

# Sydney Advanced Physiotherapy Update

November – December 2017

## What's New?

Ready to celebrate the Holiday season? Join us for a catered party in the clinic Friday November 24<sup>th</sup> from 6pm. Please let us know if you're coming and if you have any food sensitivities so we can make sure you're catered for. RSVP by calling 9416 4410 or emailing [admin@sydneyadvancedphysio.com.au](mailto:admin@sydneyadvancedphysio.com.au)

Our last Pilates classes for the year will be held Friday 22<sup>nd</sup> December. Pilates will kick off again in the new year from the 9<sup>th</sup> of January with a reduced schedule. Full schedule will be resumed by the end of January so if you would like to see any schedule changes please let us know so we can incorporate them.

Please note that there has been much discussion about the changes to private health allowances for Pilates in 2018. The Australian Physiotherapy Association has informed us that Pilates run by physios will still be covered by private health. In other words, you will still be covered if you do Pilates with us, but possibly not if you do Pilates where the instructors are not physios.



**Please note: We will still be open during the holiday season for massage and physiotherapy. We will be closed on all public holidays.**

**Online booking services will remain active throughout the holiday season through [www.sydneyadvancedphysio.com.au](http://www.sydneyadvancedphysio.com.au)**

## Why The Way You Breathe Could Be Stopping You From Being Pain Free

Did you know you take more than 20,000 breaths per day? Imagine if you did 20,000 bicep curls – your arm would be SO sore tomorrow. The same thing applies with breathing. If you use the wrong muscles to breathe then they are seriously overworking. This can be one of the reasons why you always feel tight in the neck and the shoulders no matter how much stretching you do.

If you don't breathe well there are a number of things that can happen as a result including:

- Persistent neck and shoulder pain, stiffness, and/or tightness
- You feel less fit
- Pelvic floor problems
- Back pain
- Jaw/TMJ issues
- Less oxygen, more carbon dioxide which means your blood is more acidic and your pain receptors are more sensitive
- You can end up with a little belly you can't get rid of because your diaphragm gets weak and tight

We get asked by a lot of our patients 'how did I start breathing incorrectly?' It's something that happens gradually, and the longer it goes uncorrected the more problems can be created.

Things that can change your breathing pattern include:

- Stress
- Illness
- Injury and trauma

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- Surgery
- Pain
- Postural issues

One of the way you can retrain the way you breath is to practice breathing deeply in childs pose (see image below). Once in this position you want to try and inhale deeply and feel your lower rib cage expand and grow wide.



You need to practice being able to breathe in and out without feeling your shoulder and neck activate. In other words, you don't want to feel any muscle tension or feel your shoulders being pulled up towards your ears.

Try a maximum of 12 deep breaths before taking a break. If you do too many deep breaths in a row you

can feel a little bit dizzy.

If you're struggling to do this, or if you would like to know what else you can do to improve the way you breath to help you feel better then come in and talk to one of our physios today.



## Product Review

Foam Rollers are the best!!!

They can be used to help relieve your hip, knee and back pain by helping you massage your own legs and glutes to get rid of all the tight bits. If that wasn't enough they are a great tool for stretching your spine out and there are loads of different stretches you can do using your roller that feel amazing.

The other bonus is you can do your core exercises on them. This means you don't have to learn new exercises because they suddenly become a lot more challenging when you do them lying down on the roller. Make sure you talk to your physio about if a roller would help you

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