

Physio Noosa

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Quarterly

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Australian National Health Month for Tradies

Tradies National Health Month raises awareness of the health and injury risks affecting those who work in trade occupations—among tradies themselves, their families, employers and the wider community. With statistics showing almost 3 in 5 serious workplace injuries involve a tradie—despite making up only 30 per cent of the workforce—this is an area that needs attention.

Everyone wants to come home safely from work each day. If you are a tradie, helping yourself may start with something as simple as doing some proper warm ups with your work mates before the work day begins. Or, you might want to ask your employer to get a physiotherapist to do a worksite risk assessment and lead the crew in some simple stretches to get you all warmed up properly for the day ahead.

Here at **Physio Noosa**, we can help you in the following ways:

- **Provide safe manual handling tips**
- **Demonstrate safe stretches for injury prevention and management techniques that can be incorporated into your crew's daily routine**
- **Raise awareness and knowledge about workplace safety and injury prevention**
- **Check your current workplace for risks and health hazards**
- **Highlight the benefits of seeing a physiotherapist for a range of chronic health conditions, for example, diabetes management, cardiovascular disease and even pelvic concerns.**

So, if this sounds like something you or your employer may be interested in, why not call us today on 5455 5308 to see how we can help!

Surfing Assessments with Mitch!

Have you been struggling to keep up with the rest of the crew when paddling out? Maybe your pop up is slow and a bit sketchy? Mitch can help! Here at Physio Noosa, Physiotherapist, Mitch Shorten, is currently offering specific assessments and exercise prescription to individuals who want to improve their surfing game. Call us on 5455 5308 to book in with Mitch today!

Physio Noosa News

Did you know that Physio Noosa stocks a variety of products including braces, myofascial release devices, joint and muscle creams, and much more! Why not have a look next time you're in the clinic to see if there is a product that may benefit your recovery. Nothing available in stock?.. That's okay, we can order many things through our fantastic suppliers which can often be delivered within 4 days! Have a chat to one of our Physiotherapists if there is something you need and they will be happy to help you out!

Staff News

- Welcome back to physiotherapist Mitchell Shorten who recently returned from an awesome trip to Peru!
- Welcome back to our awesome practice manager Kara who recently came back from an amazing trip to the USA!
- In other exciting news, Mark Davis will be returning to Physio Noosa in later September! If you were a past patient of Mark's and wish to see him again, why not call us today on 5455 5308 to book in with him so he can get you moving!

Issues from the Tissues

Tennis Elbow (Lateral Epicondylitis) and exercise management

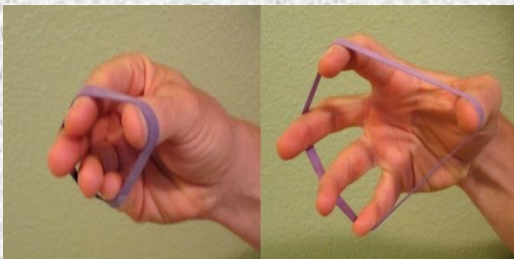
Having elbow pain from being on the tools too much? It might be Tennis elbow. Tennis Elbow (Lateral Epicondylitis) is a musculoskeletal condition whereby repetitive stress to the common extensor tendon origin onto the lateral epicondyle of the humerus causes tissue damage and thus inflammation to the extensor tendons of the forearm (the tendon is the connective tissue of the muscle that attaches to your bone). These extensor tendons/muscles are responsible for extending the wrist and managing load through the wrist/hand when lifting objects. Apart from avoiding aggravating activities and wearing supportive braces (if advised), here are some exercises to gradually implement when recovering from tennis elbow.

Exercise 1: Forearm stretch



1. Commence the stretch by placing your elbow out straight in extension, with your forearm in pronation (palm facing down to the floor when your arms out straight).
2. Gently pull your wrist down into flexion and turn your hand outwards, according to your tolerance.
3. Stretching should be held for 30-45 seconds and performed 3 times before and after the eccentric exercises, with a 30 second rest interval.

Exercise 2: Resisted finger extension with rubber band



1. Place a rubber band around the outside of your fingers and thumb
2. Slowly open your hand out, extending your fingers evenly against the resistance of the band
3. Hold your fingers in the extended position for 3 seconds then slowly return to the start position
4. Perform the exercise 6-10 times, according to your tolerance.

Exercise 3: Eccentric wrist extension with light dumbbell



1. Hold onto a light dumbbell with your forearm resting on a stable surface
2. Start with your hand and forearm in neutral (a straight line) and slowly lower the weight down
3. Hold for 1-2 seconds then slowly raise the weight back up to a neutral position
4. Repeat the exercise 12-15 times as tolerated
5. Note: If the exercise is quite painful to perform, it is recommended you lower the amount of weight you begin with



Noosa Civic CB-04/28 Eenie Creek Rd, Noosaville
Phone: 5455 5308 Fax: 5455 5708

