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|  | **September** |
| C:\Users\Glenfield PhysioFit\Desktop\physiofit logo HQ.jpg | PHYSIOFIT NEWSLETTER |
| OUR LOCATIONS:  3 Mubo Cres,  Wattle Grove  Ph: 9731 0666  F: 9731 0622  Cnr Kurrajong & Cowpasture Rd,  Horningsea Park  Ph: 9608 2336  F: 9825 9592  1 Stockton Ave,  Moorebank  Ph: 9822 5751  F: 9600 6948  OUR SERVICES:  Physiotherapy FAQ**Q: What is Joint Mobilisation?**  **A:** Joint mobilisations is one of many hands 🤚 on treatment we include in Physiotherapy treatment. This is a skilled movement of articular joints which reduces pain 😁 and increases joint mobility and flexibility 🤸🏻‍♂️😁  Spinal mobilisation helps to: ✅ alleviate pain ✅ loosen stiff spine ✅ improves flexibility 🤸🏻‍♂️  Hydrotherapy  Home Visits  Remedial Massage | Editorial It’s been a busy month at the clinic this September. We congratulate our Physios Brendon Ng and Tom Christian who competed in and completed the City To Surf, last month. Father’s Day is coming up, if you are in our clinics look for our Father’s Day gift packs and don’t forget to enter our Father’s Day competition.  In this newsletter we will be looking at headaches. Struggle With Headaches? Learn how to make them a thing of the past.  You don’t need to put up with the:   * band of pressure around your skull * constant ache sitting behind your eyes * feeling someone is driving a nail into your temple   It all comes down to:   * proper assessment * accurate diagnosis * targeted treatment.   If you suffer regular headaches we can help. Our Physiotherapists have trained using the Dean Watson technique.  With best wishes,  Ruth Nitto  Practice Manager |

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# Condition of the month: Headaches

**Cause**

The headaches that you are receiving are coming from your neck.

An inflamed joint in your neck or muscles that have tightened up from being overloaded for way too long. This however is caused by poor neck posture, from weak neck muscles- the curse of being chained to your desk/ driving too much or using your smart phone!

There are stabilising muscles around your neck and shoulders which support you spine on movements such as sitting / standing and moving around. If these muscles

are not strong enough or switch off it results in:

* Increase pressure on the joints and discs of your

neck

* Tight pec minor and upper traps
* Rounded shoulders and poor neck posture
* An increased risk of re-injury
* Muscle spasms in your neck muscle

**The 3 main reasons your neck stabilisers have switched**

**off are:**

1. The extended length of time we sit
2. Injuries like whiplash, rotator cuff tears you may have

had in the past but not had treatment on

1. IGNORING the niggling neck pain you have

**Dean Watson Headache Approach**

The Dean Watson Headache Approach is a technique that all of our physios are trained in. The Approach consists of a series of techniques which when applied systematically will confirm or rule out upper neck disorders as the causative factor of sensitisation of the brainstem, the underlying disorder in headache and migraine conditions.

The Dean Watson Approach is manual therapy with medication free, radiation free, non-invasive (no injections) and non-manipulative (no cracking) treatment.

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# Condition of the month: Headaches

How can Physiotherapy help?

* As physiotherapists we assess WHY the problem has started and can identify the factors which have led to the development of the headache.
* Once we have identified these factors we can develop an intervention plan to address them
* For example if it has been identified that it is the neck causing the headaches, our physios are all trained in the Dean Watson Headache Approach, and can reduce/ eliminate headaches.

# Do this during an ad break!

This month’s exercise is to release muscle tension in the neck. For this exercise you will need a spikey ball which can be bought from our clinic ranging from $5.00-$10.50. If you do not own a spikey ball and cannot get one from our clinic a tennis ball will work as well.

Place the ball as shown and tuck in your chin then relax.

To start off with the exercise, Place the ball as shown by our Physio Blake and move your body around to roll the ball along your neck and shoulders. Massaging deeply to release the tight muscles.





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