

Matthew Hearn

PHYSIOTHERAPY



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November 2021 Newsletter

WELCOME TO OUR NEWSLETTER

Hi everyone, and welcome to our November 2021 edition of our newsletter! Just to fill you in on what's been happening.....

READ MORE



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FEEL GREAT IN YOUR BODY TODAY

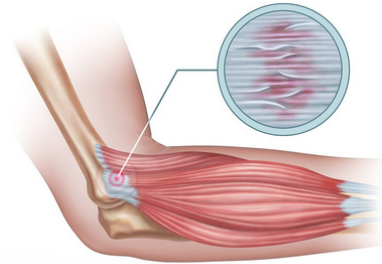
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MATT'S BLOG – TENNIS ELBOW:

Tennis elbow is defined as an overloading issue of the tendons in the forearm. This can occur in two main circumstances, 1) single over use activity such as pulling weeds for a few hours or hammering on a home building project all weekend when your not used to that activity. or 2) a long term overloading of these tendons, such as the start of a new tennis session or prolonged desk type work on the computer when in slouched position.

Pain is usually sharp and very localised as shown in figure 1.



This is the point where the tendon attaches to the forearm bone. Within the literature the current thinking is that tendinopathy is not. An inflammatory injury is more an injury whereby the little fibres that make up a tendon (tenocytes) become disorganised and highly irritable causing you to feel pain. Often a lack of mid-back / shoulder blade strength and stability is associated with greater loading of the wrist and forearm muscle especially with desk/office workers. The risk of developing tennis elbow is also increased with people that have rounded shoulders. It is diagnosed by your physio using some specific tests which activate the specific tendon involved in causing the pain along with palpitation of the site of injury.

INITIAL SELF TREATMENT:

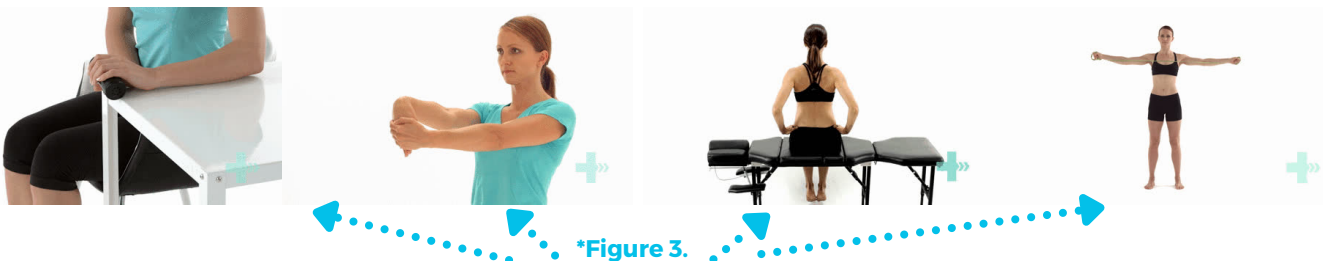
If it is a type 1) and a recent pain within the last week from one activity the best way to manage it is to rest from gripping activities, ice over the site of pain 3x per day by using an ice pack wrapped in a tea towel for 15 minutes. Also a simple bracing or taping can be used to minimise the pain (If using tape be careful of any reaction to the tape). See figure 2.



Once the initial pain has settled, you can start to do some stretching exercises (Figure 3) self massage over the muscle of the wrist and slowly return to using the wrist over the following 2-3 weeks especially taking care with returning to gripping activities such as at the gym.

TYPE 2: This is where the tendon molecules are structurally disorganised and takes a longer period of time to settle, usually 3-6 months. Initially for 1-2 weeks complete the same process as for type 1. In the clinic at this point your physiotherapist would do some manual therapy to settle down the tight muscles/stiff joints by using a variety of methods such as dry needling, massage therapy, cupping, mobilisations, nerve glides and correcting biomechanical movements or techniques causing the initial pain. Then we start doing exercises to specifically load the tendon eccentric loading. With this method you should usually expect a little bit of pain to stimulate the tendon to reorganise the fibres of its tendon. See figure 3*.

Also this is where at MHP we would also look at the shoulder and strength across the shoulder blade which take the load off the forearms. - **Matthew Hearn (Principal Physiotherapist)**



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POTENTIAL EFFECTS OF MASSAGE:



Massage has beneficial effects on mood, tiredness, fatigue and pain, although "we must never forget that success of massage depends on multiple effects inextricably linked to one another" Stork and Hoffa (1985).

Technique to release restrictions on the fascia and postural musculature that connects to the skull. Thumb pressure is very soft at the temples, while the other fingers hold the occipital bone, supporting the skull. Slight traction is maintained in the cranial direction at the same time of expiration and is slightly loosened on inhalation, which results in a pumping movement to the whole area. This technique provides great comfort and can be used at the beginning or end of treatment. - **Dr Washington Chaves**

Biomechanical Effects

Mechanical pressure on the tissues

Decreases tissue adhesion.
Decreases muscle and fascia hypertonicity.
Increases range of motion of joints.
Myofascial rigidity decreases.

Physiological Effects

Facilitates change in tissues and organs

Activates blood and lymphatic circulation and affects drainage
Increases the flow of diuresis and renal filtration, eliminating metabolic waste products..
Induces relaxation and well-being

Neurological Effects

Reflex Stimulation

Decreases Neuromuscular excitability.
Decreases muscle tension
Decreases painful sensations

Psychoemotional Effects

Increased body-mind awareness

Provides a sensation of exudation and relaxation
Reduces anxiety levels.
Movement provides the restoration of the motor image after injury.

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PRODUCT OF THE MONTH

THE POCKET PHYSIO

The pocket physio is a handy tool to use for self massage and release work for when you want to get into some smaller areas which can be hard to get to properly with a trigger ball or foam roller. It's designed to sit against the wall where you can lean on it, or to stand up on the floor where you can lie on it, or it can be handheld and be a real thumb and finger saver. So let's have a look at some ways you can get the most out of your pocket physio....



If you suffer from neck stiffness or even headaches you might be able to give yourself some relief by doing some trigger point releases on the muscles in the upper part of your neck. The pocket physio is designed so that you can massage the muscles on either side of your spine without putting direct pressure on the spine itself. So cup the pocket physio in your palm, bring your hand behind your neck and position it so that the groove sits over bony part of your spine. Apply some pressure, feeling for any tender points and hold until the tenderness has eased. If your pain is more on one side of your neck you can flip it over and use the other point.

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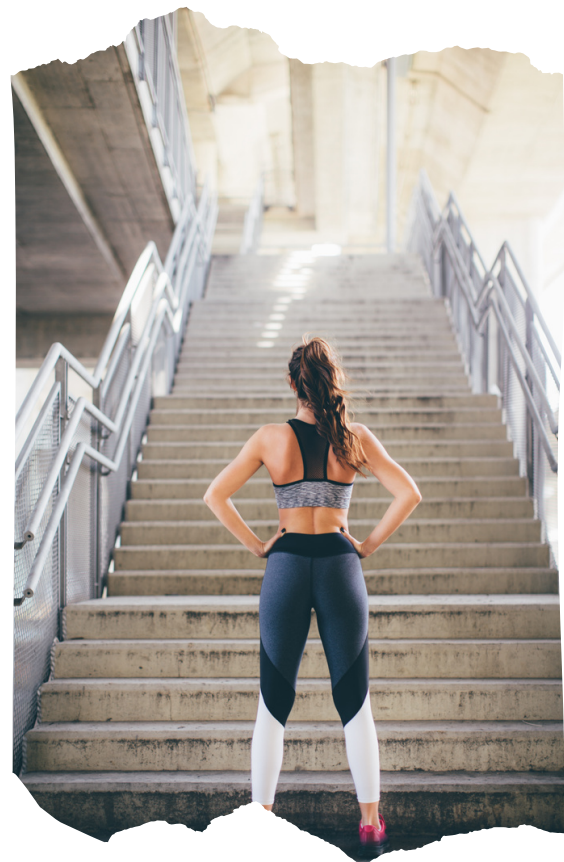
KIDS CORNER (CHILD RELATED SPORTS ACTIVITIES):



- November 2nd - Free Skateboarding Sessions (4:30pm) Oaklands Recreation Plaza • Oaklands Park, SA
- November 6th - Fawk Reserve Family Fun Day (2pm) Fawk Reserve • Athol Park, SA
- November 10th - Free Cricket Coaching Sessions (4pm) Glandore Oval • Glandore, SA
- November 10th - Free Volleyball Coaching Sessions (4pm) Cadell Street Reserve • Seaview Downs, SA
- November 11th - Free Athletics Program (4pm) Hazelmere Road Reserve • Glengowrie, SA
- November 14th - Free Golf Coaching - Juniors (2pm) Echunga Golf Club • Echunga, SA

UPCOMING EVENTS:

- November 3rd - Veteran Sailing (5pm) Cruising yacht club of South Australia • North Haven SA
- November 6th - 2021 Blind Golf South Australia Junior Championships (10am - 1pm) North Adelaide Golf Links Par 3 course • War Memorial Drive.
- November 6th - Babes on Bikes (10am) Victoria Square • Tarntanyangga to Adelaide Oval.
- November 7th - SA Muay Thai League (7:30am) Noarlunga Aquatic & Recreation Centre • Noarlunga, SA.
- November 7th - "Not so City to Bay" Running for premature babies (8am) Colley Reserve • Glenelg, SA.
- November 7th - Sportscar Sunday (3:30 - 6:30pm) Waite Oval • Fullarton Road.
- November 12th - Kangaroo Island Oats WILDROO Ultra Trail Marathon (6:30am) Penneshaw • Dudley Peninsula, SA.
- November 13th - Queer Sporting alliance Exhibition Match (5:30pm - 7pm) Wayville Sports Centre.
- November 13th - Powerslam 15 - Pooraka, SA.
- November 16th - Australia VS England Ashes Outdoor (1pm-10pm) Adelaide Oval
- November 28th - SA Come & Try Day: Wheelchair Tennis, Para-badminton and Para-table tennis (9am-11am) The Lights Community and Sports Centre.



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