

Bulimba



Brought to you by John Perrier, Simon Rundell & Janette Hiatt

In this edition...

- Looking after yourself in the garden
- Tennis Elbow research
- Choosing the right chair

Our contact details...

Address: 175 Riding Rd, Bulimba

Phone: 3899 1226

Email: physio_works@optusnet.com.au

Web: www.physioworks.com.au

“Look after the garden and your back”

With Level 3 water restrictions in full swing and Level 4 imminent, we all need to be aware of looking after ourselves when lugging litres of water around the garden

More and more we are seeing patients with pains and injuries to their wrists, shoulders and spine attributed to carrying heavy buckets and watering cans, and lifting awkward loads. To help we have some great tips for keeping those thumbs pain free as well as green!

Tip 1—Warm-up

Stretching before and after you exercise or exert yourself is a proven way to minimize injuries. We can prescribe you some simple activities that would be appropriate.

Tip 2—Bend your knees

When lifting buckets or watering cans, remember to bend your knees, not your back. When lifting keep your feet apart and one slightly in front of the other.

Tip 3—Don't overfill

Never overfill you bucket. Carry only as much weight as you can comfortable lift.

Tip 4—Equalise the load

Distribute the load equally on each side of the body by using two lighter containers or partially filled buckets rather than one heavy bucket.

Tip 5—Keep it close

Always carry buckets as close to your body as reasonably possible. The further away a load is the greater the stress on the body.

Tip 6—Use your surroundings

Place the bucket on a stool or chair when filling it, so you don't have to lift it as far when it's filled.

If you have any injuries that may be related to bucket watering, then please come in to see us. We'll help you to recover more quickly. You may also be eligible for an exemption certificate, meaning that you can use your hose on designated days.



“Quirky Body Facts”

Although we many curse our body sometimes, and wish we were all as energetic and flexible as we were when we were kids, our bodies are still amazing machines, no matter how old we may feel!

- The average human brain consumes just 12 watts of power, that's 1/10 the power needed for a light bulb.
- There are 206 bones in the adult human body and 300 in a child's body. As they grow some of these bones fuse together.
- A giraffe has the same number of neck vertebrae as we do!

“A better diagnosis for tennis elbow”

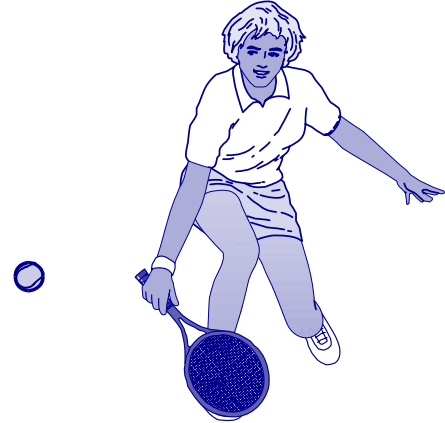
The most common diagnosis for elbow pain is to simply call it ‘tennis elbow’. This term means that your pain arises from tiny tears in your wrist tendons at the point at which they attach to your elbow. In past years this complaint has been very difficult to treat, and some people suffered with this dreadful affliction for years. Luckily, recent physiotherapy studies have discovered that elbow pain has another cause that is often overlooked.

The first study investigated the movement of the nerves in 20 subjects suffering from tennis elbow. The results showed that one of the main nerves in the arm had less movement in the sore arm compared to the painless arm. Stretching of the nerve also reproduced the subjects' pain in 55% of cases. These findings suggest that nerve tightness can sometimes cause the pain of tennis elbow.

A more recent study confirmed these findings, and probed further into the problem. It showed that neck

problems were frequently associated with tennis elbow pain. The researchers suggest that much of the elbow pain was, in fact, referred from the neck.

Finally, this study went on to demonstrate that physiotherapy of the neck joints was effective in treating tennis elbow.



If you, or a family member, suffer from continuing elbow pain, there is certainly something you can do about it. A few treatment sessions might be the only thing keeping you from becoming the next Roger Federer!

“What type of chair is best?”

Today many people—maybe including you—spend a lot of our day seated. When we sit the pressure on our vertebrae is 40% greater than when we are standing. Sitting over extended periods of time can cause acute lower back pain, so a good chair is essential.

The most important features of good sitting posture include

- (1) Ensuring that as much of your back as possible is leaning against the back rest. In most cases a backward tilt of about 20 degrees is far preferable to the oft-quoted 90 degrees, upright seat back. How can the back rest possibly take any weight if it is vertical?
- (2) Your bottom should be snugly back toward the rear of the seat base, against the back rest.
- (3) Your feet should rest comfortably on the ground with a 90 degree angle at the knee.



From these points, you can guess at the most important features of a good chair: a full-length backrest, tilted backward at about 20 degrees, and a suitably wide seat base.

A few other points worth noting:

- *The chair should have armrests.* Studies have shown that sitting is more efficient when the chair has arm rests. They also make it easier to get up and sit down.
 - *The chair should be suitably covered.* The seat base should be comfortably padded. If the seat is too hard then you will tend to slide your hips forward to relieve the pressure.
 - *On the backrest,* those whose spine is painful in flexed (curled) positions should use firm padding. However, those whose backs are painful when extended (eg when walking), should try softer or thicker covering.
 - *Ensure that your chair is suitable to your environment.* For example, the world's best, most perfectly adjusted chair is worthless if you cannot reach frequently used desk drawers. Also, wheels or castors are sometimes useful, such as in an office, while at other times they can be a nuisance.
-