

Move. *well*

Newsletter August 2010

Thank you for reading our e-newsletter, we hope you enjoy these snippets of news, updates and physiotherapy tips!



Upcoming course dates...

Meditation - Third series of classes:

Begin at Malvern on the 3rd of September and will be held on Friday afternoons at 4.30 – 5.30pm. This four-week course will conclude on the 24th of September.

Cost: \$100 Health rebates apply.

Beginner's Pilates— Excellent beginners option or a great way for those returning to Pilates after a break to refresh the basics

The next series of classes run at Malvern will commence on the 24th of October and each standalone class will be held on Saturday mornings from 11.30—12.15pm.

Cost: \$128 Health rebates apply.

Our apologies...

Due to a major software problem with the HICAPS software, we (like many other clinics in Adelaide) have been unable to take payments in the last 2 weeks.

We anticipate the delivery of a new HICAPS machine within the next 2 weeks.

Please accept our apologies for any inconvenience caused during this time.

News from The Headache Clinic...

'Tension Headache' or 'Migraine without aura' or 'Mixed' headache?

A study from Spain demonstrated that diagnosing headache and migraine cannot be done from symptoms alone:

105 GPs were asked to examine and treat a patient who was considered (according to the International Headache Society's diagnostic criteria) to be suffering migraine without aura.

46 diagnosed migraine correctly, 41 diagnosed the patient as tension-type headache, whilst 17 concluded 'mixed' headache and one GP was unable to diagnose the patient. 103 recommended anti-inflammatory medication as symptomatic treatment. 'Triptans' (anti-migraine medication) were recommended by 67 GPs (including 15 of the 41 who had diagnosed the patient as tension-type headache). Preventive treatment was not considered by 30 GPs. A total of 66 GPs would prescribe beta-blockers (13 of the 41 who diagnosed tension-type headache), 35 amitriptyline (of whom 23 diagnosed tension-type headache) and the remaining 9, other treatments.

I have always maintained that a 'diagnosis' is not particularly useful - this study supports my clinical experience - what is the point of a diagnosis? The key to successful management is finding the source of the sensitization; whilst the triptans may decrease the sensitization they do not remove the source.

At The Headache Clinic we work to complement General Practitioners by providing a skilled examination of the structures of the upper neck to identify relevant disorders - this involves temporary reproduction (and easing as the technique is sustained) of familiar head pain.

Cheers,

Dean

Dean H Watson, Principal, The Headache Clinic

Pascual J, Sanchez A, Castillo J Difficulties for diagnosing and treating migraine among general practitioners *Cephalalgia* 2009;29(Suppl. 1):1-166

© 2010 & Beyond. Watson Headache Institute, All Rights Reserved.

Move. *well*

Newsletter August 2010

Beauty sleep: are you getting yours?

Part 1:

We all know we need to eat well and get plenty of exercise to enjoy good health. But not all of us understand the critical importance of a good night's sleep.

A good night's sleep involves getting both the right quantity and the right quality of sleep to meet your needs. Since we spend on average, a third of our lives in bed, it makes sense to choose one that will support your body and help you avoid stiffness, aches and pains, and back problems in later life.

Physios also recognise that the pillow you use plays a large part in how well you sleep and how well your body responds to the sleep. The wrong pillow can also contribute to neck pain and headaches. A pillow should support your neck and spine (as if you are in correct standing posture) whilst sleeping. This means creating a straight line from your neck to the base of your spine. The pillow should mould to the shape of your head and neck to provide correct spinal alignment. Pillows should be replaced when they no longer provide adequate support for your head and neck.

We have a range of "neck friendly" pillows available for short-term loan and purchase here at Move (onsite at the Malvern clinic). The range of Tontine brand pillows are endorsed by the Australian Physiotherapy Association (APA).

Please see our reception staff for details.



Staff Profile: Karen Bradshaw

Position at Move and Qualifications

Practice Manager

What do you like best about your work?

The variety of tasks involved and the contact with our patients. Getting to know the regulars is a great part of the job

What keeps you busy on the weekends?

I have a 16 year old daughter with a busy social life which keeps me busy! I also love to get out into my garden as much as possible. We love having friends over as much as possible for great BBQS!



Did you know...

- Physiotherapy, as a profession, started in Canada just before the end of World War I, when it was evident that some form of physical rehabilitation was needed for the returning wounded servicemen.

- One quarter of the bones in the human body are in the feet... Yes it's true, the human foot is a highly specialised structure containing 26 relatively small bones, more than 150 ligaments and an intricate network of muscles, nerves and blood vessels.

Move. *well*

Newsletter August 2010



Fancy some fish oil?

Studies continue to find evidence that the humble fish oil could be beneficial for eyesight, osteoarthritis, asthma sufferers and even weight loss...

It's no secret that fish oil supplements can help reduce the pain of arthritis and support healthy heart function. Recent evidence has demonstrated that fish oil may have a much broader health role.

The fatty acids found in fish, and in higher concentrations in fish oil supplements, have been linked to more rapid weight loss

(when combined with exercise!) and improvements in the eyesight of premature babies. Now a South Australian study has found asthmatics taking fish oil cope better by reducing inflammation of the airways. This has had a positive impact by decreasing sick days, hospital visits, and visits to the GP.

Watch this space: scientists are also investigating the effects of fish oil on heart attacks, on ADHD in children and on memory in older people.

PREPAY – UP AND RUNNING!

Pilates, Hydrotherapy and Pre and Post Natal classes can now be purchased in pre-paid blocks of 8 with a 12-month expiry date.

This service offers you:

11% discount off the price of each individual class

No waiting in line at reception to pay – you can breeze in and breeze out and,

The **flexibility** to use your prepaid classes over a full 12-month period

E-newsletter

If you do not wish to receive our Move newsletter please email us at info@movephysio.com.au.

Cancellation policy

We ask that all clients please ensure they give at least 6 hours notice for a physiotherapy appointment and 24 hours for a pilates class they wish to cancel. We do have a busy waiting list and your early call will help us to offer the appointment to someone else.

All missed appointments will incur a cancellation fee.
Thank you for your understanding and co-operation.

Malvern – 5/259 Unley Road Malvern 5061

Hazelwood Park – 468 Greenhill Road Hazelwood Park 5066

Adelaide City – 70 South Terrace Adelaide 5000