



PHYSIOFIT NEWSLETTER

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**OUR SERVICES:
Physiotherapy**

Hydrotherapy

Home Visits

Remedial Massage

It's been a busy start to the year at the clinic. Gillian and I were very honoured to be invited to accompany the Sydney Divas team to New Zealand for the World Masters Games and the feedback from the players we treated was very positive. I'm sure you all saw the photos and posts on face book.

In this newsletter we will be looking at the difference between a physiotherapist, osteopath and a chiropractor, as well as soft tissue management following the PRICE guideline. 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

FAQ

Q: What is the difference between a Physiotherapist, an Osteopath and a Chiropractor?

A: They are all manual therapists with a recognised course of training; usually a diploma or degree (level) and have professional regulation bodies to oversee their practice. There is a large overlap in the conditions treated and the types of treatments used which can be confusing to the customer. It is often suggested that chiropractors and osteopaths focus on spinal manipulations or adjustments and that physiotherapists are more concerned with exercises and posture correction. In our experience, much depends on the direction the individual therapist takes in their post-graduate training. Many physiotherapists perform joint manipulation and or mobilisation and many osteopaths prescribe exercises. Our general advice as to which type of practitioner to choose would be to seek a specific recommendation from your GP or friends on which therapists they have found helpful.



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Topic of the month: Soft Tissue Management

If a severe injury is suspected the individual should be referred immediately to either an A&E department, or a medical practitioner for X-ray's or scans. The PRICE guidelines are very helpful for the first 48-72 hours following a soft tissue injury-*Protection, Rest, Ice, Compression & Elevation*.

The aim is to:

- reduce local tissue temperature
- reduce pain
- limit and reduce inflammatory fluids into the area / injury
- protect the newly-formed soft tissue fibres from further injury
- promote collagen fibre growth and realignment

Protection – support the injured part to protect against further damage. The type of protection required will depend on the injury sustained. The protection must also be capable of accommodating swelling. The protection, whilst supporting the injured area, should avoid complete immobilisation of the part whenever possible.

Rest should be applied to the injured part immediately following injury. Stress on the injured tissue should be avoided in the early stages of healing. The optimum period of rest is between one to five days depending on the severity of injury.

Ice-If possible, apply cold in the form of ice immediately after an injury. The aim is to reduce local tissue temperature, reduce pain and cause vasoconstriction in the area, which can help to minimise swelling. It is important not to apply the ice for too long as this can cause the opposite effect in the circulatory system i.e. vasodilatation which can increase swelling. So, short, regular bursts of icing are recommended in the region of 15-20mins every one to two hours. A bucket of water with some ice is great for the ankle or crushed ice/ ice pack in a damp towel is an effective application method. A damp towel or cloth should always be placed between the cooling agent and the skin to prevent ice burn.



Compression -Elastic bandages and tubigrip appear to be the most effective form of compression. It is



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important that the pressure is applied evenly throughout the application from a minimum of six inches above and below the injury. The compression must be able to accommodate swelling and of continuing to apply pressure as the swelling reduces.

Elevation- Elevate the injured part as soon as possible following injury ideally above the level of the heart. If the limb can be maintained in elevation do not apply compression simultaneously.

Do this during an ad break!

Here are some variations of a plank that you can perform at home for all levels!

Remember to always draw that belly button towards your spine.

Try and hold the pose for 20-30 seconds and repeat 3 times.

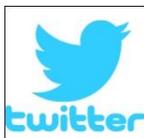
This exercise can help those with lower back issues to help strengthen your core.

The first picture is for beginners. It has your arms outstretched while resting on a bed or a bench and having your back nice and straight. The second picture is a progression towards a traditional plank. This is performed on your knees on the floor. Don't arch your back for this one.

The final picture is a traditional plank. Remember to have a straight back and do not over extend your back. Tuck in your chin and draw your head in.

Which one will you do?

Challenge yourself, maybe hold the pose for longer!



:PhysioFit SWS



:PhysioFit South
West Sydney



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