

Muscle People Physiotherapy

How Mobile are your Nerves?

Don't let your injuries slow you down!

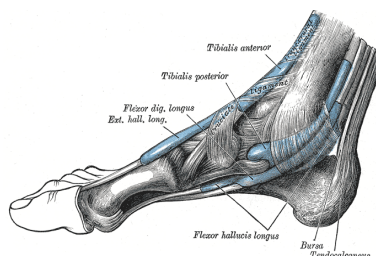
Many people unknowingly continue exercising with injuries waiting to happen due to poor neural (nerve) mechanics. For example, how many of you, on lying down on the floor and “stretching your hamstrings” using the straight leg raise hold, feel a strong pull deep behind the back of your knee when pulling your toes towards you. That is actually a lack of neural mobility, rather than tight hamstrings. As the toes are flexed, you are increasing the tension on the nerve and surrounding fascia, rather than increasing the stretch on the hamstring muscle group. This sensitization of the sciatic nerve could be the cause of your apparent recurrent hamstring niggles.

This problem usually occurs by repetitive traction or direct compression of the involved nerve. Tension can reduce circulation of blood flow to the nerve, and complete cessation of blood flow occurs at 15% elongation. It can also be caught or impinged as the nerve winds its way around or through bony and soft tissue interfaces. Any of these can lead to altered sensation (vague deep aches, tingling sensations, cramping of muscles), or a loss of muscle power.

Areas commonly affected:

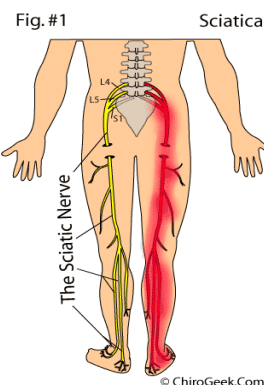
The tibial nerve in the tarsal tunnel of the foot. This tunnel is found along the inner leg behind the medial malleolus (bump on the inside of the ankle).

Patients complain typically of numbness in the foot, radiating to the big toe and the first three toes, pain, burning, electrical sensations, and tingling over the base of the foot and the heel.

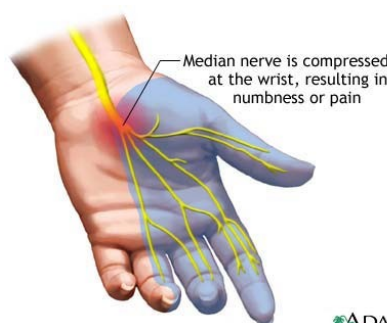
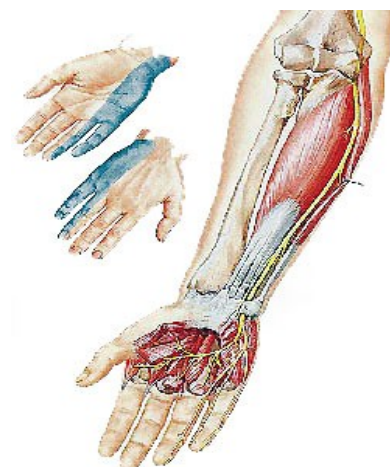


The sciatic nerve as it runs past or through the Piriformis muscle in the pelvis and further down the hamstring muscles.

Compression here can cause pain and/or tingling and numbness in the buttock, hamstrings, calf and foot.



The ulna nerve as it forges a path behind the “funny bone”, or medial epicondyle in the elbow. Compression here can cause numbness or tingling in the medial forearm and into the little and ring fingers.



Page 1 continued —

Neural tension tests are used by physiotherapists and other sports related health professionals, to progressively sensitize a specific nerve. The range of movement and pain response is noted and compared to the other side of the body. The distribution of the affected nerve and the surrounding soft tissues and joints are assessed, which gives the therapist further clues as to both the initial cause of the injury, and treatment possibilities.

Treatment involves the use of home exercises where the athlete performs small out-of-pain oscillatory movements, which mobilise the nerve and encourage normal movement. The choice of movement is dependent on the severity of pain and will change to include other movements later in the course of treatment. The dosage of these exercises is initially very low (for example, 10 times, twice a day), as nerves are easily irritated.

Even once the pain has eased, you should continue with preventative mobilisations. The physiotherapist will also address stiff joints and soft tissues, which may have been contributing to the problem. Most importantly, postural habits and technique need to be adjusted or improved to avoid recurrence.

So if you have any of these symptoms through a specific injury or general activity, make an appointment to see your Muscle People physiotherapist. They will create an individualised treatment program that specifically targets the cause of your symptoms.

Ref: Mobilisation of the Nervous System, D S Butler, UK, 1991.

SPONSORSHIP

Paul Davies latest update

Road to Ironman NZ 2011

The summer race season has passed and winter is on its way, this time of year is slightly quieter in terms of training volumes and is a great time to work on any weaknesses and technique issues.

Recently I have been spending many hours at the swimming pool working hard on improving my efficiency in the water along with getting in a load of great base training rides, somewhat due to the amazing autumn weather we have had and also because of a niggling foot injury which is requiring a few more weeks off running for it to settle down.

I will be entering Ironman early next month which is the qualifying race for Kona Ironman World Champs, it is my goal to be in the top 5 at Ironman NZ (Taupo) and qualify for Kona, Hawaii. The competition in my age group seems to get stronger each year so it is going to take a lot of consistent training and a solid day in the Taupo race to achieve this. I am very thankful to have the services of Muscle People Physiotherapy so close by, who have patched me up many times before when a problem arises and who have me back out the door training again.

I am hoping to race in some winter duathlons and a couple of half marathon events over the next few months and look forward to letting you know how it is all getting on. Thanks a lot Muscle People for your continued support.

Paul Davies





A note from the desk of the PM **(that's Practice Manager not Prime Minister)**

Since November 2009, there has been significant change in ACC funding and clients and physio's alike, have had to adjust to the changes. We introduced a part charge in Nov charging \$25 for the initial 40 minute assessment and \$15 for each appointment thereafter. Christchurch clients have not had to pay part charges for many years as most of the physio practices here were part of the Endorsed Provider Network (EPN) and required to be accredited to a high standard approved by ACC, this meant being fully funded. We are now on an Interim Contract (IC) with ACC which will be reviewed again in Nov 2011. However, we are still required to be accredited to a high standard at our own cost, which we are committed to as part of our professional business ethos. We continue to be accredited and hold certification status with HDANZ, Health and Disability Auditing New Zealand, to the Allied Health Services Sector Standards 8171:2005. HDANZ are a well known and recognised New Zealand organisation.

With all the media attention that was given to ACC funding, Physio's across the country were affected with a reduction of clients through the doors. We believe that this was caused by the general public thinking ACC wouldn't cover them for their injuries and we understand for some people, re-adjusting to having a cost associated with a service that was previously free. ACC continue to cover all injuries but they are looking more closely at how many treatments are used and investigating those that may not quite fit their criteria.

We firmly believe in the holistic service that we provide and are deeply committed to supporting our clients returning to a level of wellness that is realistic for their situation. We have systems in place to review if someone isn't getting better and ensure we maintain an appropriate standard of treatments. A recent ACC audit of our treatments provided for different injuries, confirms that we are well within acceptable margins recognised by ACC. Over treating clients costs you more in your wallet, so that "cheaper" appointment may not work out so in the long run. We invest in our staff, ensuring they are supported, have ongoing professional development and enjoy their work environment. We look for "best fit" with our business when employing so you, our clients, can be sure of consistency of care and expertise at Muscle People Physiotherapy. We value our ongoing relationship with you and those you care about, thank you for your continued support of our business.

And on a final note from me, the budget released on 20th May advised that GST is going up from the 1st October 2010. We are committed to keeping our initial ACC consultations at \$25, the follow-ups will have a small increase of 50 cents from October. Take care over the winter months and don't let your injuries slow you down.

Nicole Hill

TESTIMONIAL

I credit Muscle People Physiotherapy for where I am today. I had an accident that left me with a traumatic brain injury/head injury in 2005. It left me unable to walk or talk, or fend for myself.

Muscle People not only got me walking but provided me with the opportunity to regain my confidence in myself, my ability to work and my physical abilities. I feel that had it not been for Muscle People, and the caring staff, I would not be the person I am today.

I have no hesitation in recommending Muscle People to anybody that requires physical rehabilitation services, and frequently recommend them to people I come across in my daily life as a small business owner.

Yours sincerely

A handwritten signature in black ink, appearing to read 'Liz James'.

Liz James

NEW STOCK

Compression Thermoregulatory Sportswear



The use of compression clothing such as elastic shorts, tights and tops has become increasingly widespread amongst athletes and fitness enthusiasts alike.

Injury prevention, style, fit and reports of performance and recovery enhancement, are all reasons cited for its use. These compare well against other leading brands but the pricing is very competitive. Call into one of our clinics today and enquire!



PRICE LIST AVAILABLE ON REQUEST

Our Clinics

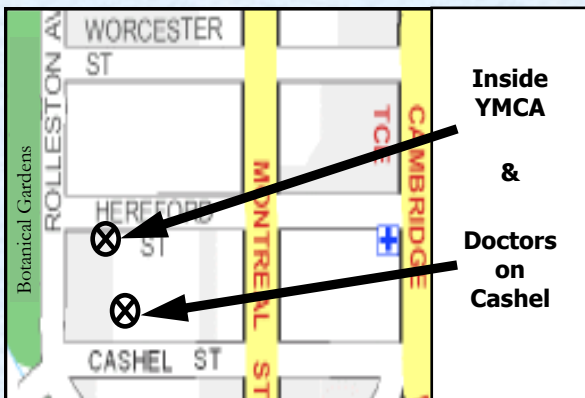
Bishopdale YMCA Clinic
13A Bishopdale Court
(behind Bishopdale Mall)
Ph: 360 3606 Fax: 360 3616
admin2@musclepeople.co.nz

City YMCA Clinic and Practice Manager's Office
12 Hereford St, Christchurch
Ph: 961 0236 Fax: 961 0237
admin@musclepeople.co.nz

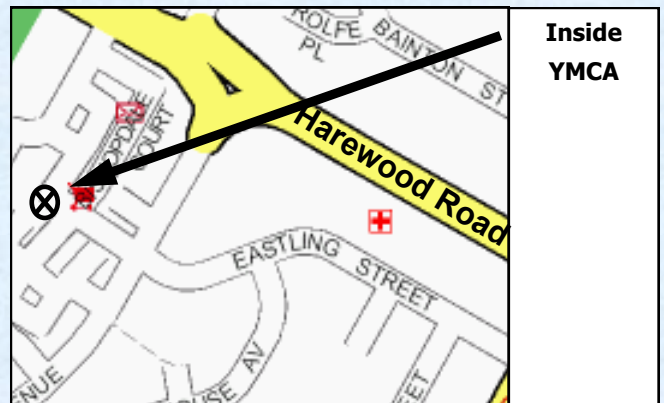
Doctors on Cashel Clinic
7 Cashel St,
Christchurch
Ph: 365 9700 Fax: 365 2325
admin@musclepeople.co.nz

www.musclepeople.co.nz

City YMCA Clinic and DOC



Bishopdale YMCA Clinic



Muscle People are ACC approved providers and meet the Health and Disability Auditing NZ standards criteria. We are WorkHab assessors, fully qualified to complete worksite and functional capacity assessments. Visit our website to find out more about the services we provide.