

Sydney Advanced Physiotherapy Update

January – February 2017

What's New?

Happy New Year!! We hope you all had an amazing Holiday period with your family.

Cardio Pilates is just around the corner and we're going to work you hard! Before you book a place in this class you need to make sure you've had a Pilates Assessment with one of our physios. You need to be confident with your Pilates technique so that you can keep up with the pace. We recommend you try a few normal classes first before kicking it up a notch to Cardio Pilates. Cardio Pilates starts 18th February.



We've also got amazing **Yoga Classes** on a Thursday night at 6.30pm with the very experienced and incredible Ryko. These classes run for 75min and cost \$20. You can book into Yoga online and it's the perfect way to improve your health and well-being in 2017 while also improving your strength and flexibility.

We're putting together our schedule for free information sessions for our patients in 2017. Previously we've done topics such as back pain and postnatal recovery. If there's any topic you would like covered please let us know.

Don't forget to follow us on Facebook... there might just be something awesome coming up!

What To Do When Your Back Goes Into Spasm

We regularly see new clients coming in with extreme difficulty moving and a lot of pain because their back has gone into spasm. Almost always they say to us that they had a few people tell them to use ice and a few people tell them to use heat and now they're just confused about what they should do.

Unless you think there has been an incident or a trauma to your back where you might have bruising or swelling ice is generally not helpful. Very occasionally when people have nerve pain the nerve prefers cold but this is not common.



Having a full length wheat bag like the one in the picture above allows you to lay on a heat pack that will provide warmth to the whole back without you lying on it awkwardly.

In most cases heat helps relax muscles that are in spasm. It also has a soothing effect for pain. What the heat does is encourage circulation which can help flush out the calcium that keeps your nerves making your muscles contract.

Heat also helps from a pain perspective because when a muscle is contracted or in spasm it has poor blood flow to the muscle. Heat helps improve this which can often calm an irritated muscle.

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Lying on your back with your legs bent up or with pillows piled up underneath your knees will often help you get comfortable and rest. If it's more your pelvis that is painful rather than your back, generally, side lying with the sore side up and a pillow between your knees is your best bet.

Lying face down should generally be avoided for a few days – even if you're getting a massage or physio treatment – because if your hip flexors are involved in the spasm you'll have trouble getting back up off the bed.

Rocking is a very basic exercise we give to some of our patients to do while they rest on a hot pack but it's more important that you see a physio in the early stages of spasm to determine if this exercise would be appropriate for you.

The sooner you release the spasm the better. If you think about your discs as sponges that have been sitting in water, what spasm does is compress the spine and squeeze some fluid out of the disc during the day. Your body won't be able to replace this fluid as it normally would when you sleep because your body needs to relax and your spine needs to be mobile for this to happen. So you need to get rid of the spasm ASAP.

Don't forget that your GP is the person to consult before taking any medications – particularly if you have nerve pain associated with your back pain.

Please pay attention to what movements hurt and what movement help relieve the pain as this can be very useful information for your physio.

For more tips and tricks on how to manage back pain check out our YouTube channel – Sydney Advanced Physiotherapy – Lindfield.



Product Review

As you may know we love Velbex-17 anti-inflammatory pain relieving balm. So much so it's the only cream we use when someone comes in with inflammation.

Velbex is made of 100% products so it's safe to use multiple times per day on your skin. You don't need much. Once it warms up in your hands it spreads quite a bit.

Unlike a lot of gels and creams on the market this one actually works.

Available in clinic. Prices from \$20.

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