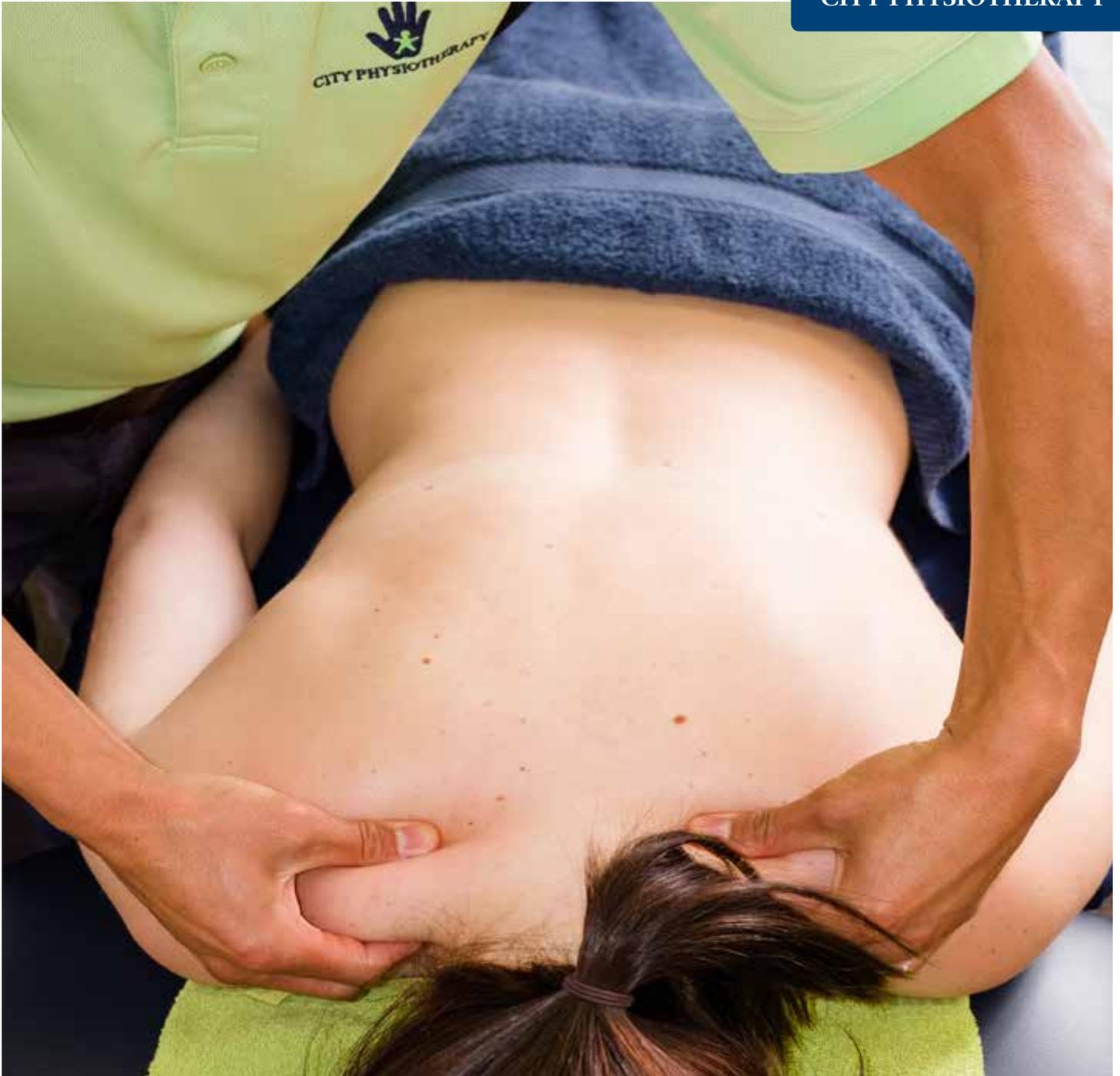


INVEST IN YOUR BETTER SELF



CITY PHYSIOTHERAPY



Hands on Physio & Massage

City Physiotherapy's highly qualified and experienced physiotherapists and remedial massage therapist, will assess and work over your muscular problem areas with attention to detail to help smooth out any tight bands and trigger points (which are lumps and knots) that can occur from stress, overuse, poor posture or sleeping habits, sports

injuries and work related issues. At City Physiotherapy we may use a variety of hands on techniques and dry needling to eliminate your muscular aches and pains. Our physiotherapists are also here to help you to fine tune your body's movement and improve the way you feel by increasing your joint range of movement and correcting muscle imbalances.

City Physiotherapy is here to value add to your daily lives by assisting you with simple and effective tools that will help you and your family improve your work, rest and play.

Our special interests are sport injuries, postural dysfunction, sore muscles from hitting the gym too hard or sitting at your computer for too long, headaches, back/neck/shoulder pain and sport massage.

Tennis Elbow explained

Otherwise known as Extensor Tendinopathy

Most people believe Tennis Elbow is an inflammation of the tendon, however it is actually the overuse of the extensor tendon which is commonly known as extensor carpi radialis brevis. It is therefore a degenerative process that occurs due to an overload on the tendon.

The tendon originates from the elbow joint where most of the patients feel the pain and follows through the forearm to be inserted into the hand.

The function of this tendon is to help with activities which move the wrist backwards (wrist extension), gripping.

Causes:

- Repetitive wrist extension activities.
- Smoking and obesity can also predispose people to tendon degeneration.

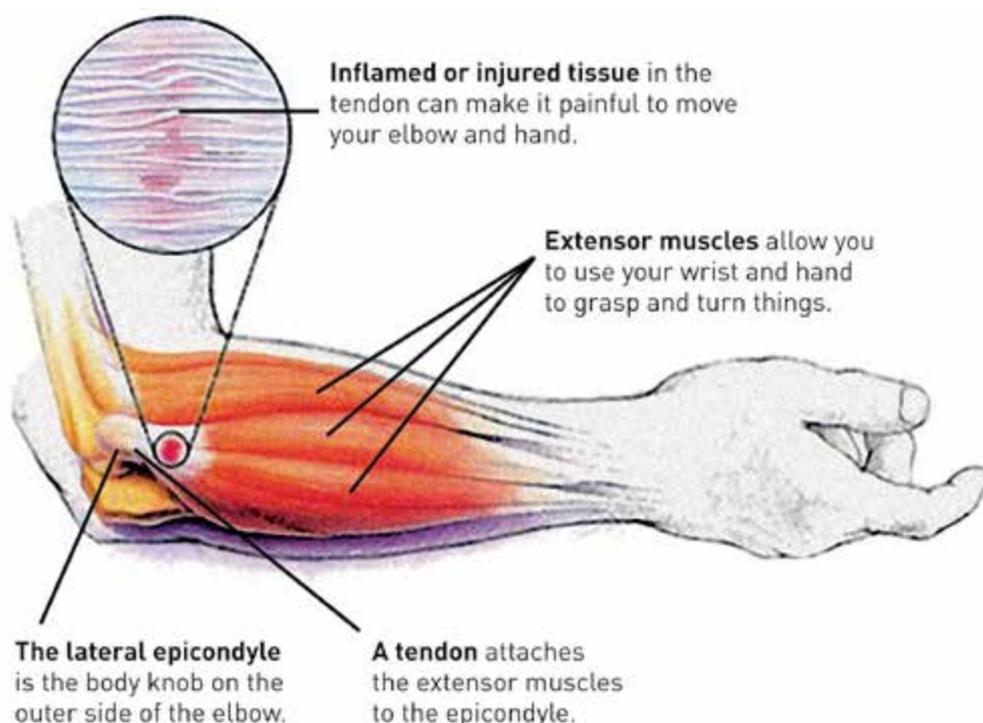
What are the symptoms?

- There is generally no swelling or bruising seen.
- Tenderness, pain on gripping, pain on lifting a gallon of milk or cup of coffee.

How do we treat it?

In the Initial stages ice and rest and no stretching of the tendon. Stretching can cause compression loading of the tendon leading to worsening of the symptoms in the initial acute stage:

- Soft Tissue Release: Friction massage of the elbow extensors.
- Rigid Taping.
- Dry Needling: This helps to rebuild the tendon by destroying the tiny bloody vessels which are formed in the tendon during the overuse process. This can sometimes lead to post treatment soreness for a few hours on the day of the treatment.
- Strengthening Exercises: Isometric exercises and eccentric loading exercises of the tendon can be started under the guidance of your physiotherapist.
- Overall Assessment of the Kinetic Chain: Shoulder and scapula muscles can be assessed by your physiotherapist as their weakness can lead to the overloading of the elbow.
- Cervical Treatment: Neck can refer in to the elbow, hence treating the cervical spine / neck can also improve the symptoms of the elbow tendinopathy.



Sitting is the new smoking

The truth about sitting

As society continues to change and technology continues to develop, the advent of TV, computers, mobile phones and the common desk job, we as a society are sitting down for more time than ever before.





What does the rotator cuff do?

What treatments are available for rotor cuff injuires?

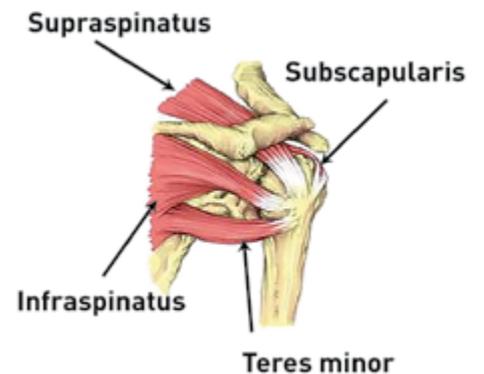
The Rotator Cuff (RC) is a name given to a group of stabilising muscles around the shoulder. These muscles all have individual actions but when working together serve a very important function of holding the head of the humerus in place during shoulder movements. These muscles are commonly a contributor or cause of pain the shoulder.

The shoulder is one of the bodies most mobile joints due to the lack of bony and ligamentous structures holding it in place, this means that muscles need to actively stabilise the joint.

Above the head of the humerus (arm) there is a bony process called the acromion, it is between these two bones that tendons, nerves and bursa lie. When the arm is elevated the natural pull of the muscles means that the arm wants to move upwards into the acromion, and in doing so, can impinge on structures that lie above it causing swelling and pain.

The RC, when functioning as a collective group, counter acts this upwards force and holds the head of the arm down so that it maintains space between it and the acromion, allowing free and painless movement. When the RC is injured, weak or malfunctioning it fails to hold the head of the arm in the correct position, allowing impingement.

At City Physiotherapy we are experts in diagnosing and treating impingement. Treatment focus will be on reducing pain and inflammation initially by releasing soft tissue around the shoulder and stimulating healing of the RC. Dry Needling Therapy is also very effective at minimising inflammation and reducing pain of the Rotator Cuff. The next phase of treatment will centre on improving the function of the RC and retraining movements of the shoulder to allow for the most efficient biomechanics. Corticosteroid injections can also be utilised to help relieve your pain for a period to allow pain free rehabilitation but should be used with caution. We are able to refer you for an Ultrasound guided corticoid steroid injection to help you on your path to achieving pain free shoulder movement.



Kids sit at school, adults sit at work, we sit in our cars to drive everywhere we need to go, then after a long day we commonly get home and continue the sitting regiment at the computer, or on the couch in front of the television.

It is a tough cycle to break because with the ever-developing technology, a lot of our jobs and lifestyles essentially require us to sit for long periods of time. Our bodies aren't built for this and it's starting to take its toll on our health.

On average, we as a society sit a minimal 9.3 hours per day, which is generally more than we spend sleeping. Scientists believe that anyone sitting more than 6 hours per day is at a heightened risk of developing health problems and that this much sitting is as bad for our health as smoking a pack of cigarettes every day.

Symptoms related to sitting

- Postural issues
- Neck and back pain
- Obesity
- Cardiovascular disease
- High blood pressure
- Diabetes
- Weaker bones

Fortunately there are ways to adjust our lifestyle and lessen the effects of sitting all day. Years ago it was a lot easier to trek the fields at work to get the activity levels we needed to stay healthy, but in society today we have to help our bodies in other ways.

Tips to reduce sitting

- Stand while talking on the phone or eating lunch.
- Try a standing desk, to break up sitting time.
- Stand twice every hour to have a stretch or a walk on the spot.
- Go and talk to your colleagues rather than emailing across the office.
- Fit in at least 45 minutes of scheduled exercise per day.
- Take a bus stop or two earlier and increase the walk to and from your office.
- Take a walk in your lunch break rather than eating your lunch at your desk.

At City Physiotherapy we are able to help you with musculoskeletal aches and pains that develop as one of the many health consequences from extended sitting. We can also help with stretching, exercise ideas and programs and with 45 minute lunch break exercise and pilates classes scheduled at City Physiotherapy it makes it easy to get in that extra activity in your day.

ACL injury, surgery and rehabilitation

The Anterior Cruciate Ligament (ACL) of the knee is essential for normal function and stability. The ACL attaches from the femur (thigh bone) to the tibia (shin bone) and prevents excessive forward movement of the tibia, hyperextension of the knee and excessive internal (or inward) rotation of the tibia. Injuries of the ACL occur commonly during sports such as basketball, football and netball.

Common causes of ACL injuries include:

- Jumping
- Landing or stopping suddenly
- Planting the foot to change directions
- Pivoting
- Direct contact to the knee
- Can occur with or without contact

What are the symptoms of an ACL injury?

- Feeling like the kneecap has dislocated.
- A “popping” or “crunching” sound at the time of the injury/incident.
- Can be painful, but not always at the time, but pain increases over time.
- Swelling of the knee joint.
- Feeling that the knee is unstable or may ‘give way’.

- Loss of normal range of motion.
- Pain and discomfort with walking and weight bearing.

How is an ACL injury diagnosed?

An ACL injury is diagnosed by a physical examination of the knee and comparing ligament strength of the injured knee to the non-injured knee. The doctor or physiotherapist can perform this examination based upon the history and how the injury occurred.

Imaging will also be sought to confirm the diagnosis and the severity of the injury. Magnetic Resonance Imaging (MRI) will be used to confirm the injury to the ACL. X-rays may be used to confirm the presence of an associated bone injury.

Injured ligaments are commonly referred to as “sprains” and are graded on a severity scale. The severity of the injury dictates the need for surgery and therefore the length of recovery.

- Grade I: mild damage, ligament has been stretched, but still able to keep the joint stable.
- Grade II: often referred to as a partial tear, the ligament is stretched to the point where it becomes loose.
- Grade III: most commonly referred to as a complete tear of the ligament. This leaves the knee unstable and commonly results in surgery.

Treatment for ACL injuries:

Treatment will depend on the needs of the injured person as well as the severity of the injury. For example, a young athlete involved in an agility sport such as basketball will require surgery after a Grade III sprain to enable the person to return to sport. However, for a less active and often older person, non-surgical options may be better



suit. Non-surgical options may include bracing and physiotherapy to ensure the stability of the knee and the ability to complete regular day-to-day activities.

Surgical treatment is most commonly known as a knee reconstruction. This is where the ACL is reconstructed using either a graft from the injured person (commonly hamstring, patella tendon or quadriceps tendon), an allograft (from a cadaver) or a synthetic ligament. The reconstruction essentially replaces the original ACL with the new graft, which allows for the new ACL to grow.

Rehabilitation from ACL surgery:

Physiotherapy is critical to the success of the surgery. It is important to start physiotherapy within a week of surgery and may require physiotherapy twice a week for the first 6 weeks and then reducing the amount required. Full rehabilitation will take from 6 to 12 months before return to sport. Your specific rehabilitation program will be designed in consultation with your physiotherapist and surgeon to maximise your individual outcome.

Trigger point self treatment tools

Sometimes we'd just like to get some treatment when we're at home between physio visits or on a trip away. City Physiotherapy & Sports Injury Clinic has all the tools for you. We stock a range of self massage tools including foam rollers, Pocket Physio, bakballs and spike balls in the clinic. Your physiotherapist can teach

you how to use these self treatment tools in between your Physio treatment sessions to assist in your recovery from those knots, tight muscles and tight fascia. We even have an in-rooms competition where you have the chance to win one of these every month.

City Physiotherapy, closer to you closer to wellness.



CITY PHYSIOTHERAPY AND SPORTS INJURY CLINIC

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