

# Bulimba



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

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## *Our contact details...*

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## *“Wry neck: a quick solution”*

**W**aking with a stiff, painful neck—often called *wry neck*—is not a good way to start the day! The symptoms include severe pain that causes your head to tilt toward one side, and any attempt to straighten your neck is met by pain and spasm. Luckily, physiotherapy techniques usually provide quick and lasting relief.

The mainstay of treatment is manual therapy, which corrects the underlying neck joint problems. Without this treatment the problem may linger, and will often re-occur. You may also suffer from headaches if the joint problems are not properly addressed.

Other physiotherapy treatments—such as gentle massage, ultrasound, heat packs and electrotherapy—are also very useful. Finally, strengthening exercises for your neck muscles are vital to prevent reoccurrence.

In short, if you ever awaken with wry neck, telephone us immediately. We’ll see you ASAP, so that your problem is cured as quickly and permanently as possible.



**Pain and spasm make wry neck easy to diagnose.**

## *“Medicare now covers Physiotherapy”*

**F**or many years, patients like you have asked the question “Why doesn’t Medicare cover physiotherapy?” Finally, now it does! You may be eligible for up to 5 physiotherapy treatments per year under the Medicare system.

However, you must first satisfy a few requirements to access the system.

- You must be referred by your GP under a system called Enhanced Primary Care (EPC). The EPC system is designed to improve the care of people with complex conditions.
- To access this system, your injury must be chronic, meaning that it has lasted, or is likely to last, at least 6 months.

Once your doctor is satisfied that you meet these conditions, then your referral entitles you to 5 allied health visits per year. If you think that you might qualify for physiotherapy under Medicare, then please call us or your GP to discuss.

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***“Sports injury update:  
How long before I can return to sport?”***

**O**ne of the most frequently asked questions of a physio is “how long before I can return to sport?” This question does not have a simple answer, as many variables are involved. However, a recent sports physiotherapy study has provided some interesting facts on recovery time.



The researchers studied injuries to the main thigh muscle, the quadriceps. After examining a wide range of signs and symptoms, they developed a mathematical formula that can predict recovery time. A simplified summary of the main parts of the equation is as follows.

- Start with four days.
- Add an extra day for every 20° of knee stiffness.
- Add a few extra days if your quadriceps muscle is in spasm.
- Add a further day for every extra centimeter of thigh swelling.
- Subtract 3 days if you were able to continue playing following the injury.
- Each day that you delay seeking physiotherapy treatment adds further to your recovery time.

Obviously, these results can only be strictly applied to thigh muscle injuries. However, at least they show some of the main features to examine when trying to predict the injury rehabilitation period.

What’s more, the study highlighted that *any delay in seeking treatment prolongs the recovery time*. The underlying message is that if you want faster, safer and more efficient healing of any sports injury, then please see a physio without delay!

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***“10 tips for healthy household tasks”***

**S**pending some time working around your house and garden is not only recreation, but can also be very good exercise. However, this type of physical work can also lead to aches and pains if you don’t look after yourself properly. Below are ten tips for healthy house work and gardening.

1. Perform five minutes of stretching before starting any heavy or highly repetitive jobs.
2. Clear the work area of obstacles—a loose lying rake, for example—before you start.
3. Vary your activities so that your joints and muscles have a relative rest every half an hour or so.
4. When performing tasks at ground level such as weeding, kneel on all fours rather than bending.
5. When shoveling, pivot on your feet to change direction rather than twisting from the waist.
6. Try to lift using a sound technique, especially if the item is heavy or awkward. And remember, even a small weed can be very ‘heavy’ if it’s firmly rooted into the ground.

7. Use a wheelbarrow in preference to carrying. Position the weight as far forward as possible.
8. Store heavy or frequently used items at waist height.
9. If your pain worsens the longer you work, then take a break. Do something different.
10. Relax and take your time!

If you find that your body aches after housework or gardening, please contact either practice and we’ll try to help you out. In the meantime, enjoy your house and garden!

