



Forrest Hill Physiotherapy

COMMUNITY NEWSLETTER

- **Physiotherapy**
- **Real Time Ultrasound Imaging**
- **Clinical Pilates**
- **Continance Physiotherapy**
- **Massage therapy**

THE KNEE EDITION - Running and Winter Sports

The **adidas Auckland Marathon** is steadily approaching on the 30 October 2011. Again, they have had record numbers enrol for both the half marathon and full marathon distances, for which entries have now closed. They also offer a quarter marathon, a 5km walk/run option which some of you may have signed up for. The amount of interest in this event really highlights how important running and walking are as forms of exercise for many of us. All too often we have keen runners and walkers present to the clinic weeks out from an event like the half marathon that have developed **anterior knee pain**. They often experience pain around the knee or knee cap, swelling, clicking and/or stiffness, which can be quite debilitating and is often affecting their training! This is 4-6 times more common in females.

This pain can be caused by:

- **Over training – ramping up training loads too quickly**
- **Incorrect footwear**
- **Previous history of injury(ies) to the lower limb**
- **Tight muscles**
- **Insufficient muscle strength**
- **Poor stability around the lower back and pelvis**

All of these factors either individually or in combination can cause our knee cap to not track correctly. This will cause irritation of the joint surfaces and

subsequently lead to pain.

Don't worry ... we can help!! Physiotherapy treatment will help to correct that tracking issue (think of headlights on a car... you want both knee caps facing straight ahead), which will help to resolve that knee pain.

Treatment can consist of:

- **Assessment of lower limb and pelvic biomechanics**
- **Assessment of muscle function (weakness or tightness)**
- **Training modification**
- **Taping techniques to get you moving in a pain free way**
- **Massage and joint mobilisation**
- **An individualised, specific exercise programme to correct those imbalances**

If you are considering starting running but have some concerns regarding previous injuries or knee pain, we are



happy to help you. It is important to address those niggles early, especially if you are training for an event. Don't leave it to the last minute!

Your Newsletter ... Your Choice

We aim to inform not offend and twice yearly we would like to send you informative health and fitness tips in the form of this mailed newsletter . If you would prefer not to receive these, then please email info@forresthillphysio.co.nz with your full name and 'Unsubscribe' in the subject line.

Alternatively, if you would like to receive this by email then please email us with 'Email Newsletter' in subject line with your name too.

Thanks! We enjoy helping you to help yourself to better health and fitness, so you don't have to come and see us so often!



READ OVER THE PAGE →

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Our Staff Out and About Recently

Chris McCullough

- Recent lecturing trip to Guam courtesy of the International Olympic Committee's Solidarity Fund. The aim of this fund is to provide quality speakers to our neighbouring countries, i.e. Oceania region, to learn and up-skill their sports performance knowledge, including injury prevention and treatment regimes which Chris presented.
- Recent attendance at World Physiotherapy Congress in Amsterdam.

Jennifer Sayer

- Trips to pre-World Cup Tournaments in Sydney and China with the NZ Football Ferns team and the penultimate World Cup Tournament in Germany.

Kelly Rope and Nikki Darroch

- Attended a two day course on Breathing Pattern Disorders, organised by the Cardiothoracic Special Interest Group of Physiotherapy New Zealand.
- Congratulations to Kelly on her appointment as Physiotherapist to the NZ team at the Youth Commonwealth Games, to be held in September this year on the Isle of Man, UK.

Natalie and Catherine Dent

- Attended the International Polestar Pilates conference in San Diego. Polestar is a Physiotherapy directed Pilates education organisation based in Miami, USA.

Neil Tucker

- Welcome back to Neil who has spent the last five years working in the UK— at London's prestigious Pure Sports Medicine Clinic and Ireland as team Physiotherapist for the Munster professional rugby team.

MUSCLE BALANCE ASSESSMENTS

Whether you're a competitive athlete, weekend warrior or just enjoy walking the dog, good physical fitness is important to most of us. Injuries can be frustrating particularly when we have set fitness goals; whether it be tramping the Milford Track, running a half marathon or participating in the grandkids activities. Often a bit of knowledge about our own body can go a long way towards helping us to perform better whatever the activity. That's where a Muscle Balance Assessment (MBA) can assist, particularly if you are sick of those repetitive strains and niggles that continue to hold you back.

The MBA is a one hour long appointment (includes report write-up time) and is designed to use your history of previous injuries in conjunction with an in depth analysis of:

- muscle length/tightness and strength or weakness in key areas
- Postural integrity
- Poor movement or technique strategies

These results are provided to you in a report format and exercises to remedy any adverse findings will be taught at a half hour follow up appointment. We are happy to liaise with Personal Trainers, Coaches, Pilates Instructors, Doctors and the like, to ensure a team approach with you being the number one focus!

"The idea is to provide you with a tight and effective group of exercises designed to complement your current program or just simply as a preventative regime."

The MBA is also an excellent idea for adolescent athletes who are striving to make the jump from school sports to more competitive senior levels. The aim is to identify potential issues before they become a problem and to ultimately assist and improve overall performance.

When booking with our Reception be sure to let them know you would like a "Muscle Balance Assessment", so that enough time can be allocated.

MBA and Report = \$125.00

Follow up Exercise session = \$ 53.00

www.forresthillphysio.co.nz phone: 410 8461



Back Dated Newsletters are available off our Website Home Page.

Look for the Newsletters link for access to Doctors and Community editions. Topics include:

- Knee—Patello-femoral Syndrome
- Lumbar Instability
- Shoulder Impingement
- Spinal manipulation
- Massage—types explained
- Continence Physiotherapy for both men and women
- Real Time Ultrasound Imaging as a tool in low back pain management

We plan to add articles of interest to this site, so if you want a plain language, best practice explanation to a common musculoskeletal condition, then take a look here.

Of course, if in doubt, make an appointment to see one of our Physiotherapists, or consult with your family doctor.

