

# Bulimba



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## “Overuse Injuries”

**O**veruse injuries refer to injuries that are caused by repetitive actions as opposed to acute sprains and strains that occur in an instant (eg a torn muscle).

Another commonly used term for it is ‘repetitive strain injury’ or RSI. Repeated movements or awkward postures result in small injuries but when the injuries happen again and again, the body can have trouble keeping up with the healing process.



Repeated movement can cause wear and tear on the muscle, tendons, bones and nerves of the body. This damage leads to pain, inflammation and loss of function.

The principle cause of over use injuries is a rapid increase in frequency, intensity or duration of a

## *Common Overuse injuries*

- *Shoulder Tendonitis*
- *Tennis Elbow*
- *Arthritis*
- *Carpal Tunnel Syndrome*
- *Low back pain*
- *Shin splints*

repetitive type action. They often happen in sports when a new activity is started and an athlete tries to do too much too soon.

Physio can be a starting point for anyone who is suffering from overuse injuries/RSI Symptoms. Physiotherapy can help with management of the immediate injury, return to sport and education to help decrease the risk of re-injury.

## *Prevention is better than cure!*

- *Do not over-do one activity, as this places repeated stress on your tissue.*
- *Rotate your activity so that you give your body time to recover*
- *Pain that worsens during an activity, even after you have warmed up, is an indication the you may be damaging your body*

## “Safe lifting”

**W**e all know the rules about safe lifting, but how many of us actually put it into practice?

Lifting and moving objects is a common cause of injury to your body. The low back is most often at risk, but the neck and shoulders can also be injured. The best way to protect yourself against injury is to try to

### *Three steps to safer lifting*

- *Bend at the knees—not at the hips.* Using your legs to lift the weight takes the pressure from your lower back and utilizes your stronger legs muscles.
- *Bring the weight close to you.* If the weight is at the back of a shelf, slide it towards you. Lift and carry the weight as close to you as you can.
- *Always follow your feet.* When carrying a load turn your feet first in the direction you want to go not your torso.

eliminate the need for lifting and bending in the first place;

- Do you have to lift it?
- Can you use lifting equipment?
- Can someone help?

But if that can not be achieved, here are some quick and easy points to remember;

- Keep feet wide apart.
- Maintain the natural curve of your back while using your knees to bend and lift.

If there are objects that you move regularly, keep them at a height between your shoulders and mid-thigh. Always assess the weight of an object before you attempt to lift it.

And if the worst should happen, your Physio is always here to treat any injuries and aid you with correct lifting techniques.



## “Hip Joint problems and answers”

**T**he hip is a large weight-bearing joints. It consists of two main parts: a ball at the top of your thighbone that fits into a rounded socket in your pelvis. The bone surfaces of your ball and socket have a smooth durable cover of *articular cartilage* that cushions the ends of the bones and enables them to move easily. Bands of tissue called ligaments connect the ball to the socket and provide stability to the joint.

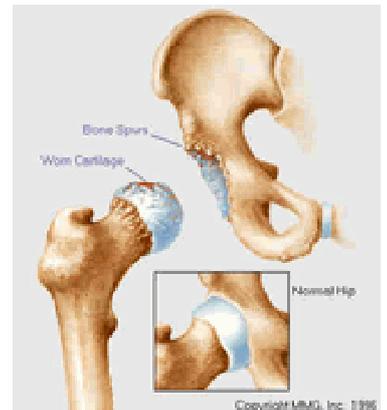


The hip joint is also covered by a thin, smooth tissue called *synovial membrane*. In a healthy hip, this membrane makes fluid that lubricates your hip joint.

### What Can Go Wrong?

The main injury that affects your hip is arthritis. This

commonly occurs in the form of osteoarthritis. Osteoarthritis usually occurs after age 50 and often in an individual with a family history of arthritis. In this form of the disease, the articular cartilage cushioning the bones of the hip wears away and the bones rub against each other, causing pain and stiffness.



Eventually even rest will no longer relieve the pain in your hip. Sometimes the bones to rub directly against each other, resulting in hard bumps, called bone spurs, that reduce motion and cause pain.

Physiotherapy techniques to improve hip mobility, strength and how you move have been shown to ease the pain associated with hip arthritis. Failing a successful physiotherapy-based rehabilitation, major surgery to replace the hip may be required.