

Physio Noosa

Quarterly

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The importance of physical rehabilitation post orthopaedic surgery

Have you or someone you know recently had joint surgery? Studies have found patients who received physiotherapy after total knee and total hip replacement were more likely to recover in their mobility and function at 12 month follow up, than those who forego physiotherapy intervention. Another study also found, starting physiotherapy within 24 hours post op reduced the mean hospital stay and number of sessions required to achieve autonomy and normal gait and balance. It was also found that commencing a pre-habilitation hip physiotherapy program (THR) 8 weeks prior to surgery, can improve functional outcomes at 3 weeks post-surgery.

Physiotherapy rehabilitation after total hip or knee replacement is accepted as a standard and essential treatment. Its aim is to maximize functionality and independence and to minimize complications such as wound infection, deep vein thrombosis, pulmonary embolism, and hip dislocation (for hip replacements).

At Physio Noosa, Post-operative physiotherapy rehabilitation is an area of specialization here, whereby you will be guided through from what to expect from the operation and what you can do before hand to ensure your recovery is a speedy one, all the way through to dynamic and functional re-training of motor patterns post op to ensure you have the best outcomes for returning to daily activities, work, sport, and family life. For more information, contact us today on 5455 5308 to find out more.

Special Notice

If you have been provided with a Medicare Enhanced Primary Care Package for physiotherapy from your doctor, and you hold a health care card, senior's card, student card, or pension card, you are eligible to receive your physiotherapy sessions GAP FREE! If you don't hold any concessions cards, payment will be required in full on the day of your appointment and you will be refunded from Medicare on the spot!

Staff Profile

Tylana Woodward

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Tylana Woodward is the owner and principal physiotherapist at Physio Noosa! Tylana started her career as a physio in 1997 and then went on to open Physio Noosa in 2006. Tylana was directed into her profession as a result of her pathological interest and dedication to training/racing in distance running. Tylana is currently involved in sports such as ultra-distance trail running, and in the past has also competed in endurance equine sports. Tylana has a special interest in Women's and Men's health, as well as musculoskeletal and sport injury rehabilitation. So if you haven't had an appointment with Tylana before, why not contact Physio Noosa today on 5455 5308 to book in!

Staff News

- [Congratulations to Courtney Geraghty for her great achievements and PB's at the recent National Athletics Competition in February!](#)

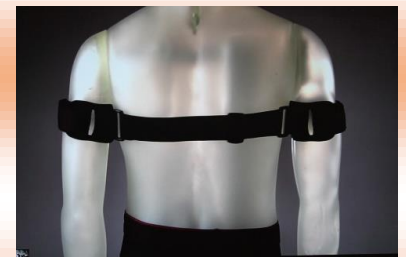
Issues from the Tissues

Would I benefit from a postural corrective device?



Postural braces have become more popular over the past 10 years due to the fact that we have not only become less physically active as a Nation, but we are spending more time than ever sitting down for extended periods. Whether it be from having a job whereby you are required to sit for long periods or maybe perform repetitive tasks with your arms out in front, or you simply enjoy extended periods of slumping in your favorite chair at the end of the day, these daily events over time can lead to physiological changes that can affect our posture. These effects can include reduced spinal stability, flexibility, and strength, poor core/abdominal strength, forward head posture, and internally rotated shoulders (think of Mr Burns from The Simpsons).

Corrective postural devices can be useful in assisting with active feedback upon the musculoskeletal system, to help improve static and dynamic posture during daily activities. Research has shown that improvements to posture can also assist with efficacy of breathing! And although there are taping techniques that can also assist with correcting posture, taping is only a temporary modality as having it on for extended periods (i.e. > a week) can cause skin irritation in some individuals, whereas a corrective brace can be used consistently. Of course, we highly recommend the implementation of a muscle conditioning program which may also involve spinal mobility based exercises to truly assist with a more long term solution to postural deficiencies. This is an area that physiotherapists specialize in so just talk to us if this is something you require.



So... Is a corrective brace something that may help alleviate your symptoms that relate to poor posture? Why not contact us today on 5455 5308 to make an appointment with one of our physiotherapists so they can assess if this may be an effective strategy to implement with your treatment plan to help manage symptoms that may be related to poor posture.



Have you tried Dry Needling?

Dry Needling can be an effective method in releasing myofascial trigger points in skeletal muscle which can be painful and restrict normal movement and function. A number of physiotherapists at Physio Noosa practice this technique so why not ask your physio during your next visit if this treatment method would be beneficial for you!

Pilates has now restarted on Wednesdays at 10am with physiotherapist Mitchell Shorten. Please ring ahead to book into the class on 5455 5308 as places are limited to 4 people per class and are filling up quickly!



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