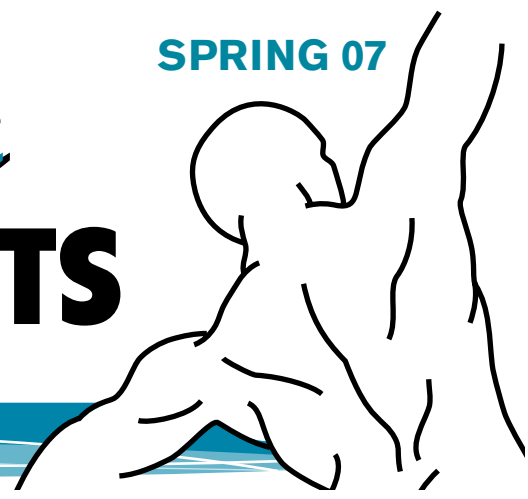


Newsletter

NECKSBACKSPORTS

Gentle Effective Care



WINTER INJURIES

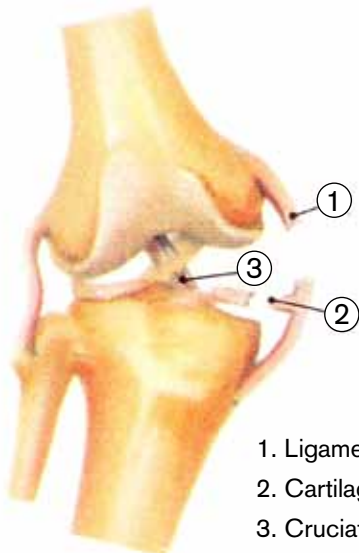
Avoid sports injury this winter

By Kaushal Bhuta

As the days get colder and shorter, we all pull on our winter sports gear as we head out for our respective winter sports in anticipation of great fun and fitness. Here at Necks Backs Sports, it is often a time during which we see a number of common injuries which are easily preventable. Please find below a very brief summary of the different types of joint and muscle injuries which we see, particularly at the beginning and the end of each season. More importantly we include simple tips on how best to avoid them.

Knee Pain

Knee pain would have to be one of the most common injuries after ankle pain. The knees are injured in most of the winter sports, including soccer, basketball, skiing and rugby to name a few. The most common injury we see would have to be one involving strain tears to the medial ligament and the medial cartilage (meniscus) along with associated muscle strains. In simple terms a ligament joins bone to bone & cartilage is the "shock absorber"



1. Ligament
2. Cartilage
3. Cruciate

between the bones. Symptoms include a painful knee and knee cap, a clicking knee and sometimes a swollen knee. As always immediate treatment usually involves the RICER PROTOCOL which is listed in one of the shaded boxes below.

Ankle Injuries

Ankles injuries are very, very common in all sports, but particularly in winter sports. They can be caused by poor footwear, poor ground conditions and uneven surfaces. The "lateral" or outside ligaments of the ankle are the ones most commonly injured along with the Achilles tendon. Tendons join muscles to bones, and tendon injuries are very common both in the shoulder & ankle. The treatment approach here at NBS is very similar to that outlined below, except that treatment is focused around the ankle.

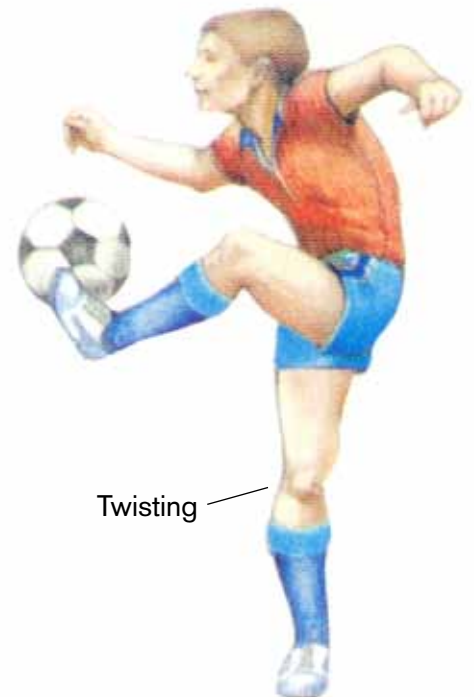
Hamstring, Groin & Common Muscle Injuries

Both of these very common injuries are due to muscle tearing in the muscles of the thighs and legs. A simple and overlooked way to prevent such injuries is through the use of stretches and massage as a warm up

TREATMENTS USED AT NBS

We commonly treat such injuries by getting rid of the muscle & ligament "knots", (technically known as trigger points), with treatments such as:

- Ultrasound & Electrotherapy
- Massage
- Acupuncture (Dry Needling)
- Stretching & other Manual Therapies.
- Exercises to restore strength and co-ordination to the knee which has been weakened by injury. Specialised exercises with tubing and wobble boards are also used, along with core strength strategies.
- Orthotics may be recommended. For more about how properly prescribed and fitted orthotics help prevent injury please see James Teo's article on podiatry & sports injuries.



PROTOCOL FOR RICER

(Rest, Ice, Compression, Elevation, Referral)

- **Rest** / Discontinue Sporting activity
- Use **ice** in a tea towel or a commercial gel pack/ frozen in Styrofoam cup. Put on limb with bandage (**compression**) and **elevate** the arm above heart level. No more than 10 mins, EVERY 2 hrs
- Seek professional guidance at the earliest opportunity. A **referral** is NOT required to see us here at NBS.



The Role of the Podiatrist in the Treatment of Common Winter Sports Injuries

By James Teo B.Sc (Podiatry) & Kaushal Bhuta

Sports are vital for overall fitness. However, problems may arise in the feet, ankles, hips, knees and spine when increased stresses from sporting activities are placed on them. Often, simply warming up properly and choosing the right footwear is adequate in preventing injury. However, there are cases where there may be significant problems in requiring more specialized treatment.

A Podiatrist's management of sports injuries will usually involve footwear advice, simple exercises or stretches, and possibly the use of special insoles or orthotics. Treatment first involves a thorough examination of the structure and biomechanics of the foot.



All too often, we do not listen to our bodies, even when there are problems. Pain is not normal during sporting activity, so it is important not to ignore it. Early and accurate diagnosis is the key to treating and preventing sports injuries in winter sports. More often than not, most of these conditions can be treated with the help of a Podiatrist in conjunction with your Chiropractor.

Common Sports Injuries of the Lower Leg Treated by Podiatrists

- Arch Strain/Pain
- Knee, Ankle & Foot Strain and Pain
- Plantar Fasciitis/Heel Spurs
- Pain on the balls of the feet
- Shin Splints
- Achilles Tendonitis and Calf Pain
- Groin & Hamstring Pain

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Sports Massage for Every Athlete

By David Collins

Sports massage is a specialty within the field of massage therapy that focuses specifically on assisting the training process, preventing injury and aiding the healing process when injuries occur. With the increased interest in sports and fitness, many people besides world-class athletes take advantage of sports massage. Both the occasional athlete and the serious athlete can encounter soreness and injury, making sports massage beneficial no matter how athletic a person is.

Sports massage has three separate aspects that share the same goals of injury prevention and injury healing. The first application of Sports massage is to assist the training process. By focusing on potential trouble spots before



Sports Massage for Every Athlete (cont)

they become injuries, the massage therapist performs a kind of preventive maintenance on the athlete.

For example, the soreness and tight muscles that can occur after working out have a couple of different causes. The "burn" that comes during or immediately after a workout is due to the build up of lactic acid which is a by product of muscle activity. Massage can help flush this away by increasing circulation in the area.

Muscle soreness the day after a hard workout is caused by microtrauma in the muscle. Exercising a muscle creates microscopic tears in the muscle and surrounding fascia. The muscle may also be tight, constricting blood flow through the muscle. Massage will help increase circulation and relax the muscle thus speeding the healing process and decreasing the recovery time after a workout.

The second aspect of sports massage takes place at a sporting event. Massage therapists are often behind the scenes at national and international competitions. They can often be seen at many local running events. Before an event, massage is used to help the athlete warm up, to get the blood moving and to help the athlete relax mentally before the competition begins. After the event, muscle spasms need to be reduced and metabolic waste products need to be flushed away to help the athlete recover from the prolonged exertion.

Injury treatment is the third part of sports massage. In conjunction with or after a chiropractor's treatment, massage therapy can help speed the healing of sports injuries. Tendonitis, sprains, shin splints and other common injuries respond well to massage as an addition to medical treatment.

Everyone from soccer moms and dads to marathon runners can benefit from sports massage. It can assist the athlete in all phases of competition reducing soreness during the training process, giving a head start before the competition and speeding the recovery after the event.

David Collins

David has worked with sporting teams such as the New South Wales Waratahs, Sydney City Roosters, Cronulla Sharks, Manly Sea Eagles and international touring sides including the New Zealand All Blacks, South African Springboks and the New Zealand cricket team.

David uses a wide variety of skills to unlock tight restricted muscles and strengthen weak inactive muscles that cause poor posture. David provides exercises that strengthen core stability, which leads to better posture and less chance of injury.

David is also a member of the Australian Traditional Medicine Society.

He is dedicated to improving your quality of life through corrective massage and on going education in body maintenance. Regular massage helps reduce the residual tension you carry about with you

Make massage a regular part of your health plan.

Did you know that the most injured area of the face during contact sports is the Mouth?

Custom mouthguards properly made at the dentist are made to fit your mouth perfectly. They are comfortable to wear, have good retention and fit, and cause minimal interference to speaking and breathing. Protective functions of a mouthguard are as follows:

- It prevents the tongue, lips and cheeks from being lacerated against the sharp edges of the teeth.
- It significantly lessens the risk of injury to the front teeth following a blow from in front
- It also lessens the risk of damage to the back teeth of either Jaw.
- It lessens the risk of concussion resulting from impact to the lower Jaw.

Children and adults who participate in contact sports, including during training sessions, must wear Mouthguards

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Phone: 9659 1955

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Castle Hill, NSW 2154

9659 1222

Testimonials

Its magic!

I was recommended to Necks Backs Sports by my Podiatrist for treatment on my lower Back pain and also on an old injury to my arm which had been giving me considerable pain for a long time.

At my first visit I was offered a coffee on arrival and felt comfortable with the atmosphere. The treatment of electro-therapy, massage and heat and later acupuncture has given me relief that I thought was not possible.

Later that year I developed Rheumatoid Arthritis and was in pain again. Kaushal began treatment with heat, massage and acupuncture and taught me how to strap my knee. I am able to continue my full time work as a carer and thank the team for the care and professionalism they display. My family are also benefiting from Kaushal's treatment. I cannot speak highly enough about the benefits of the treatment which I have received for Necks Backs Sports. It's. Magic.

Sincerely Eileen P

"Luxury on a regular basis"

I first came to NBS when I won a gift voucher from Bunnings for a full body massage.

Because of the overall wellbeing I felt after the massage, I now have monthly massages with David. I receive a substantial rebate from my Private Health Fund which allows me to enjoy this luxury on a regular basis. Once I started coming to NBS, I decided to attend to a "tennis elbow" problem I had endured for a couple of years but just never got round to doing anything about. Now, in a relatively short period of time the chronic problem has almost totally disappeared. My visits to both Kaushal and David are very informative and educational and I learn new pieces of information every time I visit. The opening hours are very extensive and able to accommodate the needs of working people. All the staff are happy, caring health care professionals who make you feel safe and comfortable before, during and after treatment.

Regards Doreen

The Athletes We Sponsor

Here at Necks Backs Sports we are very proud to sponsor local teams and athletes in their quest for fitness, fun & performance. If you or your team are interested in sponsorship, please contact Kaushal on 9659 2666.

Jane Cooper – World Champion Pool Life Saver

After being referred by a friend, Jane came to Necks Backs Sports initially as a patient. It was not long after, that we



discovered that Jane is a World Champion Pool Life saving swimmer. She funds her own trips entirely to each competition and is an exceptionally dedicated professional athlete. We are very happy to sponsor Jane in her endeavors, and we wish her all the best for the 2007 German Cup in November this year, and the World Championships held in Germany in 2008. Through our sponsorship we hope to be able to help Jane reach her goals.

Castle Hill United

Necks Backs Sports are proud to be involved in local community sporting endeavors, including an association formed three years ago with the Castle Hill United Soccer Club. It is a very successful partnership in which Necks Backs Sports sponsors the Soccer Club, whilst also providing basic items such as Ice packs, bandaging and wrapping free of charge.

By embracing the passion and health of local clubs, Necks Backs Sports are happy to give back to the community.

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