

Physio Noosa

Quarterly

Summer 2017/2018

Edition 1, Vol. 2

Happy New Year!

With the summer thoroughly upon us now, the weather is prime for wearing the humble Australian icon, the thong! But is the flip flop a smart choice when it comes to managing foot, ankle, knee, or even lower back pain? Due to poor lateral, medial, hind, and arch support, wearing thongs when we walk can alter the ground reaction force and joint kinematics of the foot and ankle which can impact negatively upon other joints of the lower limb. Conditions such as plantar fasciitis, shin splints, patellofemoral joint syndrome among others have been linked to wearing poorly supportive footwear. You see, by wearing a flat unsupportive thong, it contributes

to the muscles, tendons, and ligaments in the foot overworking and potentially becoming strained over a period of time. By making simple adjustments, such as opting for a contoured or orthaheel style sandal over a common thong, one study found a 68% reduction in pain for patients with foot and heel pain. So, if you have been struggling with foot, ankle, knee, or lower back pain and tend to wear thongs on a daily basis, consider making a positive change for your feet by wearing more supportive footwear over the summer time!

“Some of the top brands to consider when purchasing *orthaheel* style sandals include: Vionic, Scholl, Birkenstock, and Therakit”.

Farewell Mark Davis!

The Team here at Physio Noosa would like to wish Mark Davis all the very best for his relocation to Brisbane with his family! It has been wonderful having Mark as part of the team here at Physio Noosa this past year and we will surely miss his positive outlook and functional exercise prowess!!

Welcome Mitchell

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Here at Physio Noosa we're excited to announce that Physiotherapist, Mitchell Shorten, has joined the team! Mitchell graduated from UQ in 2015 and has been making a name for himself in the rehabilitation sector, working in community health and also aged care facilities around the Sunshine Coast. Mitch has also worked as a university clinical educator and for sporting teams around Brisbane and applies a strong evidence based approach to all his assessments and patient treatments. He has a special interest in the areas of pain science, injury prevention strategies, and healthy aging. Mitch also loves to surf, water ski, mountain bike, and travel in his spare time. So why not book in with Mitchell today to set some New Year goals by calling Physio Noosa on 5455 5308!

Staff News

- Congratulations to physiotherapist Troy Kratzmann & his wife Melinda on the birth of their second son, Donovan, born on the 19th December 2017!
- All the best to our amazing massage therapist, Courtney Geraghty, who has her National Athletics Competition this month for the 400m and 800m running events!

Issues from the Tissues

What is a Wry Neck?



Have you ever woken up with acute stiffness and pain in your neck that is restricting your ability to turn your head or to look up? You may be experiencing a Wry Neck. Most commonly, Wry Neck is a musculoskeletal condition whereby the facet joints of the cervical spine become locked up and the surrounding muscles go into spasm. Facet joints typically allow, guide and limit the movements of your neck and are intended to allow smooth gliding movements between the adjacent vertebra. But when they are locked up, movement is lost and pain ensues due to the numerous nerve endings that are located in the facet joint itself and the tissues adjacent to the facet joint.

What caused this?

Wry Neck can often be caused from having a deep night sleep whilst having your neck positioned awkwardly for an extended time, however, restless nights and also poor neck support from an old or different pillow may also make you prone to experiencing a Wry Neck.

What can I do?

First of all, don't panic! Although it is quite painful, this condition is relatively common and can be managed with physiotherapy intervention with fairly rapid improvements. Often Wry Neck is improved after a single physiotherapy treatment, however residual effects may last up to a week. Physiotherapy treatment may involve techniques such as soft tissue mobilisation, cervical joint mobilisation, dry needling, and physiotherapist guided exercises among others treatment methods. You will also be provided with home exercises or stretches to assist in speeding up your recovery.

So, if you find yourself in a bind and you experience the symptoms of a Wry Neck, make an appointment to see one of our physiotherapists by calling 5455 5308 so we can help you regain full function of your neck once again!

Welcome Back!

Physiotherapist, Carol Robertson, has recently returned from maternity leave and is taking bookings on Mondays and Fridays! Call Physio Noosa on 5455 5308 to make an appointment with Carol today!

Physiotherapist *Mitchell Shorten* is available for bookings on Mondays, Wednesdays, and Thursdays! So don't leave it any longer, book in with Mitchell today on 5455 5308!



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

