

TRAVEL DESTINATION: MIRISSA – SRI LANKA

What does a physiotherapist do?

Physiotherapists do a lot more than just fix peoples aches and pains. Many people have been seeing a physio since childhood! But for those who have never seen a physiotherapist before they may not be sure what they actually do. Unsurprisingly this is one of the most common questions a physiotherapist gets.

What is it that physiotherapists do?

There really isn't much a physiotherapist can't do. Depending on what the physiotherapist specializes in might vary the answer you receive when you ask what they actually do. For the most part physiotherapists are experts in pain management and work with patients who may have a new injury or those who have had ongoing problems. They are able to identify what the cause of the pain is and then provide the appropriate treatment to help the problem. They might use manual therapy techniques, dry needling, exercises, ultrasound or many other things to help in your treatment. They also provide excellent education and management strategies to help patients understand what their problem is and help to reduce their pain.

While pain is usually the first thing that brings patients to see a physiotherapist, this pain has often caused patients to give up activities that they love and can even be getting in the way of everyday tasks. Many of us reduce our activity levels to reduce pain without even realizing it. Physiotherapists are able to identify which areas you are struggling in and why this is occurring. By identifying the cause of your symptoms, we can help to get you back to full function. Physiotherapists are able to do this for

everyone including elite athletes and those dealing with serious disabilities.

In fact, physiotherapists have a role to play at practically every stage of life. We can assess infants to monitor their motor skills development and as they grow we help them deal with the pains and vulnerabilities of a growing body. Among other things, we can help improve the function of athletes, assist in preventing injuries, help those with pelvic floor dysfunction and work to prevent falls in the elderly.

Not just exercises and massage.

Physiotherapists offer a range of treatments, from targeted stretches, manual therapies, dry needling, exercises and massage. Physiotherapists are also committed educators and take our role as such seriously.

A huge part of recovering from pain and injury comes from understanding what is happening and how to best manage these issues. Rather than create a dependency on their therapist, we aim to empower our patients to improve their health independently as much as possible.

Physiotherapists aim, to improve your quality of life and remove any barriers to full participation, whether these barriers are due to pain or weakness.



HEALTH DYNAMIX

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OCTOBER 2019



Brain Teasers

FINISHED FILES ARE THE RESULT OF YEARS OF SCIENTIFIC STUDY COMBINED WITH THE EXPERIENCE OF YEARS

The Question: How many times do you see the letter F in the sentence above? Count them only once!

Balance Challenge #1

Stand on one leg on a folded pillow.

An unstable surface challenges your ankle's proprioception (position sense)

How long can you do this on each leg?

Go to www.oneleg.physio to see how you do compared to everyone else.

PhysioTip

Improving your balance is surprisingly easy to achieve and can have a big impact on improving injury and fall rates.

Femoroacetabular Impingement

What is it?

The hip is a ball (the head of the femur) and socket (acetabulum) joint which usually moves freely without any friction. If there are any changes in the ball or the socket it can cause the surfaces to rub on each other and become irritated. This is known as Femoroacetabular impingement or FAI, a common disorder of the hip, characterized by pain and stiffness.

FAI can be classified as cam, pincer or mixed. A cam FAI occurs when the ball of the femur head and where it joins the rest of the femur is flattened or has a small bump on its surface. Pincer type of impingement occurs when the acetabular rim extends slightly, causing the femur to be impacted. Cam impingement is more common in men while pincer impingement is more common in women. However, most cases of FAI (about 85%) are mixed, meaning they both have cam and pincer types of impingement.

What are the symptoms?

The most common symptom of FAI is pain located in the hip or groin when resting in certain positions or with specific movements. Some patients also report pain in the back, buttock or thigh. Other symptoms include stiffness, loss of

movement range (particularly of the hip), about to give way.

Activities that cause the incongruous surfaces to move over each other repeatedly are naturally the main culprits for causing symptoms. These can include prolonged sitting, twisting, sitting with crossed legs, squatting and climbing stairs can all aggravate the pain caused by femoroacetabular impingement.

What are the causes?

There are many factors that may cause an individual to develop femoroacetabular impingement including;

- Hip dysplasia or malformation during infancy/childhood
- Repetitive stress on the hip
- A femoral neck fracture that did not heal properly (malunion)
- Small bony growths around the joint called osteophytes.
- Normal anatomical variation

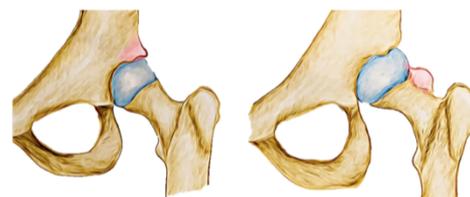
How can physiotherapy help?

There currently is no single best treatment for FAI as there is still lots of research happening. It is thought that untreated FAI can lead to osteoarthritis of the hip down the track and there are both surgical and non-surgical options for treatment. Conservative (non-surgical) management for FAI involves core stability training, strengthening exercises for the lower limb specifically the hip and postural balance

exercises. This program aims to improve the hip's neuromuscular function. A hydrotherapy program can also be helpful as it reduces weight through the joint, making movements more comfortable. Lastly, a home exercise program is made for patients, so they can continue treatment at home. For many people, physiotherapy is enough to resolve their symptoms and prevent future problems, however others may require surgery.

With surgery, hip arthroscopy is the most common procedure for this disorder and is used to change the shape of the joint slightly so that there are no points of irritation with movement. After surgery, patients are usually referred to physiotherapy for rehabilitation.

None of the information in this newsletter is a replacement for proper medical advice. Always see a medical professional for advice on your individual condition.



Pincer Impingement Cam Impingement

Brain Teaser Answer:

The answer is 6, but many people only count 3.

Grilled Avocado Guacamole

Ingredients:

- 4 Avocados
- 3 Roma Tomatoes
- 1 Small Red Onion
- 2 Limes
- ¼ cup Coriander, chopped
- 1/2 tsp. Salt
- 1/2 tsp. Black Pepper
- ¼ tsp. Cumin
- ¼ tsp. Paprika



1. Lightly grease a grill or pan with olive oil and place on medium-high heat
2. Cut avocados in half, remove the seed, keeping the skin intact. Place avocados face down on the grill for a few minutes, allowing them to brown slightly. Remove from heat and allow to cool. Cut tomatoes into halves and grill face down for 2 to 3 minutes. Remove from pan and allow them to cool. Cut onions into large rings and place on grill for 2 to 3 minutes, each side. Repeat this process with halved limes, grilling for 1 to 2 minutes.
3. Once cooled, remove the skins of the avocados. Cut all vegetables into small pieces and mix into a bowl. Mash the ingredients together, adding chopped coriander, seasonings and the juice of the grilled limes, until completely combined.

Serve with tortillas or corn chips.



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