Welcome to Sydney Road Physiotherapy

At Sydney Road Physiotherapy our aims are simple...

**Treatment**
To relieve your pain or discomfort. To get you moving efficiently and effectively.

**Prevention**
To identify and assess risk factors to minimise future injuries.

**Education**
To educate and reduce injury recurrence.

**Hours:**
Monday-Friday  7am-8pm
Saturday 8am – 2pm

531 Sydney Road, Seaforth
Phone:  9907 0321

Parking:
Sydney Rd: up to 1hr
Balgowlah RSL (off Ethel St): 2hrs
Kempbridge Ave: 2hrs
Hope St: unlimited

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**Soft Tissue Injuries—Treatment From all Angles**

Soft tissue injuries are a common presentation to Sydney Road Physiotherapy. Patients often ask, “What can I do to assist with the healing of my injury?”

We know that healing occurs in four stages:

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**Phases of tissue healing**

For a soft tissue injury to heal, all four stages must occur.

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**Early stage physiotherapy**

In the first two phases, traditional physiotherapy follows the principles of R.I.C.E (Rest, Ice, Compression, Elevation). Acupuncture, ultrasound and massage may also be used.

**Later stage physiotherapy**

- Specific graded strengthening exercises so the muscle can perform optimally in everyday activity and sport
- Massage to reduce tension on surrounding muscles that may have been compensating
- Treatment of associated joint stiffness or nerve tightness
- If necessary, assess and correct biomechanics to prevent re-injury

**What else can influence healing?**

**Stress** – studies in both humans and animals have demonstrated that stress causes a substantial delay in wound healing. Stress enhances the release of cortisol which reduces your ability to sleep and inhibits the release of certain chemicals (cytokines) which assist in wound healing.

**Sleep** – when asleep we release Human Growth Hormone. This hormone has been shown to encourage faster healing in sprains, strains and fractures.

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**Athletes who slept less than 7.5 hours per night increase the risk of injury by 61% (Choi, 2006)**

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Omega 3 (found in fish oils) – provides essential building blocks for tissue repair. Omega 3’s are the most effective natural anti-inflammatory agent available. It has a number of effects - not least to reduce the degenerative enzyme aggrecanase which results in the reduction of synovial cartilage inflammation. There is already good research to state that omega 3’s are effective in the management of pain and inflammation associated with rheumatoid and osteoarthritis.

Arginine – an essential amino acid found in nuts and seeds which assists repair.

Green tea – an antioxidant that assists in healing at the cellular level. Proven to be particularly beneficial in tendon healing.

Relaxation/yoga/hypnosis – can reduce stress and promote more rapid healing.

White Willow Bark – bark from White Willow is one of the oldest herbal remedies for pain and inflammation. It inhibits the function of the building blocks of inflammation. Its effects have been compared to the use of Aspirin.

Alcohol – inhibits the body’s response to the initial injury and slows down the initial stages of healing.

Turmeric – a flowering plant of the Ginger family. When Donna was in Sri Lanka last year she observed the use of Turmeric in the Ayurvedic hospitals and clinics where it was used as a paste over joints as well as taken in food. It inhibits inflammation by suppressing various activators of the inflammatory pathway.

Magnesium and Zinc – Magnesium functions as a co-factor for many enzymes involved in protein and collagen synthesis. Together with Zinc it ensures optimal cross links in the healing of soft tissue.

Anti-Inflammatory Medications (Nurofen/Voltaren) – in muscle injury, delay any anti-inflammatory medication for 3 days as the medication effects the natural inflammatory response in such a way as to increase the risk of re-injury.

Vitamin A – helps in the formation of fibroblasts and collagen formation necessary for healing.

Vitamin C – a person deficient in Vitamin C will have poorer scar formation and an impaired immune response.

Vitamin E – an antioxidant that can reduce excess scar formation. It has not been shown to increase healing.

* While nutrients occur naturally in food, if you have any health conditions or take regular medication you should consult your doctor before taking supplements.

By Donna White and Louise Henderson

Staff News

- We welcome back Laura to the team to take some of our pilates classes, returning Term 2 after the birth of daughter Jessica back in September.
- Congratulations to Andy and Bex on tying the knot in February.
- The staff at SRP have been busy updating their First Aid qualifications.
- We farewell Lizzie to play touch football for England at the next World Cup!
- Welcome to Carolyn who has joined our reception team.
- Both Donna White and Sarah Ross are travelling over Easter with the Olympic and Paralympic Sailing Team to France where the teams compete in a World Cup Regatta, We wish them safe travels.
Q & A with Oli Tweddell - a Finn sailor on the Australian Sailing Team

What was your injury?
The injury I suffered from was de Quervains tendonitis in both my left and right forearm/wrists.

What did you find was helpful in the first few days following injury?
After sustaining the injury we found that it was best to ice straight away, take anti-inflammatory medication, apply Voltaren gel to both wrists and glad-wrap over night and well as physiotherapy treatment at least 2 times a day.

What type of physiotherapy treatment did you find helpful?
We found the best type of physio treatment was releasing through my entire postural chain. So starting at the neck and working all the way down. The secondary focus was then my pectoral muscle and shoulder capsule, as we found that these were key indicators for the injury repeatedly occurring. Hands on treatment, as well as acupuncture occasionally.

Besides physiotherapy did you try any nutritional supplements to assist the healing?
Due to the nature of the sport I am involved in, we have pretty strict rules about what we can and can’t take, so we stayed clear of pretty much all nutritional supplements however the one thing we did use was Green Tea. Studies have shown Green Tea helps in tendon strength/recovery, so I started drinking a lot of green tea to help assist in the recovery.

Did anything else assist your healing?
We also found that the best thing for the injury was actually loading the tendon up straight away after the injury occurred. It started with a bit of pain, but then the pain would disappear after sustained load. We then set in place a tendon loading program to keep continuous load on the tendons throughout the year, so the injury wouldn’t occur again.

WOMEN’S PELVIC FLOOR TALK FOR FITNESS TRAINERS AND PATIENTS

Women’s Pelvic Floor Physiotherapists Louise Henderson and Rebecca Rutherford will be holding a talk for trainers and patients at the practice (in the upstairs pilates room) on “Women’s Pelvic Floor and Exercise - Potential Problems and Solutions” - Monday 27th April at 6.45pm for a 7pm start.

Please contact Reception on 9907 0321 to book your place.

Limited places available.

Have you met? Donna White

Donna White is a Titled Sports Physiotherapist and Australian Institute of Sport (AIS) accredited provider. She was selected as the physiotherapist to work with gymnastics at the Sydney Olympics and as the team physiotherapist for sailing at the 2004 and 2012 Olympics. At the 2012 Olympics in London, sailing was the most successful team of the games. She has recently been nominated as physiotherapist for the Rio Olympics 2016. Donna has completed her postgraduate diploma in Sport Physiotherapy and has specialised in musculoskeletal physiotherapy, particularly the shoulder.

Donna regularly lectures in Sports Physiotherapy and has implemented a number of prevention programs to reduce the risk of injury in sports such as sailing, athletics and gymnastics. She is currently working on a number of scientific research papers with a focus on lower back pain treatment and prevention, the first of which has been accepted for publication by the British Journal of Sports Medicine.

She has three children, all keen on sport—particularly surfing.
Physiotherapy
Hands on approach, we aim to diagnose your injury, treat and advise so it never returns!

Acupuncture & Dry Needling
Acupuncture or dry needling may be used by our therapists to assist with pain reduction and the relaxation of muscle spasm.

Real-time Ultrasound
This allows the therapist to show you how your muscles are contracting. It is a great way to learn how to activate the deep muscles of the abdomen, the back and the hip, or to see the impact of the pelvic floor muscles on the bladder.

Orthotics
If indicated, soft orthotics can be molded to help correct foot alignment and reduce the pain which may be caused in the foot, knee, hip or lower back.

Incontinence Clinic
Weakness of the pelvic floor muscles can be a contributing factor in stress or urge incontinence and prolapse. We offer a specialised service in the assessment of these muscles and advise appropriate treatment.

Massage
Our massage therapists can offer relaxation, remedial or sports massage according to your needs.

Pilates
Pilates reduces the risk of recurrent back pain by 50% strengthening your core. We offer both Mat and Equipment classes. Our small group sizes ensure tailored exercise progressions to improve your core strength, flexibility and posture.

Exercise Classes For The Over 60s
These very popular classes are led by our physiotherapists to provide appropriate exercise to improve and maintain strength, flexibility and balance.

Home Visits
We are able to offer full assessment and treatment in your home if you find it difficult to come to us.

Athlete Screenings
Global assessment designed to compare flexibility and strength to normative values, identify your ‘at risk/weak spot’ and formulate an injury prevention program.

Paediatric Physiotherapy
Infants to high school age treatment for issues with movement and their musculoskeletal systems. Treating children with coordination problems and babies with developmental delay.

Our Team

Physotherapists
All our Physiotherapists are senior Physiotherapists, experienced in treating a wide variety of musculoskeletal and sporting injuries. They all attend ongoing continuing education in specific areas which leads to a special interest in treating certain conditions or particular sports.

Louise Henderson: Pelvic floor, sacro-iliac joint and pelvis particularly in post natal women.
Christine Reed: Masters in Hand Physiotherapy. Upper limb including splinting for the hand and wrist.
Rebecca Rutherford: Physiotherapist, Pelvic Floor, Pilates instructor and rehabilitation for the elderly.
Sarah Ross: Paralympics Physiotherapist and Pilates instructor.
Jess Cunningham: Sports Physiotherapist, winter sports and Pilates instructor.
Laura Wickens: Pilates Instructor.

Andrew Sherborne: Manipulative Physiotherapist, Pilates instructor. Swimming and golf injuries.
Helen Durrant: Physiotherapist, pilates instructor. Gymnasts and rugby sporting injuries.
Fiona Elliott: Physiotherapist and a special interest in treating children (paediatrics).
Mike Harvey: Physiotherapist with an interest in sports and general physiotherapy.
Jane Leathwood: Hand physiotherapist and pilates instructor.
Leanne Hughes: Physiotherapist and Pilates Instructor.

Massage Therapists
Virginie Guilloux: Remedial and sports massage therapist.
Jo Lindsay: Remedial and sports massage therapist.
Clara Thompson: Remedial and sports massage therapist.

Administration Team:
Sarah Ritchie, Janene Cullen, Susanne Phelan, Jess Cullen, Eleni Tsagaris and Carolyn Punshon.

Bookkeeper: Sue Belramoul.

Like us on Facebook at “Sydney Road Physiotherapy and Sports Injury Centre.” Keep up-to-date with what’s happening at Sydney Road Physio - staff news, new research, helpful information and tips.

www.sydneyroadphysio.com.au