



2nd Edition

INTRODUCTION

Greenwood Physio has now been open for just over two months. We are very excited to welcome our new clients to the practice who have helped us succeed.

We offer services in the area of physiotherapy, hydrotherapy, rehabilitation, pre/ post operative care, acupuncture and kinesio taping, workers compensation/ motor vehicle injury, DVA/EPC, Lymphoedema management, women's health, aged care/ home visits and therapeutic massage.

TEAM MEMBER PROFILE

A lot has been happening here at Greenwood Physio. We would like to welcome three new staff members Emma Roberts, Jessica Dalton and Jessica Kildea who have joined Amanda in our reception team. All our lovely receptionists are currently at university studying a range of degrees in the health field.

Niyati is currently on holidays and will be available for appointments from the 8th October

September Newsletter



Contact Us Today:

☎ 08 9246 0882 📍 Suite 8/9 Coolibah Drive
Greenwood WA 6024

✉ contactus@greenwoodphysio.com.au

www.greenwoodphysio.com.au



ACUPUNCTURE (*DRY NEEDLING*)

Our physiotherapist uses a technique called “dry needling” in the treatment of muscle trigger points. The objective is to release muscle tension, decrease pain and return the body to normal function.

A trigger point is a point in the muscle that is extremely tight or a knot in the muscle. It is often a direct palpable source of pain. If a trigger point is not released, the muscle may not be able to contract efficiently and can result in a strain (tear) and refer pain to the arm, leg or surrounding areas.

Types of injuries dry needling assist with – Sports injuries, arm related pain, shoulder tightness, stress/tension/cervical headaches, and leg related pain from hamstring strains, tight calves, quads or even tight buttocks pain in the gluts.

Dry needling reduces tightness in the muscles, increases blood flow and oxygen to the affected muscle and assists with nourishment to the area. Dry needling also assists with the release of hormonal chemicals called, endorphins through the nerve pathway. Can be use full for acute or chronic muscle pain.

SPECIALS

After an overwhelming response we have extended our remedial massage special. This includes a 45 minute massage for the price of 30 minutes. This special will be running until the 31st October, book in now!

LOWER BACK PAIN

Many clients of Greenwood Physio suffer from lower back pain. Just about everyone at some point has back pain that interferes with work, routine daily activities, or recreation. There are two types of back pain; acute or short-term pain and chronic pain— pain that persists for more than 3 months.

Acute pain generally lasts from a few days to a few weeks and is result of trauma to the lower back or a disorder such as arthritis. Pain from trauma may be caused by a sports injury, performing daily tasks around the house or a sudden jolt such as a car accident or other stress on spinal bones and tissues. Symptoms may range from muscle ache to throbbing or stabbing pain, limited flexibility and/or range of motion, or an inability to stand straight. Some acute pain syndromes can become more serious if left untreated.

Chronic back pain is often progressive and the causes are many and varied. Back pain is most common for people between ages 30 and 50, due to natural aging, but also as a result of sedentary life styles with too little exercise. As people age, bone strength, muscle elasticity and tone tend to decrease. The discs begin to lose fluid and flexibility, which decreases their ability to cushion the vertebrae.

When in recovery, rest is important, and patients should lie on one side, with a pillow between the knees for optimum comfort. However it is recommended patients resume activities as soon as possible. Exercise may be the most effective way to speed recovery from low back pain and help strengthen back and abdominal muscles. Recommended activities include stretching exercises, swimming, walking, yoga and movement therapy to improve coordination and develop proper posture and muscle balance. Any mild discomfort felt at the start of these exercises should disappear as muscles become stronger. If pain is more than mild and lasts more than 15 minutes during exercise, patients should stop exercising and contact a physio. Here at Greenwood, we can provide a list of gentle exercises that help keep muscles moving and speed up the recovery process.

Recurring back pain resulting from improper body mechanics is often preventable. A combination of exercises that don't jolt or strain the back, maintaining correct posture, and lifting objects properly can help prevent injuries. Applying ergonomic principles both at home and in the workplace can greatly reduce the risk of back injury and help maintain a healthy back.