

Dear Patient,

Welcome to our new look newsletter and thanks for coming to see us for your physio needs. Another year is drawing to a close. Capalaba Physiotherapy Centre staff wish you good health and happiness in 2014.

If you are looking for some relaxation for sore muscles during your summer activities, why not come in for a massage. We offer a remedial massage service. Massages reduce tension, prevent muscle injury and increase circulation. You will feel the benefits after your first massage. Please feel free to call the practice and make an appointment with Kent Griffin who has worked here for 3½ years and has many loyal clients.

Kent can use a specially designed cushion to treat people that usually have some concerns lying on their tummy e.g. pregnant women. So, if you have thought of having a massage why not try one in a 30 minute appointment?

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*

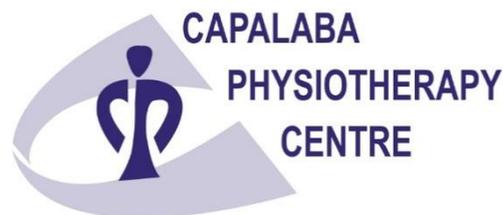
**HOURS:**

**MONDAY to FRIDAY**  
**10.30am - 6.30pm**  
**Please ring for an  
appointment**

**P: 3245 4945**

[capalabaphysiotherapy@people.net.au](mailto:capalabaphysiotherapy@people.net.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

## KEEP YOUR BACK HEALTHY

**Don't put up with ongoing low back pain!**

**Because your back is the main supporting structure for your entire body, it is important that you keep it as healthy as possible. A painful or stiff back can really affect your ability to do daily tasks and can therefore affect your quality of life.**

You can seek help from your physiotherapist from time to time, to help overcome episodes where your back is painful and restricted. Your physiotherapist may use measures such as spinal manipulative therapy, exercises, traction and electrotherapy (such as ultrasound) to treat your back problem. This can usually help settle an episode of back pain down, so that you can get on with your life as quickly as possible.

Your back is a delicate, finely balanced structure that can be easily injured if not cared for properly. If you know the basics of back care you can help keep your back healthy. If you don't know how to care for your back yourself, your physiotherapist can help you understand these basics of back care.

So how can you keep your back healthy? Below are 6 ways we think you can do this:-

**1. Build up the muscles that support your back.** Research done by physiotherapists suggests that if you get recurrent or ongoing back problems, the supporting muscles of your back may not be functioning properly. Your physiotherapist can prescribe exercises for you to do to help this. Research over the last 20 years has revolutionized the type of exercises that are prescribed - sometimes they are known as 'core' exercises. We find a lot of people are not doing these correctly. As Katrina and Debbie attend regular seminars, they are up to date with this changing area of rehabilitation.

**2. Watch you posture.** Sitting and standing can be very stressful activities for your back if you have poor posture.

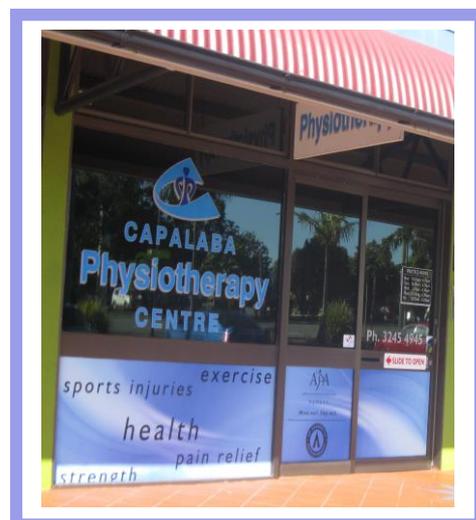
Try to minimize how long you sit. Get up and have a short stretch every 30 minutes. If you can, avoid working in a sustained bent position. Keep your back with the natural 3 curves maintained for as often as you can and position your work just above the waist level. Your physiotherapist can assess your posture and show you how to correct it.

**3. Use a good quality firm mattress to support your spine when you sleep.** It may be an added expense to get a new mattress, but look upon it as an investment in your health. There are companies now making customized mattresses where one half can be firm and the other half softer.

**4. Learn how to lift properly by using your knees and hips.** Never lift with a bent back. Never try to lift a heavy object on your own. Use a lifting device or get help. If you are unsure how to lift, ask your physiotherapist to show you.

**5. Improve your fitness.** If you are fit, your back will withstand stresses and strains much better. Swimming is a good way to get fit and is a safe exercise for your back.

**6. Get you weight down if you are overweight.** This will reduce the load put on the spine during physical activity like sitting at work.



## 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

## DON'T PUT UP WITH A SORE SHOULDER

### A case study:-

Bill, a 60 year old gardener, had been getting a gradual increase in pain in his right shoulder. It had started while cutting down some branches several weeks earlier.

He had an X-ray of his shoulder and his G.P. had prescribed anti-inflammatory medication. This didn't help much. Two cortisone injections had helped slightly, for a short period.

Bill had pinched and damaged a small tendon in his shoulder. This had occurred due to faulty mechanics in his shoulder, combined with overhead work, which had led to pinching of the tendon.

Physiotherapy was arranged when Bill's tennis friend recommended it. He had had a similar problem some months earlier.

Treatment consisted of gentle manipulative therapy and stretching to restore lost movement in the shoulder. The physiotherapist also gave Bill exercises to strengthen specific muscles that help to minimize pinching of the tendon when he lifted his shoulder or did other arm related activities.

The physiotherapist also tried anti-inflammatory modalities, such as interferential to help reduce inflammation and promote healing of the injured tendon

Bill also had to modify his activity for six weeks (sticking to bench level activity and avoiding overhead work or repeated arm movements like painting). This stopped him from continually re-irritating his shoulder and gave the physiotherapy treatment a chance to work.

After six weeks of this program, Bill's shoulder was feeling 90% better. He was able to get back to full activity at this time with no increase in his symptoms.

### Comments:

Unless the underlying biomechanical problem with Bill's shoulder was addressed, it would not settle down. Shoulders are often very difficult joints to treat because we use them so much during our daily activities. Bill was very compliant with his exercises and activity modification and this maximized the success he had with the treatment.

In keeping with our commitment to provide the most up to date methods of treatment, **Debbie Paton** attended the **Australian Physiotherapy Association's National Conference** in Melbourne in early October. There were lectures and workshops on many aspects of physiotherapy. Debbie attended sessions relevant to her workload – musculoskeletal and ergonomic physiotherapy.

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