

Bulimba



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The Sports Issue...

- Improve your golf game
- Healthy runners
- Is your footy hurting you?
- How long am I out for?

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“How to improve your golf game”

Golf in Australia is as popular as ever, Like any other activity, repeated actions take a toll on your body. Many factors can influence this damage, hurting not only you, but your scores and your enjoyment of the game. For example:

- A poor swing—say, too much tension due to an overly strong grip—can contribute to a injuries including the shoulder, elbow and wrist.
- Unsuitable or faulty equipment can affect your swing.
- A too-heavy bag can hurt your spine or neck.
- Previous injuries can cause pain and weakness that affect the rest of your swing.

Prevention

There are 5 main ways you can prevent golf injuries;

- Look to improve your fitness and general conditioning. This may also help improve your performance.
- Have your physio screen you to evaluate your flexibility and muscle control.
- Don't over do it.

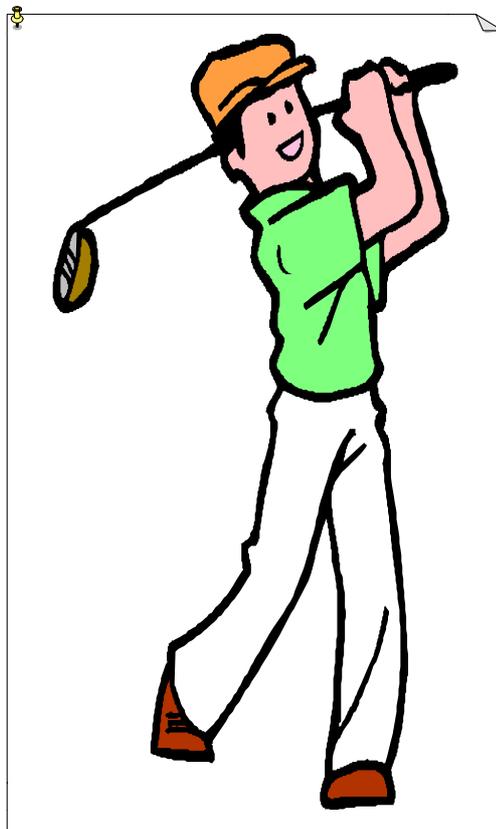
- Get a professional to check your swing regularly and evaluate your clubs. Also put some thought into your shoes (do you need orthotics?) and bag weight.
- Warm up before you play (see below)

If your body can't move properly, you can't develop a good swing. For example, if you have poor spinal flexibility, this may prevent you from turning adequately during your golf swing. This in turn leads to reduced power and accuracy. The same theory applies to tight neck and shoulder muscles, or worn-out hips and knees.

Warm up

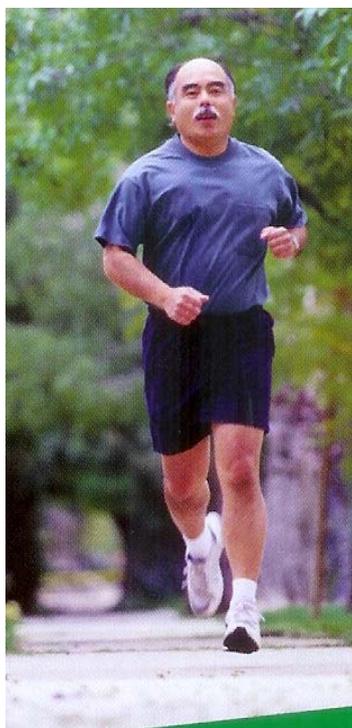
A good warm up will not only prepare you for your game but it also help prevent injuries.

- If you have a previous trouble spot, spend more time warming this up, eg an old back injury.
- Do some full-range movements for your back, arms and legs. Your physio can help with some suggestions
- Hit a bucket of balls on the practice fairway or nets, but don't use maximum effort straight away. Start with a gentle swing of a short club, and build up to your driver.
- Do about 5-10 minutes of putting.



Now all that's left is to hit the fairways and reduce your handicap. FORE!

“Runners, look after your shins!”



Shin soreness is the dread of runners and other athletes that play sports involving leg impact. Sufferers will know that shin pain can drastically interfere with training and make life miserable to run or in some cases, even walk.

Don't be silly and try to run through shin soreness. Overtraining can cause stress fractures, which means you'll need to take at least six weeks off.

The main cause of shin soreness is biomechanical. That is, the muscles have lost control of the foot and shin during the impact phase. Luckily, these factors are usually easy to rectify with some simple treatment including technique analysis, massage, strengthening, stretching, lower limb control exercises and occasionally, orthotics.

Some questions your physio will ask include; What surfaces do you train on? What distances? What type of footwear? All of these factors are important to prevent or eliminate shin soreness. Seek advice early!

Football Injuries – How does your code stack up?

Physios' are heavily involved in helping football players from all codes overcome their injuries. A paper from a recent conference on football injuries outlined the common injuries incurred by football players.

You may be interested to see how the different codes compare. The paper compared Australian Rules (AFL), Rugby League (NRL) and Rugby Union.

Injury prevalence in all grades was [15% for Australian Rules](#), [17% for Rugby League](#) and [7% for Rugby Union](#).



“How long before I can return to sport?”

One 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 physio study has provided some interesting facts on recovery time.



After examining a dozens thigh muscle injuries, the researchers devised a mathematical formula that can accurately 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.

Although these results can only be strictly applied to thigh muscle injuries, they do illustrate some of the main features when predicting 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 us early!
