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Welcome to our **Newsletter** ...
Designed to provide you with
current information about
Physiotherapy...

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this issue

Sprains & Strains

What's The difference?

News from St George Physio...

Many of us have injuries that involve a strain or sprain; but do you know the difference between these two types of injuries.

Very simply:

1. A **sprain** involves an injury; a stretch or tear to a ligament - the tough, fibrous tissue that connects bones to bones, or to the cartilage - the flexible connective tissue found between the bones in a joint.

2. A **strain** involves an injury; a stretch or tear to a muscle or tendon - the tissue that connects the muscle to the bone.

Sprains - In More Detail...

Sprains frequently occur when a twisting motion accompanies an outstretched limb, so ankles, knees and wrists are the joints most commonly sprained.

To illustrate, think of your ankle twisting sharply inward or outward as your foot lands on another player when jumping for a ball; or your knee twisting when you're knocked by another player going for the same ball. Both of these incidents are likely to result in an 'overstretch' of the ligament or a tear to the cartilage at the very least!

Symptoms that commonly indicate that a sprain has been sustained include pain, swelling, bruising and a loss of functional movement. Occasionally, you may feel a 'pop' or 'tear' when the injury occurs.

Sprains are commonly 'graded' into three categories to reflect their severity:

- Grade 1 (minor) - No tearing of the ligament or cartilage and no loss of joint function - however you still may feel discomfort due to internal bruising and swelling
- Grade 2 (moderate) - Partial tearing of the ligament or cartilage. This will result in decreased function due to the swelling and bruising and it may be difficult to walk on the painful ankle/knee
- Grade 3 (severe) - Complete tearing of the ligament and or cartilage. The joint will feel very unstable and you are unable to bear weight on the affected area. This is usually associated with widespread swelling, bruising and severe pain.

A visit to the Physio will help with diagnosis and pain relief.
In severe injuries an XRAY may be required to rule out a fracture as the symptoms are similar.
Surgery is sometimes required to correct the joint if a complete ligament rupture or tear of the cartilage has occurred.

www.stgeorgephysio.com.au





News from St George Physio Clinic...

We'd like to extend a warm welcome to two new additions to the St George Physio and Pilates team; **Camilla Montague** and **Brett Lane**.

Camilla graduated from Physiotherapy at the Uni of Sydney and has previous experience working in the Illawarra hospitals developing her skills in manual therapy and exercise prescription, before joining the team at St George Physio. Camilla previously completed a degree in Exercise Science and Psychology, where her passion for exercise based rehabilitation began. Coming from a sporting background, Camilla has a special interest in sports related injuries & pilates, & believes in an active approach to injury management.

Brett holds a Master of Physiotherapy degree from Sydney Uni as well as a Bachelor of Exercise Science degree. With a sporting background of Rugby League, and boasting NRL experience, he has encountered many injuries himself and so understands what it takes to encounter pain and endure rehabilitation.

As a current practitioner for the St George Dragons junior representative teams, he has experience with sporting teams and individuals with many types of injuries. Brett believes in a holistic approach to health, which can be maintained with physical activity and exercise including strengthening, stretching and stability. This is complimented by experience in massage, which will ensure a hands on approach to help achieve pain free results long term.



Seek advice from your Physio ASAP - the research is very conclusive.

Early accurate assessment and prompt appropriate treatment is much better than delay.

Strains - In More Detail...

Just like a rubber band, muscles are made to stretch. But if stretched too far, or if stretched while contracting (i.e. an eccentric contraction), a muscle strain may occur.

Strains are often referred to as "pulled" muscles, with hamstring and calf injuries amongst the most common type of strains in many sports due to the amount of rapid acceleration involved in play.

Like sprains, strains are graded based on their severity:

- Grade 1 (mild) – Minimal damage to muscle fibres – can feel like a bruise to the muscle.
- Grade 2 (moderate) – There is more extensive damage to the muscle fibres but the muscle is not completely ruptured. It is usually painful to walk with obvious swelling and bruising.
- Grade 3 (severe) – There is a complete rupture of the muscle- unable to weight bear with marked swelling and bruising.

Some Tips for Minimising Strains & Sprains in Sport...

Good Preparation

- participate in a fitness programme to develop strength, co-ordination and flexibility
- eat a well balanced diet to keep muscles strong
- wear shoes that fit well and are in good condition
- tape or brace knees & ankles if you have previous injuries
- warm up & stretch before competition & training to be ready to play

Good Technique

- incorporate training focusing on enhancing body balance, control on landing, moving forwards & sideways
- screening with a physio to help identify any risk areas that may require extra training emphasis.

"If you suffer a soft tissue injury the best thing to do is apply ice to the affected area for 20 mins repeating every 1-2 hours."

At St George Sports Physio - It's All About You!

Both correct initial management and immediate treatment are vital for ensuring rapid recovery from strains and sprains.

As a specialist musculoskeletal and sports physiotherapy practice, St George Sports Physios will work with you to identify the nature of your injury and to develop a personalised injury solution that will result in optimal recovery time.

If you would like to make an appointment to discuss your condition or have a further enquiry, visit our website www.stgeorgephysio.com.au or call us on **9546 6880**

