

Bulimba



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

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“Headaches: a new cure”

Headaches can be one of the most frustrating and debilitating types of pain. They can be unbearably intense, and can last for hours, days or even weeks. What causes these awful pains?

Headaches have six main varieties.

- (1) Viral headaches, such as those associated with the ‘flu.
- (2) Headaches from ‘nasty’ causes, such as tumours or brain haemorrhage. These types of pains are usually prolonged and severe, and thankfully, they are rare.
- (3) Drug induced headaches. This group includes the common hangover.
- (4) Vascular headaches - migraines. This type of pain is usually associated with vomiting and blurred vision. Although migraines are commonly diagnosed, recent studies have shown that they are often neck-related headaches.
- (5) Stress headaches and (6) neck-related headaches. Although they appear to be unrelated, these two types of headaches are very similar. Often, emotional stress

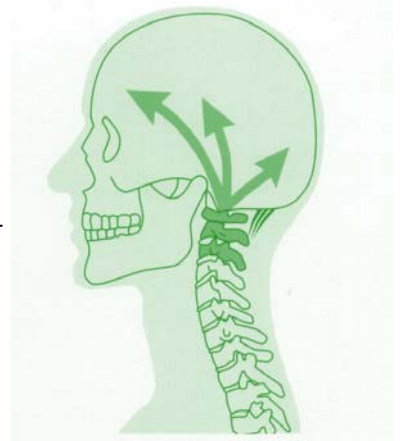
or poor postures tighten the muscles in the upper back and neck. These muscles then pull on the neck joints, which become inflamed and subsequently refer pain into the head.

Other causes of neck-related headaches include poor posture, an unsuitable pillow or mattress, previous neck injuries, muscular imbalances or spinal degeneration.

What can be done?

Plenty. Obviously, the first step is to exclude the first three causes above. Then, it is a matter of correcting the faults in your neck.

By loosening the joints in your neck and stretching tight muscles, physio can usually relieve the pain of a headache quite quickly. Then, by strengthening the muscles and paying some more attention to postural problems, the problem can usually be resolved. Permanently. *Wouldn't that be nice!*



“Bulimba Physio Works now open on Sundays”

Just a quick reminder that **we are now open on Sundays**. If you struggle to make time for an appointment during the week, we're sure that you will find our new 7-days-a-week service very convenient.

Even better, you only pay our usual reasonable rates for Sunday treatments - you don't pay any surcharge. We hope that you can make use of our new convenient trading hours.

Please keep in mind that all sessions are by appointment only, so please call Krystle ASAP on 3899 1226 if you wish to make a booking.

“Back pain: What happens as we age?”

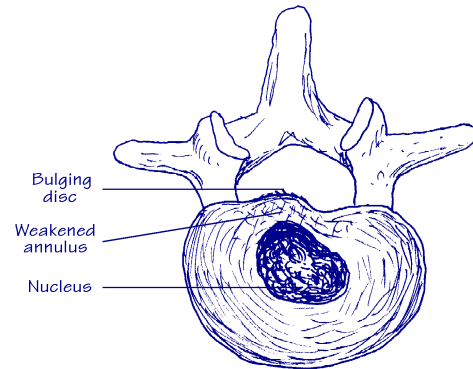
Anyone who has experienced back pain can attest to the pain and frustration it causes. The problem is often blamed on a ‘disc’ in your lower back. What exactly is a disc? What happens to these discs as you grow older?

Simply, the disc is a special type of ligament that joins your vertebrae (back bones) together. It acts as a shock absorber, and allows more movement than would an ordinary ligament.

The disc, despite its frequent problems, is a very clever structure. It is composed of an outer fibrous ring that surrounds a jelly-like core. The jelly-like centre provides shock absorption and allows a greater freedom of movement, while the outer fibres give stability, and holds the middle in place.

However, things do not always work as nature intended. As your body wears-and-tears with time, the fibrous ring can weaken. It may eventually tear. If this happens the jelly centre can bulge out one side, which restricts movement and causes pain.

The jelly-like centre hardens as we grow older. When we are young, the nucleus is like jelly. But when we reach our late teens, it begins to harden, and by the time we are in our thirties, its consistency resembles toothpaste. The older we grow, the more the nucleus dries out. By the time we are senior citizens, it looks more like crab meat than jelly!



As you can probably guess, this leads to different injuries at different stages of life. Thankfully most disc injuries can be fixed with the help of physiotherapy, allowing you to return to your normal activities without any pain at all.

“Shoulder Pain explained”

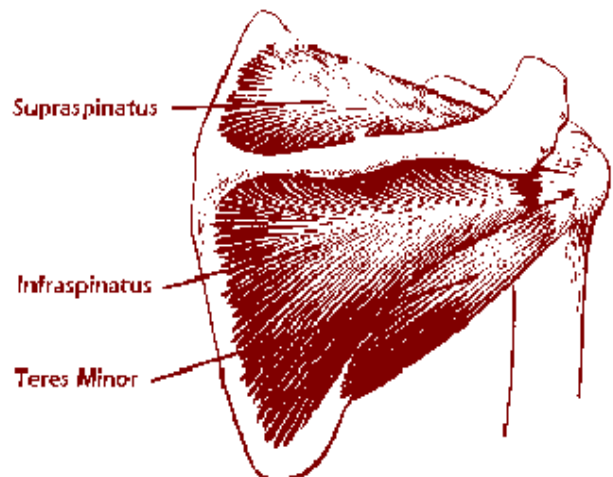
Shoulder pain is a common and often very persistent injury. Some shoulder problems are acutely painful when moved, while others ache continually, even at rest. Overhead tasks such as hanging washing can be a real chore, and the pain of a sore shoulder often disturbs your sleep. Sometimes, even simple tasks like lifting a water jug from the fridge can cause agony. What causes these dreadful pains? Can they be cured?

Because the shoulder has so many tendons and ligaments in such a confined space, it is vulnerable to a host of different problems. The most common cause of pain and stiffness in this area is called *Rotator Cuff Tendinitis*.

The term ‘rotator cuff’ refers to four muscles that surround the shoulder joint. These muscles are very important, because they help prevent your shoulder from being pulled out of its very shallow socket. However, they frequently become squashed as they pass over your shoulder joint, leading to wear-and-tear and eventual pain.

One of the best ways to treat these types of injuries is to correct the balance in the shoulder. This allows the tendons to move freely, and the pain and stiffness then disappear.

The Rotator Cuff Muscles



The muscles of the Rotator Cuff group, as seen from behind. Notice how they attach at the top of the arm bone, helping to hold it in place.

Painkillers, cortisone and anti-inflammatory drugs may also ease the discomfort. Unfortunately the tendons may continue to be squashed in the shoulder joint, so the problem often returns.

If you have a chronic shoulder problem, a carefully designed stretching and strengthening program is probably the answer to your problem.
