



VILLARS - SWITZERLAND

Caboolture
Physical Therapy
Centre

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Surprising Conditions Your Physiotherapist Can Help With

CABOOLTURE PHYSICAL THERAPY CENTRE

Muscle tears, ankle sprains, back pain, headaches and shoulder pain. These are all commonly treated physiotherapy problems and chances are, if you suffer from one of them, you're either seeing a physiotherapist or putting it off.

Most people know how physiotherapy can help them with common injuries, particularly those involving the muscles and the joints. What you probably don't know is that your physiotherapist has been trained to treat a huge variety of conditions. Some of them might surprise you.

Respiratory Problems

Physiotherapists are one of the first ports of call to help clear a chest infection, particularly for the very young, elderly and those with chronic conditions such as cystic fibrosis. Your physiotherapist is able to assist with drainage, breathing cycles and physical percussion techniques to help you breathe easier.

Vertigo

Benign Paroxysmal Positional Vertigo is a specific type of vertigo caused by loose micro crystals in the inner ear, resulting in dizziness when the head is turned in different positions. Your physiotherapist can give you exercises to relocate these crystals and regain your balance.

Physiotherapists can also help with habituation exercises for other types of vertigo.

Neurological Conditions

Strokes, cerebral palsy, multiple sclerosis, spinal cord injuries and head injuries are all conditions that your physiotherapist has been trained to treat. In the private practice setting they are particularly helpful at stretching the tight muscles affected and providing specially tailored strengthening exercises.

Incontinence

For one in three women, incontinence is an ongoing problem after childbirth, and one that has a huge impact on quality of life. Your physiotherapist is well versed in teaching pelvic floor exercises, which can help you regain control.

Developmental Delays, balance and Incoordination

For some children, balance and coordination don't come easily. Your physiotherapist is able to prescribe exercises to assist with improving balance and coordination for people of any age.

More surprising conditions your physiotherapist can help with:

- Fibromyalgia
- Osteo- and Rheumatoid Arthritis
- Lymphoedema
- Osteoporosis
- Falls associated with aging
- Scar tissue healing
- Jaw pain
- Post-surgical rehabilitation

Exercise Of the Month

Do you need a new challenge?

*For a cheap, fun activity that can be taken anywhere have a look at the new generation of **hula-hooping**.*

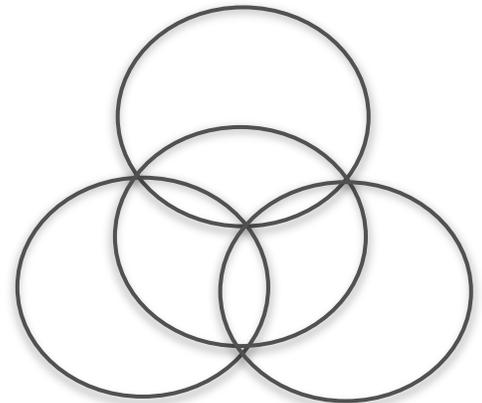
For inspiration watch...

<http://www.youtube.com/watch?v=hZgbGqwehUU>

then go to

www.hulahooping.com

to learn how it's done.



Work this Out

Trace this pattern of four crossing circles with a pencil in one continuous line without taking the pencil point off the paper.

You are not allowed to cross the line, or go over any part of it twice.

Focus on...

Separated Shoulder (AC Joint Sprain)

WHAT IS IT?

The Acromioclavicular (AC) Joint is the joint between the collarbone and the shoulder blade. It is the only bony joint attaching the upper arm to the body and is essential in transferring forces from the arm to the trunk. To keep the joint stable it is reinforced by three thick ligaments; the Acromioclavicular, Coracoclavicular and Coracoacromial ligaments.

HOW DOES IT BECOME SEPARATED?

A tear of the AC joint usually occurs from force directly on the shoulder, often from falling, car accidents or tackles during sport. As with all injuries, there are different degrees of injury. With mild injuries, only a few fibres are torn or stretched. In very severe injuries the collarbone and shoulder blade are completely dislocated. This injury is referred to as 'separated shoulder'.

WHAT ARE THE SYMPTOMS?

After an AC joint injury there is usually immediate pain on the top of the shoulder, swelling and bruising. There is often loss of movement of the shoulder, and pain from putting weight through the arm or carrying heavy objects. In severe cases there is a visible lump on top of the shoulder, known as a 'step deformity'.

To confirm the diagnosis, your physiotherapist can perform some simple tests. An X-ray can help to grade the severity of the injury.

HOW CAN PHYSIO HELP?

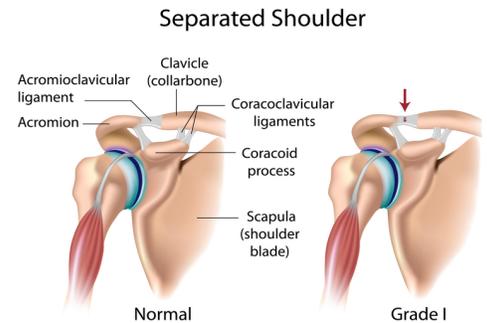
The first line of treatment is RICE (Rest, Ice, Compression, Elevation) to minimize inflammation over the first 48 hours. Ultrasound and NSAIDS can also be used to reduce swelling.

After this initial period it is important to note that a severe sprain of the AC joint puts quite a lot of stress on the muscles that support the shoulder. The role of physiotherapy in this case is to ensure the joint is supported and given a chance to heal naturally, while maintaining the strength and normal movement of the shoulder girdle.

This is done initially by providing support to the joint. You may need to have your arm supported in a sling or brace for some of this time and your physiotherapist can show you some taping techniques to add support. Heat and ultrasound are other treatments which can speed up healing.

To maintain the health of the surrounding muscles, your physiotherapist will prescribe exercises, ensure the muscles keep a normal length and treat any trigger points.

Most AC joint sprains take six weeks to fully heal, although many patients report shoulder problems in future years. For this reason a comprehensive rehabilitation program is very important. Very severe sprains are often treated with surgery to reattach the joint and treat any possible fracture.



Did you know?

Up to 80% of eye conditions across the world are completely avoidable or curable. With that in mind, a trip to your optometrist is probably a worthwhile investment.

The brain doesn't feel pain. Even though the brain processes pain signals, the brain itself does not actually feel pain.

THE UNIVERSAL PACKING LIST

Going on holiday but don't know what to take? It seems like you always forget something.

Not anymore. This website has thought of it all for you. Enter where you're going, for how long and what you expect to be doing and you'll get a comprehensive list of not only what to pack, but what you need to do before departing.

Go to...
<http://upl.codeq.info/>

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Peach, Oat, and Chia Seed Smoothie

Ingredients:

2 ripe peaches, quartered, pits removed

1 tbsp. chia seeds

¼ cup rolled oats

½ frozen banana (peeled before freezing)

¼ cup fresh orange juice

½ cup unsweetened almond milk

OPTIONAL:

1 tbsp. honey for added sweetness

Step 1: Add all ingredients to a blender and allow to sit for 5-10 minutes, so the oats and chia seeds can soak. Then blend until smooth.

Step 2: To thicken, add another quarter to half a frozen banana. To thin, add more almond milk or orange juice.

3. Taste and adjust flavor as needed.