



INNOVATIONS
SPORTS PHYSIOTHERAPY

INNOVATE

INNOVATIONS SPORTS PHYSIOTHERAPY'S NEWSLETTER

Welcome to Innovate. Our Christmas Edition!!

I can't believe it is Christmas time again. To celebrate this festive season we will be having a Special on our Massage Gift Vouchers. We are offering 25% OFF all Massage Vouchers purchased between now and Christmas. If you have a friend or family member who you think could benefit from a Massage please don't hesitate to contact us so we can help you out. It is a fantastic present to give. Who wouldn't want to receive a Massage Gift Voucher!!!!

We have some more exciting news here at ISP. If you have been into the clinic recently you may have seen or heard our news. Sarah and Dan are Pregnant

with their first baby due in March 2014.

This newsletter we will be covering topics on Hypermobility Syndrome, Acupuncture, How to prevent numb feet when cycling and Massage for Injury Rehabilitation. Our "Meet the Staff" section will feature Jann this month.

We hope you enjoy reading this month's newsletter. If you have any topics you would like us to cover in our next newsletter please let us know.

From the team at **Innovations Sports Physiotherapy**

Pilates Update

Term 4 is well underway. We are currently taking expressions of interest for next term. If you are interested in attending our Pilates classes please call us on 9960 3798.

Term 1, 2014 dates are 3rd February to 12th April. This is a 10 week term. For a copy of our Timetable please ask reception.

If you would like to start Pilates with us in 2014 get yourself on the wait list now. Speak to reception to organise this.

Have you met Physiotherapist Jann Armstrong?

60 Seconds with Jann:

What is your role at ISP?

I work in the clinic three days a week. Treating a variety of musculoskeletal problems. I also take Pilates classes regularly and enjoy seeing the progression of patients from acute "hands on" treatment to exercise based treatment in a class situation.

Why did you become a physio?

I have always participated in many sporting activities, along with family members – all of who visited the local physio. Add to this an interest in anything medically related, a career in physiotherapy seemed to combine both of these interests.

What are your hobbies or interests outside of physio?

I am a keen golfer and this occupies much of my time away from work. Walking is another activity I enjoy and this year I participated and in the Sydney Coastrek which was challenging but also fun! Travelling is another interest (to lots of wonderful golf courses!) I will spend more time doing this a little further down the track! I have enjoyed combining these activities with family time – my husband and two sons are all keen golfers and the rivalry is intense!

Do you have any special interests within Physio?

I have always enjoyed the variety of conditions as a general physio both acute and chronic. I particularly enjoy the challenge of helping to correct the physical components to improve a less than perfect golf swing! And I can certainly identify with that!

Acupuncture (Dry Needling) for the Treatment of Pain

By Chrissie Eves

What is the difference between Dry Needling and Acupuncture?

Acupuncture is based on traditional Chinese medicine and Dry Needling is based on Western medicine research. It is called “dry needling” as there is no solution injected from the needle. The needle itself produces physiological effect and change to the muscle tissue.

What are trigger points?

When an injury occurs the muscle tissue goes into a “protective” state to prevent further damage, decreasing blood flow to the area. A build up of scarring forms a muscle knots and often feel like a rubber band like nodule called a “trigger point”.

How do trigger points cause pain?

Trigger points limit the ability for the muscle to function (contract and relax properly) causing pain and sometimes nerve irritation; which can radiate locally or refer to other areas sometimes distant from the trigger point itself.

How does dry needling/acupuncture work?

Dry needling targets trigger points, which may elicit local tenderness, referred pain or a local twitch response. It will then produce physiological changes to the damaged muscle tissue including an increase of blood flow to the area to assist the inflammatory stages of healing. Which will result in reduced pain and an increase in ease of movement.

Types of conditions dry needling can help:

- Lower back pain
- Neck pain and headaches
- Knee pain
- ITB syndrome
- Hip and gluteal pain
- Plantar fasciitis
- Achilles tendinosis
- Sciatica
- Acute or chronic swelling
- Reducing muscle tension and spasm
- Tennis/golfers elbow

What to expect after treatment:

- Increased ROM
- Decreased Pain
- You may have some soreness lasting between a few hours – day and/or occasional bruising

Did you know that both Chrissie and Sarah implement Acupuncture into their treatment of peoples pain at ISP.

Hypermobility Syndrome - What it is and How to manage it

By Jann Armstrong

Do you know someone who is “double-jointed”? Always spraining ankles or even dislocating kneecaps and shoulders? They may have joint hypermobility syndrome.

This is a condition that features joints that easily move beyond the normal range expected for a particular joint. Doctors use the Beighton scale to diagnose this syndrome with excess mobility in specific joints – little finger, thumbs, elbows, knees and lumbar spine. It has been estimated that 10-15% of normal children have hypermobile joints. Pregnant women can mimic hypermobility with increased laxity of their soft tissue in preparation for childbirth.



This syndrome may present no symptoms and so no treatment is required. If however there is recurrent injury and pain, physiotherapy can be very useful for the following reasons:

- To improve muscle strength and fitness
- To improve posture
- To improve balance/proprioception
- To correct the movement of individual joints

A careful assessment of problems specific to the patient enables the physiotherapist to tailor a treatment program. Most importantly exercises to promote stability around those hypermobile joints. It is also important to manage the exercise with “pacing” i.e. balancing periods of activity with periods of rest. The good news is that with the ageing process, hypermobile joints usually become stiffer and so less problematic!

So if this is a familiar picture of yourself or someone you know, physiotherapy assessment and treatments can help in the management of this syndrome.

Why do my feet go numb when I cycle?

By Sarah Thomson

This is a very common question I hear around the triathlon world. Generally this is associated with Ironman or 70.3 events however I do hear some Olympic distance athletes report this sensation as well.

What can cause the numbness?

There are many factors that can cause numbness in the foot when cycling. To start with we need to know where the numbness is. Different things can cause numbness in different parts of the foot.

Generally, numbness means that messages from a nerve are being blocked. This can be compression of a nerve or the compression of the blood supply to the nerve.

There are many things that can cause numbness in you feet when cycling including:

- Poor bike fit
- Poor cleat position
- Shoes too narrow/ tight/ small causing compression of the interdigital nerves (nerves that run between the long bones in your feet)
- Referral from lower back/ sciatic nerve (L5-S1)
- Poor Pedaling technique → Pushing too much during your pedal stroke
- Poor arch support (if you need this)

This list of causes unfortunately doesn't cover every possible cause but does cover the most common.

What should I do to fix the problem?

As you can see there can be many causes of this problem. If you are suffering with this I would start by getting a **proper bike fit** done. This is vitally important for the longevity of your cycling/triathlon career. It will not only make you a more efficient cyclist but will prevent future injuries. This should include **adjustment of your cleat position**. During your bike fit session I would also have a chat about your cycling technique. Get the bike fitter to **assess your cycling technique** and give you some pointers about how to correctly cycle. There are plenty of drills around as well that they should be able to run through with you.

Whilst you're at it I would also have a **look at your cycling shoes**. How do they fit? Are they too small/ narrow or tight? Is there any area of your foot that is being squashed too much? Does the tongue of the shoe dig into your foot. All of these things can cause numbness in your foot. If any of these things are occurring get down to your local bike shop and invest in some new proper fitting shoes. Make sure the bike shop fit the shoes to you feet.



If after all of this you are still experiencing the numbness in your feet you should **seek the assistance of a professional**. A physio with knowledge of cycling is a good place to start. They will be able to **assess your lower back/ pelvis and surrounding muscles** to see if there is anything here that can be causing your problem.

They will also be able to **assess the biomechanics of your feet** to see if soft cycling orthotics may be appropriate. If this is the case then you are best off being referred to a Sports Podiatrist who again has experience with cyclists. They will be able to make you a pair that will be unique to your feet.

Hopefully after you go through this process you will have solved your numb foot issue and cycling can become enjoyable again.

Massage and Injury Rehabilitation

By Daniel Howitt

Are you on the comeback from Injury?

Have you considered a massage to assist your rehabilitation?

Massage is a great supplementary therapy for those recovering from a recent injury. Our body will naturally protect an injured body part by contracting surrounding muscles to prevent further trauma to the area.

Further to this, in many cases we will minimize use of the injured site by making the opposing side take over a large majority of the workload.

A prime example is when you injure your foot or ankle. You will more likely place more pressure through your opposite leg. Over time this will cause muscular tension through the overworked muscles, while the injured side will remain tense, as well as having reduced circulation through lack of use.

Once the injury has healed, many people will suffer from muscle tightness or pain and in some cases injure themselves from overstretching tense muscles.

So why not take a little time out of your day and prevent further injury, speed up recovery and relax with a massage from a fully qualified Remedial Massage Therapist.