



WELLINGTON DAM - WESTERN AUSTRALIA

NOVEMBER 2022

## What does a physiotherapist do?

**Many people know the value that physiotherapy brings to their life and some have even been visiting their physiotherapist since childhood. However, for those who have never been to see a physiotherapist before, there can be a question mark over exactly what it is that physiotherapists do. In fact, this is one of the most common questions physiotherapists are asked.**

The answer is tricky, because physiotherapists do so much. Primarily, we might be described as pain management experts, as we work to reduce the pain of our patients, from those who have suffered a new injury, to those who have had pain for several years. We first identify the cause of the pain and then provide manual therapy techniques, education and management strategies to help our patient understand, manage and reduce their pain.

While pain is usually the first thing that brings patients to see a physiotherapist, this pain has often caused patients to give up activities that they love and can even be getting in the way of everyday tasks. Many of us reduce our activity levels to reduce pain without even realizing it. Physiotherapists are able to identify which areas you are struggling in and why this is occurring. By identifying the cause of your symptoms, we can help to get you back to full function. Physiotherapists are able to do this for everyone including elite athletes and those dealing with serious disabilities. In fact, physiotherapists have a role to play at practically every stage of life.

We can assess infants to monitor their motor skills development and as they grow we help them deal with the pains and vulnerabilities of a growing body. Among other things, we can help improve the function of athletes, assist in preventing injuries, help those with pelvic floor dysfunction and work to prevent falls in the elderly.



### **Not just exercises and massage.**

Physiotherapists offer a range of treatments, from targeted stretches, manual therapies, dry needling, exercises and massage. Physiotherapists are also committed educators and take our role as such seriously.

A huge part of recovering from pain and injury comes from understanding what is happening and how to best manage these issues. Rather than create a dependency on their therapist, we aim to empower our patients to improve their health independently as much as possible.

**Physiotherapists aim, to improve your quality of life and remove any barriers to full participation, whether these barriers are due to pain, weakness or stiffness.**



## Brain Teaser

FINISHED FILES ARE THE RESULT OF YEARS OF SCIENTIFIC STUDY COMBINED WITH THE EXPERIENCE OF YEARS

The Question: How many times do you see the letter F in the sentence above?

Count them only once!

The first time this injury happens, can be painful and quite scary. It's important to see a physiotherapist to reduce your risk of future dislocations.

### **PATELLA DISLOCATIONS**



# Common Myths About Back Pain

Low back pain is one of the most common conditions treated by physiotherapists and if you are unlucky enough to have been a sufferer, you know that severe back pain can take over your life. With improved understanding, health professionals have come to identify some common myths about back pain that are inaccurate, misleading or even counterproductive.

## Myth #1 – Discs can 'slip' out of place

Sitting between the vertebrae of the spine are soft discs that provide flexibility and shock absorption to the spine. In the past, many health professionals including doctors and physiotherapists told patients that these discs had 'slipped' as a way of explaining their pain to them. While this was helpful to some extent, it is not entirely accurate, as these discs are actually very secure and rarely, if ever 'slip' out of place. Discs may bulge slightly or in some cases tear, however more often than not these injuries will heal without any permanent damage and exist in many people without causing any pain at all

. Thinking that a part of your spine has permanently 'slipped' out of place can cause you to move differently, which can create more pain and dysfunction in itself.

## Myth #2 – If you have low back pain, you should stay in bed

When back pain strikes, our natural instinct is to rest, avoid movement and wait for the pain to pass. However, studies have shown that being active and performing targeted, gentle exercises can help improve low back pain. In fact, our impulse to stop moving and protect our spines can actually cause abnormal movement patterns and stress, leading to ongoing pain after the original injury has healed. If you are unsure of what kind of exercises you should be doing, your physiotherapist can help guide you with a targeted exercise program.

## Myth #3 – Severe pain means severe damage

Pain that is severe, strikes suddenly and without warning can be a very scary experience. If this happens to you, you could be forgiven for assuming you must have sustained a very serious injury. The fact is, however, that the spine, being surrounded by nerves is a particularly

sensitive area of the body and pain in this area can be very strong without significant damage. A small ligament sprain or muscle tear can actually cause a large amount of pain and it is common for severe pain to settle down quickly, even disappearing within a few days. In many cases, symptoms that last for longer than 2-3 weeks are caused by changes to your movement patterns in response to this pain and not the original injury itself.

If you are suffering from back pain, the best person to see is your physiotherapist. They can help you to recover without any complications or side effects and help you safely return to your usual activities while also ruling out any serious damage that might need further investigation.

**None of the information in this newsletter is a replacement for proper medical advice. Always see a medical professional for advice on your individual injury.**



Answers: The answer is 6, but many people only count 3.

## Roasted Carrot, Date & Almond Salad

### Ingredients:

- 6 Large Fresh Carrots
- 6 Medjool Dates
- 1 Handful of Sliced Almonds
- 1 Garlic Clove
- 2 Tbsp. Olive Oil
- Salt & Pepper
- Fresh Parsley for Garnish



1. Preheat an oven to 180 degrees Celsius and line a baking tray with baking paper. Peel carrots and cut into large sticks. Crush one clove of garlic and add to baking tray along with carrots. Drizzle with olive oil and sprinkle with salt and pepper.
2. Place the baking tray into the oven and cook for 20 minutes, in the meantime, cut dates into quarters and add to the baking tray. Cook for a further 20 minutes before adding sliced almonds to the baking tray.
3. Continue baking for 10 minutes more and remove from oven. Mix ingredients together gently in a large bowl and set aside to cool.

**Garnish with parsley and serve when ready.**



**For Appointments Call**

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