**Kent Griffin**

our qualified Massage Therapist

### WE SELL

Strapping tape

Large Gym Balls

Exercise DVD's

Heat Wheat Bags

Fisiocrem

And

for that special gift  
Lavender Wheat Bags

## GOOD FIRST AID AND APPROPRIATE FOLLOW UP

### A case study:

With sporting injuries, a knowledge of appropriate first aid will minimise bleeding and further damage. This, in turn, helps you to overcome your injury more quickly.

Penny, a young typist, was playing touch footy when she side stepped quickly, twisting her foot and injuring her knee. She was carried from the field.

#### **She remembered her first aid.**

The basics of first aid can be summed up by remembering the acronym '**RICER**' in the first 48 hours.

**REST** the injured part so that no further damage occurs. This may mean stopping work or sport immediately and it may entail the application of a splint or tape to prevent movement of the injured part

**ICE** should be applied to this injured area for 20-30 minutes every 1-2 hours to slow the bleeding and control swelling. Make sure you wrap the ice in a damp cloth, so that it does not directly contact the skin

**COMPRESSION** also helps reduce swelling and bleeding. You may wrap a bandage around the injured area or compress the site by hand

**ELEVATE** the injured area so that bleeding and swelling flow away from the injury

**REFER** the injured person to a health professional for further assessment and management. Your GP or physiotherapist will guide your further management.

**Penny presented to the clinic 3 days after her injury.** Her knee was twice its usual size with marked bruising from her thigh to her mid-calf. After assessment Penny was treated with gentle massage, ultrasound to speed up the tissue repair, Interferential to disperse the swelling and hot packs. Her rehab was advanced over time with exercises and she was able to return to sport at 7 weeks which was an excellent outcome for such a severe injury.

#### Comments:

Immediate management is essential for the early and successful treatment of acute sprains, strains and bruising. Penny remembered her '**RICER**' protocol and attended physiotherapy within a couple of days of the injury. She also remembered the '**HARM**' acronym. During the first crucial 48 hours avoid '**HARM**' by avoiding **Heat**, **Alcohol**, **Return to activity** and **Massage** until you are sure the bleeding and swelling have stopped.

## Staff News

*We have been busy working on the launch of our web site. Check us out at [www.capalabaphysio.com.au](http://www.capalabaphysio.com.au)*

*May is the time of year for us to update our CPR training to assist us to keep you safe. Katrina has now completed 29 years at Capalaba Physiotherapy Centre which means that she has done 2900 chest compressions on the Resusci Anne Simulator!*

**We hope you enjoy this edition. Please feel free to pass this newsletter on to your family and friends.**