



# 5th Edition

## PRACTICE UPDATE!!!

2013 has kicked off in full swing. Greenwood physio have also started off the year with a bang. Its moving along very quickly and with the holiday season coming to an end, we are getting busier and busier, so be sure to book in early with of our physiotherapists, remedial massage therapist or yoga instructor.

All our physiotherapist's are busy at work whilst two of our reception staff are on holiday in New Zealand, we hope they enjoy their trip.

Our other reception staff member, Jess, has been working hard to build up relationships with local sporting clubs and providing them with sports trainers for the season.

## TEAM MEMBER PROFILE

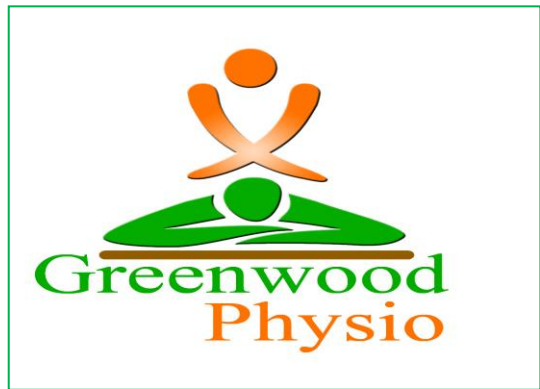
Yasuko, our massage therapist is off to Japan for 1 month. We are in the process of finding a replacement for that time so we can keep all you regular massage clients happy and relaxed.

We are hoping the new massage therapist will be available to work other days also once Yasuko returns so that we will have a massage therapist every day of the week.

For those busy regulars with little spare time, hopefully this will open up the availability.

We will keep you posted on who the new massage therapist will be and when they will be starting.

## February Newsletter



\*\*\*\*\*SPECIALS\*\*\*\*\*

**HYDROTHERAPY**

***Now ongoing classes;  
Monday 1:30-2:30 (Balga Leisure  
Centre)  
\$30/class - or buy a package -  
\$360 / 12 week course***

Contact Us Today:

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

✉ [contactus@greenwoodphysio.com.au](mailto:contactus@greenwoodphysio.com.au)

[www.greenwoodphysio.com.au](http://www.greenwoodphysio.com.au)



## Sports Training

Greenwood Physio is proud to announce that we have begun providing a sports training service to local community sporting clubs. We are currently helping out three local soccer teams Balcatta Soccer Club, ECU Soccer club and Olympic Kingsway Soccer Club. We are also working towards providing trainers for Wanneroo rugby team.

We started of the season by conducting musculoskeletal testing. This will help to outline any predisposing issues the players may have that could induce an injury.

Our sports trainers began going along to training sessions and games in the night series. Their duties have been taping of ankles and knees, massaging tight muscles and providing initial treatment to injured players.

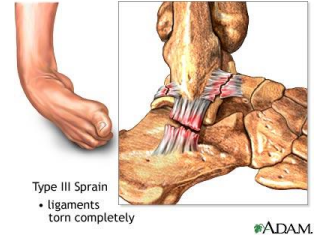
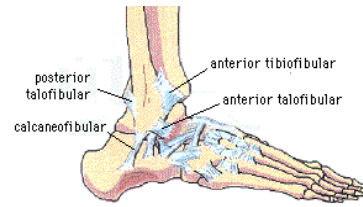
The role of a sports trainer is to care for and assist players who are injured, in the rehabilitation process and initial first aid on the field. A sports trainer is also responsible for the general well-being of the players.

A sports trainer's role consists of the following:

- Maintaining communication between players, coaching staff and health practitioners.
- Implement a safer sports program
- Prepare players for competition
- Provide immediate crisis management for minor and major injuries
- Referrals to practitioners
- Educating players and coaching staff

We wish all our teams the best of luck for the 2013 season.

## Ankle Injuries



<http://www.sportsci.org/encyc/ankacuini/ankacuini.html>

The most common type of ankle injury is inversion, rolling the ankle outwards. It is caused by instability of the lateral joint. The lower leg consists of two bones, the tibia and the fibula. The tibia is located medially and is largest and the ankle joint. The Fibula is located laterally and the smallest part of the bone is at the ankle joint on the outside. This creates more room for movement however easily susceptible to joint displacement. Ankle injuries commonly occur when walking on uneven ground or running and changing direction. They are caused by a sudden force put through the joint resulting in a sprain of the ligament(s).

Instant severe swelling and loss of function and motion can often be a sign of a complete rupture. Assessment of the joint will show the ankle feeling loose and free. The injured person will commonly hear and feel a snap in the area. They may get up to walk thinking they just rolled it, then not be able to walk on it or weight bear. They may fall back down as there will be no stability in the ankle joint.

There are 4 main types of ankle sprains.

**Grade I** – Slight damage to the ligaments and or surrounding tissues.

**Grade II** – Tearing of one of the ligaments (possibly damage to surrounding ligaments). Approximately 20-40% damage.

**Grade III** - Significant tearing to one or more of the ligaments, approximately up 80/90% damage

**Grade IIII** – Complete rupture of ligament

All types of injuries will be instantly painful and swelling will occur, however a complete rupture could hide the pain as the nerves may get damaged, blocking the pain receptors.

### Management

Immediate management for any of the grade of injury will require R.I.C.E; Rest, Ice, Compression and Elevation. Serious injuries will also require referral to a medical practitioner.

Follow up management will require the following;

Grade I, II & III, rest for approximately 1 to 3/4weeks.

Grade IIII, may require surgery and a stabilizer boot, recovery can take anywhere between 6 weeks to 6 months depending on the severity of the injury.

R.I.C.E should be continued throughout the early management process and NSAIDs, (Non Steroidal Anti inflammatory Drugs) such as Neurofen of Vaultaren can also help to reduce swelling. The recovery process should involve strengthening the injured area, surrounding muscles and ligaments to help with stability to avoid a reoccurring injury.