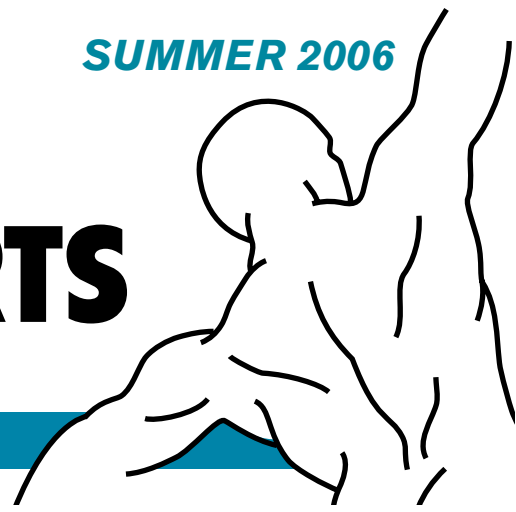


Newsletter

NECKSBACKSPORTS

Gentle Effective Care



THE BACK FIX

by Kaushal Bhuta



Back pain affects 90 percent of the population*. 99 percent of cases are not life-threatening, and may be the result of:

- Muscle strain
- Joint strain or
- Disk strain

Symptoms can range from a mild ache to severe pain not only in the back but also radiating down either one or both legs. The good news is while there is no permanent cure for back pain, there is a lot that can be done to help with the management of symptoms and get you back (no pun intended) to a normal, healthy lifestyle.

No Fear

An attack of back pain can be temporarily disabling, even crippling. To those who have experienced such an attack it is a very frightening experience. However fear can lead to a worsening of your pain. It is important that the facts outlined above are kept in mind when you do suffer from back pain. Here at Necks Backs Sports one of our first jobs is to determine that there is no serious or life threatening cause of back pain, and to subsequently reassure that the problem is fixable. Armed with the knowledge of this, it has been my personal experience that a large percentage of a person's pain may decrease.

Does That Mean it's All In My Head?

NO!! Muscles, joints and disks are all capable of transmitting pain through the nerves. When these structures get irritated they tend to cause a pain that is hard to pinpoint, and that is made worse by movements or certain postures, and often relieved by movement (I'll explain that paradox later), they are also relieved by heat, ice, anti-inflammatories and of course massage, manipulation and exercise.

* Waddell, G. (2004).
The Back Pain Revolution

Sciatica

Sciatica is not a diagnosis; it is simply a term that describes pain going down the leg, usually originating from the back. Many of the muscle points that we treat with our deep tissue massage (trigger point massage), alleviate this sciatic pain. We often don't treat sciatic pain any different to any other type of back pain as it is commonly associated with it. In cases where the sciatica gets to serious and surgical intervention is required, we can arrange for a consultation with the appropriate professional.

What we can do to help

Again, here at Neck Backs Sports the second approach we take to back pain is to make sure that we loosen the muscles and joints, try to increase the local blood flow, and ensure that we neutralise them as possible sources of pain. This, when combined with the exercise approach outlined below, often allows people to reactivate themselves and employ movement to help them rather than hinder them. When back pain is present, movement is a double edged sword. Muscles and joints are often weakened by back pain and hence too much movement can be painful and limiting. However, recent evidence has shown that activity is better than rest in terms of trying to get you back on track more quickly. This makes sense! Muscles and joints were designed to move. In back pain they tend to spasm or tighten, reducing their own blood supply in a protective mechanism. However, if the blood supply is not restored and if we don't encourage the muscles and joints to move as they were designed to, then this will lead to deconditioning or weakness and that leads to pain. It is because of this that we prescribe specific, tailored exercise programs for people with back pain so that in addition to removing any pain generators, we are also encouraging strength and coordination which helps with the return to normal activity.

For more information on
Necks Backs Sports, visit our website:
www.necksbackssports.com.au

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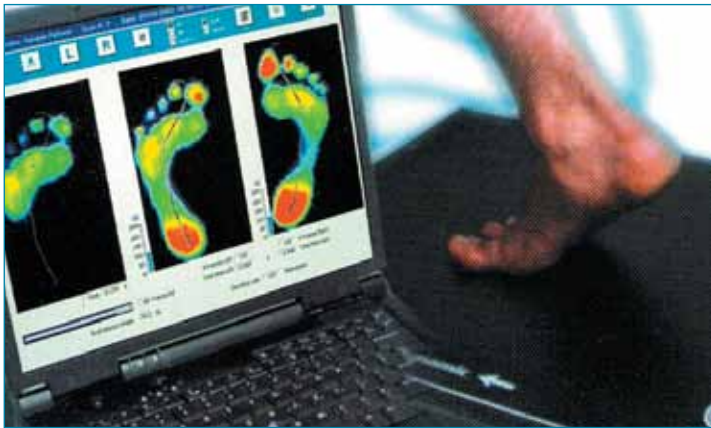
The Role of the Podiatrist in the Treatment of Foot and Lower Leg Sports Injuries

By James Teo B.Sc (Podiatry) M.Pod.A

Sports are vital for overall fitness. However, the extra stress on the feet from sports activities can lead to injuries ranging from minor strains and pains to fractures. Structural variations in the foot leg or hip may function quite well in everyday life. Problems may arise when increased stresses from sporting activities are placed on them. Many of these problems can be treated or even prevented with the help of a podiatrist.

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. Often, simple warming up properly and choosing the right footwear is adequate in preventing injury. However, there are cases where there may be significant biomechanical dysfunction in the feet and lower limb, thereby requiring more specialized treatment.

All too often, we do not listen to our bodies, even when there are problems. Foot pain is not normal, so it is important not to ignore it. Early and accurate diagnosis is the key to treating and preventing sports injuries of the lower limb. More often than not, most of these conditions can be treated with the help of a Podiatrist in conjunction with your Chiropractor, using insoles or orthotics, or simply by advising on a change of footwear.



Common Sports Injuries of the Lower Leg Treated by Podiatrists

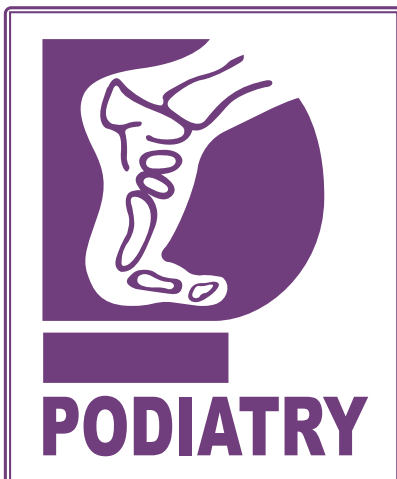
- Arch Strain/Pain
- Plantar Fasciitis/Heel Spurs
- Sesamoiditis/Pain on the balls of the feet
- Shin Splints
- Achilles Tendonitis and Calf Pain
- Knee Pain

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CASTLE HILL PODIATRY CENTRE

General & Sports Podiatry

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Strengthening you to the core

by Kaushal Bhuta

The core stabilising muscles have been the topic of much research and debate over the last decade. In short, there are two muscular systems at work to support your back. The first of these is "phasic", and these muscle turn on and off. Muscles such as your biceps or the general muscles we use for movement are examples of the use of phasic muscles. The second system is the core stabilising system. These are also known as postural muscles. Instead of turning on and off, they should be constantly turned "on", supporting the joints and stopping them from moving to far and becoming injured.

These muscles get turned off with injury to disks and joints. As a result joints can move too far and continuously be reinjured and this is often the case in chronic or long standing back pain. Even in shorter cases, the core stabilisers need to be retrained so that they are functioning to support your spine. Kaushal Bhuta at Necks Backs Sports spent many years researching the blood supply to these important core muscles as part of his Masters thesis. Hence in addition to the treatment listed above, exercises and your adherence to both the treatment and exercise program is an essential part of therapy here at Necks Backs Sports.

ANNOUNCEMENT

Necks Backs Sports is proud to announce the introduction of Back Fit classes in association with Focus Fitness gyms (Norwest & Baulkham Hills).

The classes are compiled by Kaushal Bhuta and cater for those with longer term back problems or those who really want to make their backs fitter than average. (Hence less likely to strain). They will consist of personal training sessions run by Kaushal and one of the instructors at Focus Fitness.

For more information about the program please feel free to talk to Kaushal on (02) 9659 2666.

Massage therapy can help!

by David Collins

Massage can reduce or eliminate your back pain and increase your range of motion, helping you to move better, sleep better, and live more fully.

Research has shown that massage is a safe and effective way to treat your back pain. How does it work? In many cases, massage therapy goes right to the source of back pain, addressing its physical causes.

Massage relaxes tight muscles and releases weak muscles from their strain patterns.

This increases circulation to the affected areas, which promotes healing, reduces swelling and irritation, and flushes out toxins.

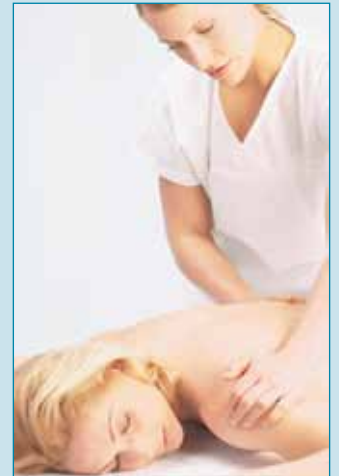
You may have myofascial trigger points involved in your back pain. Trigger points are areas of heightened sensitivity that develop in chronically strained tissues. They can be released with massage therapy.

Massage also increases your flexibility and range of motion, reducing stiffness and fatigue. This makes exercise more comfortable. Strengthening your back, abdominal, and other postural muscles will protect you against further injury.

Massage leads to increased endorphin levels. The increase of endorphin levels is actually one of the greatest benefits of massage therapy. Endorphins are the chemicals the body produces that make you feel good, which is very effective in managing chronic pain.

What to expect after massage therapy

Following a neuromuscular therapy massage, any soreness that presents itself should fade after twenty-four to thirty-six hours. The muscles that were tight should remain noticeably more relaxed for four to fourteen days, depending on stress, activity level, and severity of back pain prior to beginning massage therapy.



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Testimonials

I Love to walk – the best exercises you can do.

I was seen by Kaushal for a very painful lower back, mainly due to osteoarthritis and significant degeneration of discs. As well as considerable pain in the back and the leg, mobility was often restricted and stiffness in joints a real problem.

Kaushal had a number of tests done – MRI and x-rays to be sure there was no nerve damage or any unseen problems. I then started a program of gentle stretching and strengthening exercises. I also started taking Glucosamine, initially 3 per day, and now I am on 1 per day. It has not only stabilized my lower back but also helped my right knee significantly. It no longer creaks and crunches when I bend it and bending down is definitely much easier. So, it's a great product and no side affects!!

I also walk ½ hr per day, 5 days per week early each morning. This is most certainly one of the best exercises you can do and I surely feel the benefits of it.

Movement through floor exercises and walking not only helps general fitness, but also joint mobility and ease of constant pain. My back will never be perfect, due to wear and tear, but it certainly has improved through exercise, Glucosamine and massage and manipulation.

Thanks to Kaushal and his team for their care, professionalism, most pleasant manner and support.

Lynne W

A family visit NecksBacksSports

I never knew how painful reaching into the fridge for a two-litre bottle of juice would be in December 2004. The pain was immediate, severe and I hit the floor and remained there for more than 24 hours. I had no history of back pain, this was an unknown condition to me.

After extreme pain and immobility with no relief, the ambulance was finally called to take me to emergency at the hospital. The next 8 hours was X-rays, treatment for pain, physiotherapy and tape strapping to simply get me vertical and back home. I could hardly walk without extreme pain and my body was completely bent and twisted.

From the first appointment at NECKSBACKSSPORTS my confidence for recovery was encouraged, when I realised that Kaushal understood my condition and he had a clear direction for my treatment.

My treatment involved electro-therapy and massage to provide relief for the pain and an exercise program for lower back/limb stretches and pelvic/trunk stabilization. The exercise program began with simple exercises that slowly progressed to a more intense level over time.

The treatment was a program that provided an excellent result where my overall lower back strength has improved so that similar problems can be avoided in the future. I still break-up my work time with simple exercises every half hour to relieve stress on my back. I now recognise the early signs of stress and I continue to implement the exercises to keep my back in shape.

Stephen M

Athletes and trainers recommend.

Being a competitive athlete and coach for over 15 years, I've come to realise how important massage therapy is for recovery, injury prevention and achieving maximum performance.

I've seen a number of massage therapists over the years and David is by far and away, "the best".

I've seen his professionalism, knowledge and advice is second to none. The esteem to which I hold his skill is reflected by the fact that I have recommended his services to all my training partners and athletes. Many of whom now see David on a regular basis.

Robin W

RECIPE OF THE SEASON

Try it... I know you'll like it



Chargrilled salmon with lemon & herb pasta

Serves 4

250g dried angel hair pasta

3½ tablespoons olive oil, plus extra to grease

1 red onion, halved, sliced

2 garlic cloves, crushed

1 tablespoon Aristocrat capers, rinsed, chopped

1 teaspoon grated lemon rind

2½ tablespoons fresh

lemon juice

1 tablespoon chopped fresh dill

½ cup fresh continental parsley, chopped

Salt & ground pepper

4 (about 230g each) salmon fillets

1 Cook pasta in large saucepan of boiling salted water according to packet directions or until al dente.

2 Heat 1 tablespoon of oil in a large frying pan over medium heat. Add onion and cook, stirring for 2-3 minutes or until soft. Add the garlic and capers and cook 1 minute further.

3 Remove pan from the heat and stir in the pasta, lemon rind, lemon juice, herbs and oil. Season.

4 Season salmon. Heat a chargrill pan over high heat. Reduce heat to medium and oil pan. Cook salmon for 2-3 minutes each side or to your liking. Top pasta with the salmon to serve.

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