

reactivate

PUTTING **ACTIVITY** BACK INTO YOUR LIFE

Quarterly **PHYSIOSOUTH** Newsletter

Spring 2006

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Clinic Locations

PHYSIOSOUTH

167 Colombo Street

PHYSIOSOUTH@ PROFITNESS

Moorhouse Avenue
Harvey Norman Building

PHYSIOSOUTH@ PROFITNESS

Northwood
Belfast Supa Centre

PHYSIOSOUTH@ PIONEER

Pioneer Leisure Centre

PHYSIOSOUTH@ MOORHOUSE MEDICAL

3 Pilgrim Place

PHYSIOSOUTH@ LINCOLN ROAD MEDICAL PRACTICE

92 Lincoln Road

PHYSIOSOUTH@ KAIAPOI

Unit 6 /77 Hilton Street

PHYSIOSOUTH@ CRICHTON COBBERS

177 Chester Street East



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LEADING YOUR RECOVERY

PHYSIOSOUTH have recently taken the initiative of putting our head clinicians, directors and operations managers through a two day leadership course. Our daily tasks involve leadership at all levels and indeed our head clinicians are selected for their ability to lead a team. This training enhances those strengths; however one of our fundamental beliefs is that we need to be strong self leaders in order to lead and motivate our clients to higher functional goals and achievements.

Additionally, **PHYSIOSOUTH** has just employed a full time trainer to work with our clients, under supervision of our physiotherapists. We welcome Pam Mallison to the team. Pam will be based at Profitness Moorhouse and will also service Profitness Northwood. We have also employed part time trainers at Pioneer (Dan Hibbs) and Kaiapoi (John O'Brian from 02 Wellness). Lastly we have completed our professional team with the inclusion of nutritionist Dane Fuller, you will be hearing more from Dane and Pam in subsequent newsletters.

Graeme Nuttridge,
Director **PHYSIOSOUTH LTD**

Otago Falls Prevention Programme Starts

The Falls Programme is an initiative from ACC – a Think Safe Community Project. It is aimed at reducing the risk of falls and associated injuries in a specific population.

The targeted population is:

- People over 80 years of age (or 65 years for Maori and Pacific Island people)
- A fall in the last 12 months (including slips/trips)
- High risk of further falling

The programme consists of a series of home visits and phone calls carried out by a physiotherapist. An exercise programme designed to reduce the risk of falling will be implemented, monitored and progressed as appropriate over a 12 month period.

Referrals will be accepted from doctors, nurses, physiotherapists, allied health professionals and also people who self refer. Referrals to **PHYSIOSOUTH** can be made by calling any of the clinics or by written referral. It is a good idea to include the following in a referral: name, DOB, address, date of last fall, any relevant medical information and medications and patient consent. Participants must be self motivated and able to carry out a set programme independently once taught.



Is your life in order?

A HOLISTIC APPROACH TO INJURY TREATMENT

'You Cannot Fix the Back if the Life is not in Order' (ref. N Hadler, 2001)

'From Injury to Better Health'

Positive Psychology started in 2000 with Dr Martin Seligman, then president of the American Psychology Association. Its scientific mission is to 'investigate what makes life worth living' and has three pillars, which are;

- Positive emotion
- Positive character and virtues
- Positive institutions

It is a form of applied Cognitive Behavior Therapy (CBT). **PHYSIOSOUTH** is obligated by contractual agreement to apply mild CBT to contracted (ABP) clients. The effects of mild CBT with rehabilitation are superior (Feine & Lund, 1997. Puett & Griffen, 1994. Deyle & Henderson, 2000.) to other monotherapies.

The question and challenge remains: 'if your life is not in order, and is a part of the cause of anyone's disability, how then can it be 'fixed' and put back in order. Often these cognitive disturbances are normal responses to severe adversity or mild forms of more cognitive pathologies (shadow syndromes, Ref. J Ratey) associated with milder forms of adversity. Since 1948 (based on the declaration of human rights) all injury and disease has been partly physical, social and psychological (Biopsychosocial), singularly evident in our EBM of low back pain. Good health is not just the absence of pathology but a state of physical and psychological well-being (Engel 1977, 1982).

Positive psychology offers our clients some extremely simple strategies which can be implemented to assist with the pursuit of 'A good life'. Positive psychology has validated tests (ref. www.authentichappiness.org and applied strategies at a sub-clinical level which are appropriate for our clients. Getting more function, getting fitter and reducing weight, as many of our clients do, creates the opportunity for cognitive change. I do not believe we should let this opportunity go, and cognitive strategies simply must be applied during periods of physical change if they are to have maximum effect (ref. J Ratey, 2004).

Strategies used include:

- Coping with adversity
- Using signature strengths on a daily basis
- Goal setting

EXTENDED SCOPE of PHYSIOTHERAPY PRACTICE

Over the last 10–15 years physiotherapists with post basic degrees and advanced training have been used very successfully in the United Kingdom NHS system to reduce waiting lists and improve efficiency in orthopaedic departments. In many hospital orthopaedic departments, extended scope physiotherapists perform triage, carry out injections and other therapies before referring patients either back to primary/community care or scheduling patients for appointments to orthopaedic consultants. Outcomes are similar to, and in some ways superior to, similar triage carried out by orthopaedic registrars¹. There is now a modest body of research into treatment efficacy, cost efficiency and patient satisfaction showing that this has been a successful exercise for the NHS system²⁻⁶.

In New Zealand there are about 35 physiotherapists recognised by the New Zealand College of Physiotherapists Inc. as having advanced training in orthopaedics and sports medicine, neurology and manipulative therapy. While these practitioners commonly practice as consultants at the primary and secondary care levels, no formal recognition by ACC exists. However, slow progress is being made to rectify this obvious deficiency in the system

PHYSIOSOUTH has two extended scope practitioners: Graeme Nuttridge and Mark Laslett. Physiotherapists working within the **PHYSIOSOUTH** group refer patients internally to Graeme and Mark when progress is slow or if the patient's condition is complicated. Both receive referrals from physiotherapists external to **PHYSIOSOUTH** for second opinions and have excellent working relationships with medical specialists.

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- Managing the three layers of 'A Good Life' (ref. Seligman, 2005)
- A pleasant life
- An engaged life
- A meaningful life
- The deconstruction of the illness ideology

It is neither fair nor reasonable to fix the back, when the back is not the trouble; the real problem is coping with the back. We are not psychologists and will always seek help when appropriate (e.g. severe depression) but these shadow syndromes, which we all have, can fall between the provider cracks in our system but manifest in long term disability.

We aim to provide evidence-based clinical diagnostics and management consistent with classical reductionism theory (physical), to this point we have contracted Dr Mark Laslett as a clinical specialist in his area. However, this is provided in a culture and system which actively manages the psychosocial aspect, a part of CBT called positive psychology. Something simple, focused and effective, which offers rich rewards for those bothered to make the effort to change the way they think.

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