

We're expanding our services! We now offer Exercise Physiology

Hi from your Health Care Team!

We're glad to share much exciting news with you. Since our move and set-up in Parramatta North, we have increased our focus on exercise, self-management of health and sporting conditions. As you are aware, we have included a specially equipped Functional Fitness room for our patients to use for exercise, be taught how to manage their bodies and practice what they've learned. We have been missing the right teacher - until now. So we are very glad to introduce Arthur Wong, an Accredited Exercise Physiologist to you as a member of our team. He is a university trained expert in exercise. Arthur knows which exercises, how much and how frequent to use with each individual. In the same way your GP prescribes medication for your specific health needs, Exercise Physiologists prescribe, teach and monitor exercise for anyone and a very wide array of health disorders.

Arthur Wong graduated from the University of Sydney in 2015 with a Bachelor of Applied Science in Exercise Physiology. He is an advocate in being proactive about complex health conditions to exercise and manage lifestyle choices in order to maximize quality of life for the patient. Arthur is an accredited exercise physiologist with ESSA (Exercise & Sport Science Australia), with strong interests towards musculo-skeletal rehabilitation and cardiac conditions. He will provide guidance and direction with exercise, assisting in the process of making lifestyle changes to make it as natural as possible. The key is consistency and he strongly believes that everyone has the physical capacity to take charge of their life with adequate help.

An Exercise Physiologist is a health professional who specialises in the benefits of exercise to help patients get fitter for all round good health, or to treat pa-exercise. Exercise Physiologists are trainer at a gym. Like Arthur, they study knowledge about the human body and the tally and physically.

tients with medical conditions through much more than an ordinary personal at university and have a wide range of benefit that exercise has on it, both men-

Introducing:-

Liz Estevez
Podiatrist



Arthur Wong
Exercise Physiologist

and:-

Justin Ong
Chiropractor



more information on Liz and Justin inside

Introducing Liz Estevez and Justin Ong:

Liz Estevez has been working as a Podiatrist for 10 years. She also has a Diploma in Sports Therapy and Personal Fitness and is interested in postural alignment and pain relief and enabling clients to return to their normal activities.

Liz has worked in the High Care sector specialising in Diabetes and wound care and has worked with remote island communities in the Torres Strait Islands. She also volunteers for a Disability Leisure Service Provider.

She enjoys all aspects of Podiatry but does have a keen interest in lower limb biomechanics and the prescription and fabrication of custom casted Orthotics.

In her spare time Liz enjoys camping, four wheel driving, mountain biking, running and Muay Thai boxing. She also loves to travel both in Australia and further afield and immerse herself in other cultures. Liz is also a keen photographer, capturing our beautiful diverse landscape we have here in Australia.

Liz looks forward to working within Health *plus* Chiropractic and providing a service to both existing Podiatry clients and their families and new clients.

Justin graduated from Macquarie University with a Bachelor of Chiropractic Science and Master of Chiropractic. Born and raised in Singapore his interest in Chiropractic care started when he was serving in the army, and was keen to learn more after his service had finished.

Justin utilises a variety of chiropractic techniques which include Diversified, Drop piece and gentle soft tissue releases. He has a strong interest in spinal rehabilitation and is looking into pursuing further education in this area.

Justin has learnt the value of taking the time to understand the intricacies of a patient's case and then to appropriately share bite size pieces of information that are readily absorbed and incorporated into patient's lifestyle.

He explains the nuances and importance of spinal care so that patients are able to take an active role in maintaining their health

Justin is fluent in English and Mandarin.

Outside the office, Justin enjoys finding new places to eat around Sydney and it quite the foodie. He prides himself in being a coffee and bubble tea enthusiast, always on the lookout for the best coffee or bubble tea in the area.

Sports Injuries and Sports Science:

Sports injuries are often overlooked and easily dismissed as they occur so frequently. However injuries in the sporting arena are actually quite varied in terms of areas affected, severity of injury and length of recovery. Since nearly everyone wants to get "straight back into the game" or sporting arena, there is the risk of re-injury or additional injury due to compensation. Assuming that you have been given immediate treatment for your injury and looking for improving recovery process, let's look at a few areas where exercise physiologists can help with complete sport injury recovery.

Areas affected:

- Range of motion (ROM) may be increased with stretching and specific exercises.
- Incremental loading of basic movements help with the body's biomechanical function.
- A holistic exercise regime will account for any compensated loading of the opposing injury side of the body.

The severity of injury is differentiated not only by size of affected area or depth of injury but also whether it is muscular, tendon, ligaments and bone. One should not rush into rehabilitation before the injury is carefully identified with a specific grading or assessment.

- Exercise (not including stretching) should not be an immediate form of treatment **but rather complementary or during the end stage of rehabilitation.**

Once beginning an exercise regime, it is imperative to complete the whole program before being cleared to return to sports. That being said, game-simulations or practice involving game-level intensity can be beneficial to rehabilitation as long as it is carefully monitored.

Length of recovery is therefore the product of both area affected and severity of injury. While it may not take as long before full range of motion is attained or the absence of pain, the injury itself is by no means recovered. We will not be specifically covering timeframes as each injury is different but here are a few descriptive benchmarks when marking out the recovery process.

- Impairment of ROM and pain with movement.
- Impairment of ROM with no pain.
- Full ROM with pain only when using force.
- Full biomechanical function without pain.
- Full biomechanical function without pain with additional external loading of forces.

Keep in mind that any overloading of external force on the injury while in rehabilitation can cause additional injury to the site which is why it is important to have an exercise programme tailored for each individual!

A foot condition in Sport: Sever's Disease

Tommy is an 11 year old boy who has presented to the clinic with pain at the back of both heels. His main sport is soccer and has recently begun training for the upcoming season, due to begin in 2 weeks.

Tommy has also been picked to play in his school team, which he is really excited about, but this has added another game and training session to his week. He also participates in school sport/PDHPE and has just finished playing cricket over the summer. His current program is 2 training sessions per week with his club team plus another training session and mid-week game with the school team. In two weeks, he'll add a weekend game with his local club team.

Tommy's pain started towards the end of last season, usually only one heel at a time and only towards the end of the game. He reports it didn't bother him much during the cricket season but with the increase in training for soccer, he now feels the pain during every session, usually from about 20 minutes in. He even had to finish the session early two nights ago due to the pain.

His mum reports no problems with his feet previously, he walked at about 14 months and has progressed through his milestones normally throughout childhood. She was made aware by a paediatrician a few years ago that his feet pronate (roll in) and has always tried to get him in good shoes for school and sport. She rates him as a normal, very active 11 year old kid!

On examination, it was clear that Tommy's pain was coming from the point at the back of his heels where the Achilles tendon attaches to the heel bone (calcaneus). The pain is slightly worse on the left side compared to the right and I was able to reproduce the pain when we stretched his calf muscles, which were tight for a boy his age.

When standing and walking, Tommy's feet were pronating, or rolling in, past the point that would be considered the normal range of movement. He also struggled to balance on one foot for more than a few seconds (especially on the right foot).

The diagnosis of Calcaneal Apophysitis was reached. I explained to Tommy such but a fairly common problem at simply, the calf muscles at the back that that point of the bone can handle. catches up, but this could take up to a cially in a sport like soccer where your pronation have contributed greatly to



itis, commonly known as Sever's Disease, and his mum that it wasn't a "disease" as the growth plate at the back of his heel. Part of his legs were getting stronger quicker. It will go away eventually when the bone year. Tommy's increase in activity, especially on your toes a lot, plus his excessive his problem.

Massage Therapy for Sports Injury Recovery

Keeping active as an adult is an essential part of a healthy lifestyle. Making the time to exercise can be a challenge for anybody in today's society. The stresses and strains of working out can add up to keep us from comfortable activity, putting hurdles in the way of regular exercise. Thankfully remedial massage therapy can help reduce recovery times and help to get you back to working out closer to your peak physical condition.

Tension, muscle strains, shoulder and knee joint sprains, shin splints and tendinitis are common workout injuries. In the days after injury, when inflammation has reduced, massage is indicated as a viable treatment option. Generally, massage can help to improve circulation and reduce pain by stimulating connective tissue, blood and lymphatic vessels, allowing for quicker repair of injured tissue.

Soft tissue release and trigger point techniques are effective at reducing tension and pain in affected muscles. A trigger point is an area of taut muscle that causes pain in other areas, commonly caused by overuse and postural stress. These techniques can help to eliminate pressure that contributes to swelling which can cause pain causing chemicals to be trapped at the injury site.

Massage therapy can help to lengthen muscle and reduce tension in tendons by using stretching techniques that also help to reduce pressure on an affected injury site. When muscles are lengthy enough to allow full range of motion of a joint, the body will function better. Working directly on injured joint capsules can help to break down any adhesions that lead to joint stiffness. Using deep connective tissue and deep transverse friction techniques, massage can help to realign connective tissue fibres allowing injured joints to return to optimum performance.

The combination of massage therapy and a stretching/strengthening routine can help to improve the condition of muscles and joints as well as providing a better understanding of how to exercise correctly. Your massage therapist can recommend a range of stretches appropriate for your condition. Mobilisation of injured joints, both during a massage treatment and after, will help to return the joint to normal function.

Not only is regular exercise essential to keep the body in peak condition, but regular massage therapy also helps to maintain the body's innate ability to repair itself. The body is like a biological vehicle, when it is regularly serviced, it is less likely to break down. By maintaining the health of our muscles and joints the body will perform with less likelihood of injury. Massage therapy can help you to feel rejuvenated and ready to take on your exercise routine.

A case study in chiropractic management of anterior knee pain: Osgood Schlatter's disease

George is a 14 year old active boy who presents to our office for assessment and management of knee pain. His mother mentions he has had a growth spurt in the last 6 months and has also been very busy playing soccer four times a week this year. In the last three months, George has come home complaining of pain at the front of the right knee, just below the knee cap. He mentions it feels like a 'tearing' pain when he is on his feet, running around. At rest, it seems to ache and the pain could radiate up the leg.

George went to see his local GP for assessment. An x-ray was taken, which revealed Osgood-Schlatter disease (OSD). Basically, this is a condition often seen in adolescents and is thought that the tendon attaching the quadriceps muscle to the shin bone becomes tight and causes inflammation and microfractures in the tibial tuberosity. So his GP advised him to rest, prescribed anti-inflammatories (Voltaren) and asked him to stop playing soccer until the pain subsides. Unfortunately for George, this was devastating news as he was very passionate about his sport and wanted to play at an elite level.

George's mother decided to bring him into our office to see what we could do for her son. Upon examination, we found that George's knee range of motion was quite poor. He only had 50 degrees knee flexion and could not extend his knee fully due to pain at the front compartment of the knee. There was significant swelling just below the knee cap, it was warm to touch and muscle spasm was noticeable over his quadriceps and iliotibial band. He could do a partial squat with some pain. When we examined higher up the spine, we found George had movement restrictions in his lumbar spine. He could barely extend his back and when checking his right hip, we found there was significant weakness in his gluteus medius and minimus muscles. He also demonstrated excessive movement in his ankle joints, causing instability. Upon further questioning, we found that George suffered from recurrent ankle sprains in the past.

Our management plan for George was to start on a vigorous stretching regime for his knee muscles- quadriceps, rectus femoris, hamstrings and iliotibial band. An icepack was used over the front of the knee immediately after playing soccer. At our office, George received soft tissue and dry needling therapy over the quadriceps and patellar tendon. Chiropractic adjustments were then used to increase mobility in his lumbar spine and we addressed his hip weakness through graded gluteal strengthening exercises. We went further down his body and worked on stabilising his ankle through proprioceptive exercises, starting from floor exercises up to using wobble boards. We modified his training by mixing it with low impact cardio exercises, such as swimming and incorporated resistance training of his gluteals, hip abductors and abdominal core muscles to provide better stability for his spine and limbs.

Finally, George and his mother was reassured that it was a self-limiting condition, and that his sudden growth spurt, together with high activity levels was what exacerbated the condition.

After 6 weeks, George is now feeling minimal pain and is participating fully in his sport.

So if you know of anybody who suffers from a similar sporting injury, book an appointment with one of our experienced chiropractors today to see what we could offer!



Health plus
Chiropractic

Chiropractors: Anthony O'Reilly, and Justin Ong
Exercise Physiologist: Arthur Wong
Massage Therapists: Gary Fairhurst, Patricia De Guzman and Glen Chilcott
Podiatrist: Liz Estevez

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Health Plus Chiropractic is a team of health care professionals committed to the highest quality of care and service by being consistently enthusiastic, efficient, loving and dedicated to health care. We will treat and educate those who strive for optimum health and wellbeing, and in return be rewarded by seeing satisfied patients, reaching our full successful potential and bringing joy and fulfillment to us all.