



# PHYSIOFIT NEWSLETTER

## OUR LOCATIONS: Editorial

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**OUR SERVICES:  
Physiotherapy**

**Hydrotherapy**

**Home Visits**

**Remedial Massage**

October brings an exciting time and busy month once again. Unfortunately due to a delay with the surgeon, Anthony Violantzis' surgery has been pushed back to the 19th October 2017. He will be away for approximately 10-12 weeks.

In this newsletter we will be looking at the link between headaches and posture, the outstanding product of the month and the exercise to relax the mind and body after a busy day. If you would like any further information on these topics or any aspect of our services, please contact the clinic or visit any of our social media platforms.

With best wishes,  
Ruth Nitto  
Practice Manager

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## FAQ

**Q: I've got a problem, who should I see? The physiotherapist or the massage therapist?**

**A:** We get this query a lot, especially from people who are just passing by the clinic and haven't received a specific recommendation. I generally advise people that if they have a specific pain or injury, they would benefit from seeing the physiotherapist first for a full assessment, diagnosis and treatment. The physiotherapist will then refer on to the massage therapist if they think this is appropriate. If the problem is tired or tense muscles, fairly generalised without a specific pain feature, often the massage therapist may be the most appropriate therapist to see in the first instance. We are very fortunate to have two amazing Massage Therapists working in our clinic, Kathy at our Wattle Grove clinic and Karyl in our Moorebank clinic. Both are very experienced massage therapists who work extensively with our physiotherapists here in the clinic, cross-referring often. In certain cases where symptoms have been present for a long time, massage therapy can be a very helpful form of long-term management.

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## Topic of the month: The Link Between Headaches and Posture

Headaches can be a terrible interference in your life and can often seem to come from nowhere. Headaches can be caused by a variety of underlying conditions and illnesses, from injuries to serious infections. Many people don't know that poor posture is one of the most common causes of headaches, accounting for up to 22% of clinical cases.

If you are experiencing frequent headaches or migraines, poor posture could be the cause. Spending your days hunched over a computer, sprawled on the couch, sitting in a car or working in poorly organised workspaces can all lead to back and neck pain, in turn leading to headaches.



### **Headaches Caused By Poor Posture**

Poor posture can lead to neck problems that commonly lead to cervicogenic or tension headaches. These headaches occur because of muscle tension in the neck and jaw. This tension can become painfully tight and full of knots, causing pain to radiate over your head. Luckily, these headaches can be prevented by fixing your neck problem.

Neck problems can originate from a number of musculoskeletal and neurovascular structures in your neck, including joints, discs, neck muscles and spinal cord coverings. A dysfunction in one of these structures can cause pain signals to be transmitted into your brain stem, which your brain interprets as a headache.

### **Neck Muscle Problems**

Headaches occur if the neck joints or muscles are too stiff, move too much, or are locked in an abnormal position. The muscles connected to the neck will cause this pain if they are knotted, overworked or in spasm.



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Injured neck joints can cause surrounding muscles to overwork in order to protect them. As other neck muscles become weaker from poor posture, even more demand is placed on the overworked muscles. This muscle imbalance can result in frequent and increasingly painful headaches.

### Symptoms Of Tension Headaches

Headaches caused by poor posture are often misdiagnosed as migraines due to the similarity of the pain and consistency of the problem.

Common symptoms of a headache caused by neck problems include:

- Tenderness at the top of the neck and base of the skull
- Subtle or severe stiffness or loss of movement in the neck
- Massaging your neck or applying pressure to the base of the skull provides temporary relief
- Pain radiating from the back to the front of your head
- The headache is provoked or eased by a neck movement or sustained position
- The headache is consistently worse on one side of the head



It's important to note that your neck does not necessarily have to be sore in order for your headache to be caused by a neck problem. Headaches caused by poor posture can vary dramatically in severity.

The holistic approach undertaken by PhysioFit can help examine the true cause of a headache. Physiotherapy treatment is very effective in relieving headaches. Our Physiotherapists have experience using techniques developed by Dean Watson.

Make an appointment today or ask for more information about our treatments.

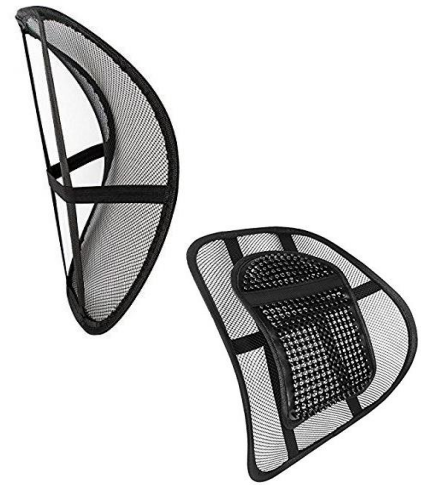
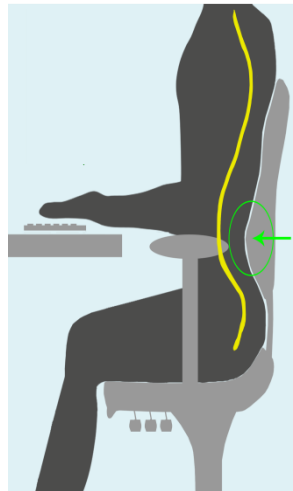


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## Product of the month: Mesh Back Support

Do you have a desk job? Are you sitting down all day at work? Are you getting lower back pain? Then this is the product for you!!

The Mesh Back Support is a uniquely designed product with the purpose of supporting the lumbar spine. Specifically designed for people with lower back pain (caused by poor posture), the back support allows your lumbar spine to remain in its natural position, reducing and potentially eliminating any pain due to sitting for long hours.



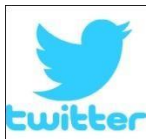
Any of our practices sell this product for \$30.00.

## Exercise of the month: Child's Pose

**Balasana, more commonly known as Child's Pose** is a yoga pose which focuses on the relaxation of the mind and body. Typically used to rest the muscles in-between more difficult poses.

**To get into the pose:** start in a kneeling position (feet flat on the floor) with knees hip-width apart, slowly rest your buttocks back onto your heels, lengthening through the spine bow forward allowing your forehead to rest on the floor, keeping your arms long and extended in front of you. Breathe in and out deeply, relaxing into the pose.

**Health benefits include;** improving digestion, elongates your lower back, opens the hips, relieves neck and lower back pain, releases tension in the shoulders and back, alleviates stress and tension and promotes circulation throughout the entire body.



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