

# physiomechanics

PATIENT NEWSLETTER

WINTER 2015

## UPDATE ON PHYSIO MECHANICS KARAKA

Unfortunately progress with the new Karaka clinic has been slower than anticipated due to council holdups. However, it looks like building foundations are now being laid and the building process is underway. Our Karaka clinic will have 4 treatment rooms and an area for continuing our popular pilates classes. **PHYSIO MECHANICS KARAKA** is now due to open Feb 2016.

## POSTURE RELATED PAIN

The effects on the body of gradual sustained loading over time....and how **PHYSIO MECHANICS** can help

Poor posture is attributed to everyday life with increased use of laptops, smartphones and desk jobs in general. Of much concern are the number of young people we see who have postures normally seen in our more middle aged populations. Prolonged static positions in poor postures can result in pain arising from changes in the soft tissues of our body – muscles, tendons and ligaments. Recent studies suggest however that “Postural Syndrome” is a possible precursor for future more disabling or painful problems. Slumped sitting is seen as the most provocative of positions, resulting in:

- ✚ a flexed lumbar spine or loss of normal spine curvature
- ✚ An increased curvature of the Thoracic or mid spine – a hunch back
- ✚ A protracted chin and forward posture of the head and neck



### Adequate postural education and advice only goes so far.

The secondary consequences of poor body position must be addressed. These include:

- ✚ Inflexible muscles - tightened muscles will reduce range of movement of joints and will provoke pain upon stretch
- ✚ Muscle fatigue - unconditioned muscles become less efficient at supporting the body
- ✚ Muscle imbalance - weak muscles cannot support the body adequately and will allow the body to adopt incorrect positions

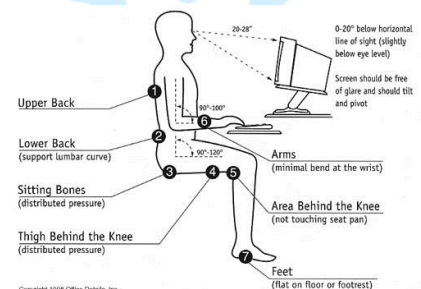
## PHYSIO MECHANICS SERVICES FOR THE POSTURALLY CHALLENGED...

Our physiotherapists will provide a **COMPREHENSIVE AND SKILLED** assessment of posture and muscle balance including:

- ✚ Diagnosis of the presenting complaint
- ✚ Full patient history including importance of recreational activities, hobbies and work place dynamics
- ✚ Movement Screening to reveal current movement faults and to enable quality exercise prescription, offload strategies, habits, ergonomics
- ✚ **Gait analysis screening** using state of the art Orthotic Scanning Assessment Tool – see previous newsletter for more detail

### PHYSIO MECHANICS TREATMENT SERVICES FOR POSTURAL DYSFUNCTIONS:

- ✚ Manual therapy—mobilisation and manipulation to address joint dysfunction
- ✚ Soft-tissue therapy—massage and trigger points to release muscle tension
- ✚ Gait Scan Analysis and Custom made orthotic fitting
- ✚ Acupuncture and trigger point dry needling for the same
- ✚ Gym/exercise programmes and progressions
- ✚ Pilates – one on one sessions or group mat session
- SEE OVER THE PAGE FOR MORE INFORMATION
- ✚ Use of Posture tools – lumbar supports, postural taping, foam rollers, OOVs,
- ✚ Information on appropriate work station guidelines



TAKANINI • KARAKA

88 Great South Road, Takanini 71 Hingaia Road, Karaka  
Ph: 09 299 7677 Fax: 09 299 7688 New clinic opening July 2015

admin@physiomechanics.co.nz www.physiomechanics.co.nz

# physio**mechanics**

PATIENT NEWSLETTER

## PILATES AT **PHYSIO MECHANICS**

Clinical Pilates is a great way to improve your deep core, flexibility and most importantly—your postural muscles.

Two very common causes for long term pain and preventable injury are poor flexibility and weak core stability/strength. Poor flexibility may be caused by poor posture, lack of stretching, muscle overuse or incorrect movement patterns. Poor flexibility will shorten muscles, compress joints and reduce range of movement.

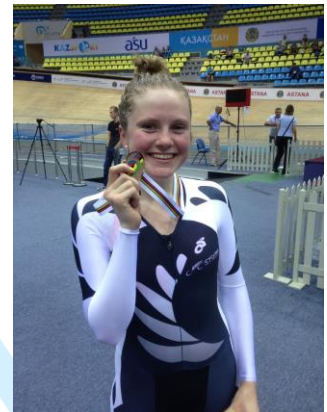


Your core refers to your deeper abdominal muscles which wrap around your lower back and pelvis creating a “core” linking your upper and lower body. Everything we do during the day, whether it is lifting our kids, gardening, or even sitting behind a computer desk all day, requires our core to be strong to stabilise our spine and prevent injury during these activities. A weak core can be caused by previous back injury, current or previous pregnancy, sedentary lifestyle, or poor posture. A weak core will increase shearing forces at the spine, accelerate degeneration and, coupled with poor flexibility, will make you very prone to low back injury. **CALL **PHYSIO MECHANICS** TODAY AND BOOK YOUR PILATES SESSION NOW.....**

**PILATES TIMETABLE: \$15 per class, or concession deals available**  
Beginner Classes Tuesdays 10am, Wednesday 5pm, Saturday 9am  
Mixed Level Class Tuesday 9am, Wednesday 6pm, Thursday 9am  
One on one session – by appointment only

## PATIENT PROFILE: MADELINE PARK

We would like to **CONGRATULATE** Madeline Park on her amazing achievements at the recent UCI Junior Worlds Track Cycling Championship which took place in Kazakhstan over August 19-23<sup>rd</sup>. Maddy participated in the Women’s Team Pursuit (4000m) in which our Kiwi girls dominated the track and set a **new World Record time** of 4:31.996 which was nearly a full 6 seconds ahead of the Silver medallists (Australia). Maddy then went on to earn her own Bronze medal in the Individual Pursuit (2000m)! We are so inspired and proud of all you’ve accomplished Maddy,--- well done!!!



Here at **PHYSIO MECHANICS** we have been privileged enough to assist Maddy in her build up to the Junior World Championships by seeing her on a weekly basis providing both injury prevention and management strategies as well as utilising Myofascial Release. This emerging technique, focuses on the connective tissue within the body and aims to improve circulation, relax sore and tired muscles and can improve freedom of movement within a specific area of the body to name a few. This approach was directed to help Maddy to manage any muscle soreness quickly as well as reduced recovery time frames between trainings. We look forward to continuing to work with Maddy as she now prepares for next comps and keep those medals coming!

## AND FINALLY .....OUR PHYSIOTHERAPISTS AIM TO EDUCATE YOU!!!

### Your Home Exercises are Important!

Home exercises are prescribed by your Physiotherapist in order to assist your treatment.

The duration of your recovery time can be significantly affected by whether or not these are adhered to— saving you time and money. Try to fit these into your day and help us to help you. Even after therapy has finished, these exercises will be beneficial for longer term maintenance and injury prevention.

## TAKANINI • KARAKA

88 Great South Road, Takanini 71 Hingaia Road, Karaka  
Ph: 09 299 7677 Fax: 09 299 7688 New clinic opening July 2015