

Matthew Hearn

PHYSIOTHERAPY

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August 2021 Newsletter

WELCOME TO OUR NEWSLETTER

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

READ MORE



What's New

- Normatec Dynamic Air Recovery.
- Cupping Therapy.
- RPG (Global Postural Re-education).- Washington Chaves

Blogs

- Managing Lower Back Pain - Matthew Hearn

Upcoming Events

- September 2021 sporting events.
- "Did you know?"

FEEL GREAT IN YOUR BODY TODAY

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WHAT'S NEW

NORMATEC DYNAMIC AIR RECOVERY:

Dynamic air recovery effectively mimics the muscle pump of the legs and arms, enhancing the movement of fluid and metabolites out of the limbs after an intense workout.



BENEFITS:

- Enhances blood flow and speeds up recovery.
- Integrates your recovery session seamlessly into your training plan and control your session directly from your phone.
- Flush out soreness and bring oxygenated blood to the part of the body furthest from the heart.

CUPPING THERAPY:

- The action of the cups facilitates movement of your soft tissues. Instead of pushing downwards the soft tissues are pulled upwards into the cups by the vacuum.
- Sometimes our soft tissues become tense, especially after an injury, chronic tension, stress, or simply from overuse.
- The cupping creates space between the soft tissue layers of your skin, fascia and muscles. This space allows for freedom of movement.



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Feel free to ask questions!

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WHAT IS GLOBAL POSTURAL RE-EDUCATION?

- A treatment that involves reproducing various everyday positions (sitting, standing, lying, leaning forward, etc).
- A better understanding of your body mechanics.
- An ongoing quest to get to the cause of the problem.
- Active involvement in long-term learning

TREATMENT BENEFITS:

- Control or elimination of pain and symptoms.
- Increased flexibility and mobility.
- Improved posture.
- Improved body awareness.

TREATMENT BENEFITS:

- People of all ages (children, adolescents, adults, and seniors).
- Athletes as well and vulnerable individuals.
- Pregnant women.
- Anyone seeking a whole- body treatment.



- Washington Chaves - Remedial Therapist



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MATTHEW HEARN – PRINCIPAL PHYSIOTHERAPIST MANAGING LONG TERM LOWER BACK PAIN:



Did you know up to 85% of people will suffer lower back pain throughout their lifetime. There are many different structures whereby pain can exist or originate from, including tendons and joints, vertebral discs, muscles, nerves and bones.

This article aims to give you some tips to self manage long term lower back pain.

Long term back pain > 3-6 months - usually this is signified by constant aching especially when initiating movement, eg getting up from a chair after prolonged sitting. Pain may tend to be hard to locate as it will move around each time you notice it. You may feel that you live with a heat pack on, as it is the only thing that seems to help.

Usually this pain is coming from two major sources:

- The Brain - which is where pain signals are felt, the pain receptors in the back are hyped up and over active which signals the brain with increased pain inputs. The brain then responds by telling all the muscles around the lower back tense up in an attempt to protect the area.
- Tightness of all muscles in the lower back which start to compress the vertebral joints causing inflammation and pain. This will then lead to posture changes such as anterior tilt of the pelvis (rolling the bum out) so the muscles don't feel as tight. This may feel better initially although, the problem here is that now there is a lot of force going through the front of the hip and thigh which often leads to knee pain.

THE FIX - It is very well studied and absolutely conclusive that the best thing to do here is to be active and move. Walking (as physically tolerable) is great for this as it increases blood to the lower back muscles which helps them relax. Also it enables the vertebrae bones to move which reduces stiffness and pain. Furthermore by walking and increasing blood circulation, this helps to remove inflammation from the affected area.. So when in doubt, go for a short walk. Another great whole body exercise is hydrotherapy - a fancy word for saying go for a walk in water. This is great to take pressure off the muscles and joints, due to buoyancy of the water it reduces stress on the joints by up to 30%. Therefore it will enable the body to move with less protective pain signals by the brain.

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MATTHEW HEARN – PRINCIPAL PHYSIOTHERAPIST

STRETCHES - although it may hurt at first as you should settle as the muscle relaxes if you can hold each position for 1 minute is ideal, and repeat stretches 3-5 times daily.

Common stretches I give clients for long term back pain are: Hamstring, quads, hip flexor (psoas), lower back (child's pose).

Hamstring stretch with strap:
1 set / 1 rep / 1 min hold



Quadriceps stretch - side laying:
1 set / 1 rep / 1 min hold



PSOAS Muscle stretch:
1 set / 1 rep / 1 min hold



Childs Pose kneeling (Warm Up):
1 set / 1 rep / 1 min hold



EXERCISES - This is the most important part, as strengthening will enable long term change. The initial exercises I give my clients in the early phases of long term lower back pain are bridge rolls, knee rocks, dead bugs, roll downs, band pull apart.

Pelvic tilt into bridge:
1 set / 15 reps



Bent-leg body twist variation - knee rocks:
1 set / 15 reps



Dead Bugs:
1 set / 15 reps



Upper body standing roll:
1 set / 15 reps



Remember the brain will not like you initially as it is in protective mode and will most likely signal that these movements are painful. With long term lower back pain be assured that structurally there is no injury anymore to the lower back itself. If there was a previous injury usually they have actually healed at the site of the lower back.

FINAL NOTE - This article is not meant to replace the need for medical advice and there can be many instances whereby getting checked out by a physio is important such as, if you're having fevers, general fatigue constantly, pins & needles down the legs, pain coughing/sneezing, localised catching pain walking, numbness, or if pain continues to worsen with these exercises it is important to see your physio for a professional assessment.

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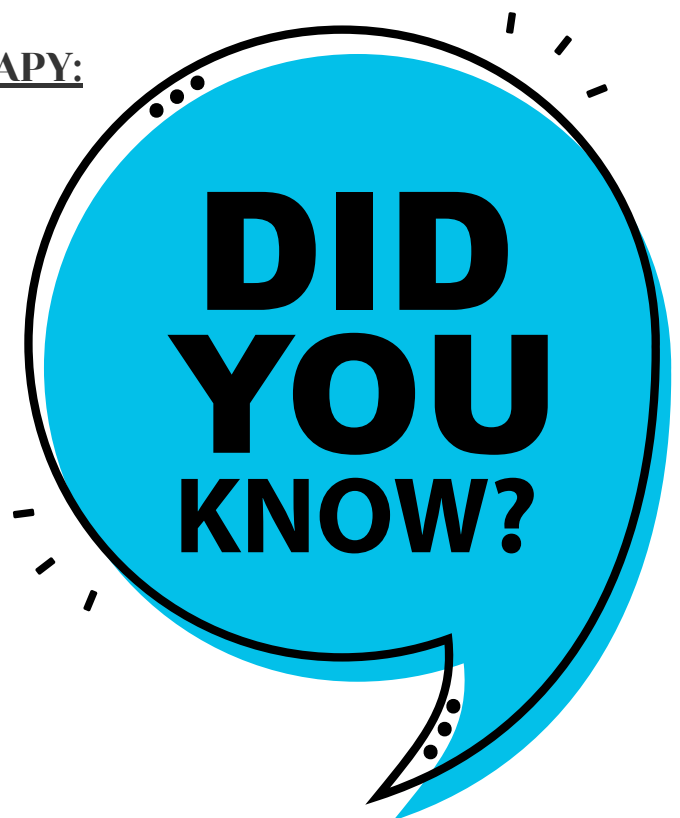


MUST SEE COMMUNITY EVENTS:

- 5th September: Moana Duathlon
- 5th September; Cobler Creek Trail run
- 10th September: SA Hill climb championships
- 12th September: Adelaide Pizza Run
- 19th September: City to Bay Run
- 20th September: Mini Ball Skill Basketball SA
- 22nd September: My disability Sports SA multi sports day
- 26th September: Yurrebilla Ultra 2021

SURPRISING FACTS ABOUT PHYSIOTHERAPY:

1. Obesity can be managed at a physiotherapy clinic.
2. Physiotherapy can be used to treat vertigo.
3. Physiotherapy has been around for thousands of years. (physiotherapy was invented by Greek physician Hippocrates who is considered the “Father of Medicine.” In 460 BC, Hippocrates used hydrotherapy to treat patients.
4. You not need a referral to see a physiotherapist. This eliminates any hassle involved with beginning a physiotherapy program.



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