



Greenwood Physio

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The Importance of Massage:

If you are looking for more reasons for booking a massage, other than “because it feels great”, look no further. Let’s face it, massage can make you a much happier person. Here are five rock solid benefits of regular massage that make it a compelling argument to book one soon!

1. Correcting problems in your body: With remedial massage, therapists are trained to assess your body, observe changes over time, and design individual treatment plans for each client. They can use specific techniques to address an individual injury, postural or joint issues, as well as improving circulation, reducing pain and bringing a sense of general well-being.

2. Stress reduction: The importance of relaxing and well-being can't be underestimated and one of the most noted effects of massage is a greater feeling of calm and relaxation.

3. Immunity boosting: Due to the decrease in stress hormones, your immune system has a chance

to work more efficiently, without impairment. In addition, massage increases circulation and improves lymphatic drainage, which again provides a boost to the immune system's effectiveness.

4. Heightens mental alertness: When you are given a chance to relax and de-stress through massage treatments,

your levels of mental clarity and alertness increase.

5. Remedial massage assist a wide variety of health disorders: Insomnia; headache; depression and anxiety; back pain; arthritis; high blood pressure; chronic pain or constipation. **Get booked in with Tanja today to reap a few of these benefits.**



Greenwood Gossip Proposals, Promotion, a Wedding, Bali, a new Physio and Mikes puppy

We have had a lot to celebrate over the last few months Mike proposed to his Mrs who agreed and they celebrated with their puppy Benji. Elaine has had a big few months, she got engaged in France, bought a house and has been promoted to a new role of Aged Care Manager but don't despair Suzanna has taken over from Elaine and is available in the clinic Mondays &

the clinic Mondays & Fridays. Luxem is our new physio who will be in the clinic Mon/Wed/Thursdays. Chris has been away in Bali on a well deserved break we are looking forward to her return. Niyati got married in India and as you can see looked beautiful on her wedding day.



Ultrasound penetrates underneath the skin to accelerate healing.



Therapeutic Ultrasound

Ultrasound is a modality that is employed by Physiotherapist to aid in treating your problem be it chronic or acute. Ultrasound can be used to optimize and accelerate tissue healing.

The usage of ultrasound will cause vibration or cavitations in the local tissues leading to a deep and local heating of the area to no sensation to the patient. For a more acute problem (such as a sprained ankle), ultrasound can be turned on in a pulsed mode to remove the heating effects and optimize healing.

Research has shown that ultrasound can

increase tissue relaxation, increase local blood flow, and have a role in the breakdown of scar tissue. Increased blood flow will aid with swelling and chronic inflammation, and some studies have even suggested accelerated bone fracture healing. Ultrasound can also be used for phonophoresis, essentially non-invasively administering medications to tis-

ues beneath the skin. Ultrasound treatments will take around 5 minutes and depend on what area is being treated. During treatment, the head of ultrasound probe is continuously moved around so that the patient feels no discomfort.



Delayed-onset Muscle Soreness (DOMS)

Most of you in some point of your life have had Delayed-onset Muscle Soreness (DOMs). DOMs is muscle pain that is related to exercise and generally occurs after some increased or unaccustomed exercise loads. DOMs

may be present 24-48hrs after exercise and feels like a dull ache and can be associated with muscle tightness. It occurs more frequent with eccentric or lowering down type exercises. When you do a biceps curl, the controlled

descent of the weight back down to floor would be the eccentric part of the exercise. DOMs is caused by myofibril tears, basically micro tears in your muscles and as a result causes an increases of fluids and changes of electrolytes in your muscles.

This leads to the soreness or muscle pain. In terms of self-treatment of DOMs, ice, gentle massage, stretching and less commonly anti-inflammatory medications. DOMs will likely resolve spontaneously

Book an Appointment Today!

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