

reactivate

PUTTING
ACTIVITY
BACK INTO
YOUR LIFE

■ CONTRIBUTION ■ LEADING EDGE ■ TEAMWORK ■ RESPECT ■ RECOGNITION ■ FUN

Quarterly **PHYSIOSOUTH** Newsletter

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PHOTO: GRAEME NUTTRIDGE

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NORTH OF NEUTRAL

■ CONTRIBUTION ■ LEADING EDGE ■ RESPECT

Research shows us that people with high levels of life satisfaction have three characteristics, these are;

1. They employ positive thinking habits to maintain a sense of well being
2. They are physically healthy
3. They tend relationships with great care

These three domains (basically physical, psychological and social) have a strong relationship with the medical model (Biopsychosocial). In fact there is a direct and linear relationship. One happens to define what happens and affects us with injury or disease and the other when moving toward better well-being (being the best we can). The concept at **PHYSIOSOUTH** is simple, let's not set goals for zero (the absence of injury) lets move past that, towards performance and thriving. It's really a matter of where you choose to stop.

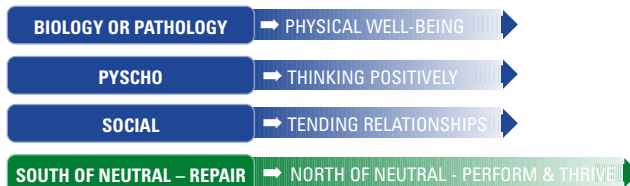
The latest research also shows that working on strengths, the things we are great at; works better more often than trying to fight weakness, or what we are not good at. Sometimes the best results come when we 'get out of our minds and into our lives'. Acceptance and commitment theory suggests we stop fighting battles we cannot win (such as some chronic physical impairment and some cognitive impairment such as mild anxiety and depression) and move forward with life goals. Often the best strategy is accepting that we have impairment, but not listening to it and not letting it affect what we really want to do or achieve.

We are committed to the attainment of physical and cognitive goals that go past zero (absence of injury or despair) to higher levels of achievement. Not only can this be the way forward from injury but also with life and well being. The importance of physical well being, thinking positively and having great relationships is true no matter if we are injured and trying to recover or if we are just trying to be the best we can be.



FIND US ON THE WEB

↗ **The new website is up and running. Whilst still being improved, it really does give the best snap shot of who we really are and what we stand for. I would like to invite you to have a look at www.physiosouth.co.nz You will also find photos of all our staff.**



PHYSIOSOUTH
PUTTING **ACTIVITY** BACK INTO YOUR LIFE



The Ultimate Currency

■ LEADING EDGE

At **PHYSIOSOUTH** the ultimate currency is patients who love coming to **PHYSIOSOUTH**, and who are raving fans. No matter who you are, how qualified you are, or how many technical skills you possess it comes down to EQ (Emotional Intelligence), not IQ. Listening, empathy, caring, truly understanding the client's perspective and doing whatever it is to achieve the outcome, is our currency. IQ or technical competency are a must have, and to be honest we are stacked with clinical IQ. But it is the energy and effort that earns respect at the coal face. These are the skills we value the most.

Goals

■ TIME ■ CONTRIBUTION

Goals that allow us to enjoy the thought of a brighter future, that are congruent with values and provide us with meaning, set us up for the savoring of every moment. Freud has recommended pleasure in the now (Hedonism) as the goal and ultimate prize. Frenkel believes man craves purpose and meaning to thrive. The truth is we need both, we cannot enjoy the present pleasures unless we are comforted by the knowledge we are heading toward a brighter future. We all need goals, and we all need to savor every moment, as moments are all we ever have.

Tolerance and Capacity

■ REPAIR ■ LEADING EDGE

One of the most important questions when prescribing activities that produce load, especially to injured tissue but also to so-called normal tissue is 'how much load can the structure take before failure' (tolerance) and how many times can this be repeated (capacity). Understanding biomechanics, healing and the effect of repeated loading is critical to safe exercise regimes. Many people with the right intention try the gym to sort out a myriad of problems from sore backs to sore knees. They ultimately pass or exceed the tolerance level and produce yet another injury. They then blame the gym or the exercise. In reality, better understanding of tolerance and capacity would help avoid re-injury and create a program designed to succeed. Please remember understanding tolerance and capacity is what we do, it is one of our core competencies and it applies to every exercise and load we apply no matter what the injury or surgery.

Reducing the Risk of Low Back Injury

■ REPAIR ■ LEADING EDGE

Reducing pain and improving function for patients with Low Back Pain involves these components:



1. Removing the stressors that create or exacerbate damage
2. Enhancing activities that build healthy supportive structures
3. Managing barriers to recovery (fears and beliefs)

Key mechanical recommendations which can be made based on sound evidence include:

- First and foremost design work and tasks that facilitate variety
- Manage static and dynamic posture with great care.
- During all loading tasks, avoid a fully flexed or bent spine, rotate using the hips (neutral spine)
- During lifting, choose a posture to minimize the reaction torque on the low back (either stoop, squat or somewhere in between), but keep the load close to the body
- Use techniques to reduce the actual weight of the object
- Allow time to recover from prolonged sitting or stooping
- Avoid heavy loads early in the day
- Pre-stress and stabilize the spine even during light loads
- Avoid twisting and twisting torques (off centre loading)
- Use momentum if possible
- Consider the best rest/break strategy
- Maintain good physical fitness

How Your Running Affects Your Knee Pain

■ PERFORM

Ref: Reduced Eccentric Loading of the knee with the Pose Running Method. Arendse et al. *Med. Sci. sports Exerc.* Vol 36 No 2, 2004

This style of running has been shown to reduce the load through the knee by around 50%. This has implication for all styles of gait, including walking. It has now been included as part of our core rehabilitation process. Not only do you run without pain but you are faster for less overall effort.

Sportsmetrics.net Preventing Knee Injury

■ PERFORM

The prevention of the ACL injury has long been elusive; however a new exercise regime by Frank Noakes has made some in road to this seriously disabling injury. The exercises are available through the website www.sportsmetrics.net

'Sportsmetrics™ is the first training program scientifically proven to decrease serious knee ligament injuries in female athletes. With Anterior Cruciate Ligament, or ACL, injury rates that are 2–10 times higher in female athletes than in male athletes, it is time to TAKE ACTION and get involved with Sportsmetrics™—the training program for injury prevention AND performance enhancement'.

Back Pain in Adolescents

■ CONTRIBUTION

It is known that back pain is common among adolescents (at 14 yrs, males have 43% and females 48% life prevalence, with 6.5% point prevalence). These groups also go on to have more back pain as adults. There is growing evidence that different sub-groups exist, with different clusters of symptoms, which mirrors adult LBP. Specific targeted interventions are required.

It is not a case of one treatment for all. Psycho-social and physical factors are broadly associated with LBP, it is important the key issues are identified and managed appropriately. (Re Dr P O'Sullivan, Curtin University, NZMPA Conference, Rotorua 2007).

