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Clinic Services:

Physiotherapy

Sports Physiotherapy

Pilates

Massage

Acupuncture Needling

Work & MVA accidents

Surgical Rehabilitation

Exercise Prescription

Fitness/ Gym program

Bike setup assessment

Podiatry

Clinic Hours:

Monday – Thursday 8AM – 8PM

Friday 8AM – 5PM

Saturday 8AM – 1PM

Low Back Lumbar Supports In The Workplace

Poor sitting posture is a very common cause of spinal pain for our patients, and they are often literally sitting on the secret to improving their pain – the office chair!

When discussing lumbar support, we must first explain the importance of adopting the correct sitting position as this is often overlooked as a contributing factor to back problems. When sitting poorly in your office chair, a slouched, rounded back position can increase stress on the soft tissues, joints and discs, and this in turn can create muscle tension and pain in the lower back and legs. Achieving the correct sitting position in the correct chair is fairly simple; you should aim to sit your bottom toward the back of the chair ensuring the spine gets the optimum support from the lumbar support in the back rest. This helps to maintain an upright posture and encourage the natural curves of the spine. Your thighs should be well supported by the chair with feet comfortably supported on the floor or by a footrest.

The most common device designed to provide lumbar support in sitting is the ergonomic office chair. Chairs of this type often feature a seat and back rest design that is structured to conform to the correct alignment of the spine and minimise stress on the lower back. These chairs are extremely helpful for people who spend the majority of their work day at a desk.

Along with ergonomic office chairs, other devices including lumbar cushions (or lumbar rolls) and frames can be used to provide additional lumbar support. Like the office chairs, these devices help to minimize or alleviate stress on the muscles of the lower back in an attempt to prevent pain. One advantage of using a lumbar roll is that it is portable and can be used in any situation where you will be in a seated position for an extended period of time. These lumbar rolls work well for people driving long distances or travelling on planes, buses and trains.

If your chair is not providing adequate support and you are putting up with back pain when sitting, we recommend having an assessment with one of our physiotherapists. As part of our assessment we analyse your sitting and standing posture and can determine what factors may be contributing to your pain. One of our recommendations may be to add a lumbar support to your chair or replacing your old chair to help you get on top of your back pain.

For anyone who spends a lot of time sitting at work, taking steps to make sure you are getting the right lumbar support could mean avoiding much unnecessary back pain in future years.

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TPS joins forces with a local Champion

We are pleased to announce we have been appointed the physiotherapy provider for the **Goodwood Saints Football Club** in 2012. Our involvement will include training and game day physio coverage for the senior team along with implementing sports injury prevention programs and education sessions for both the junior and senior teams.

The Goodwood Saints have been a powerhouse in the SA Amateur League Division 1 Football competition over many years with the A-grade team having won 5 premierships in the past 7 years. The junior program is also very strong featuring many talented young players from our local area. We look forward to keeping the players healthy and helping the club achieve great success this season and in years to come.

Go you Sainters!

New treatment technique - Kinesio Taping

We aim to keep up to date with the latest techniques to assist in managing your injuries. Our therapists are now using Kinesio tape in the management of sports and musculoskeletal injuries. Scott Palmer (Physio) completed Level 1 and Level 2 training in Kinesio taping in Melbourne late last year and has been able to share his knowledge and ideas with all of our physios.

Kinesio tape has unique elastic properties which allow the muscles and joints to move through a larger range of motion than rigid tape, while providing important sensory stimulation to the skin and nervous system. It can be used in rehabilitating muscle strains and tears, in assisting muscle relaxation, to provide postural support and in the treatment of bruising and swelling.

Healthy Recipe idea

Ingredients

2 cloves garlic
2 small chillies
2 tablespoons dried shrimp
1/2 green mango, julienned
100 g young green beans, sliced finely on an angle
1 ripe tomato, halved, seeded and diced
1/2 cup Thai basil
1/2 cup Vietnamese mint
1/2 cup coriander
2 tablespoons peanuts
1 tablespoon reduced-salt soy sauce
2 tablespoons lime juice
1 tablespoon sugar, preferably palm sugar
400 g young small squid, cleaned and cut into strips
20 ml canola oil
3 tablespoons fried shallots

Barbequed Squid with Green Mango Salad

1. Place garlic, chillies and dried shrimp in a food processor and blend to a fine mince. Put in a bowl with the mango, green beans, tomato, Thai basil, Vietnamese mint, coriander and peanuts. In a separate bowl, combine the soy sauce, lime juice and palm sugar. Warm gently to dissolve. Add dressing to salad and let sit for 5 minutes.
2. Toss the prepared squid in canola oil and quickly sear on a very hot barbecue for about 1 minute. Add to salad and toss. Divide between 4 plates and serve sprinkled with fried shallots.

“ All things come round to him who will but wait -Henry Longfellow ”