

Sydney Advanced Physiotherapy Update

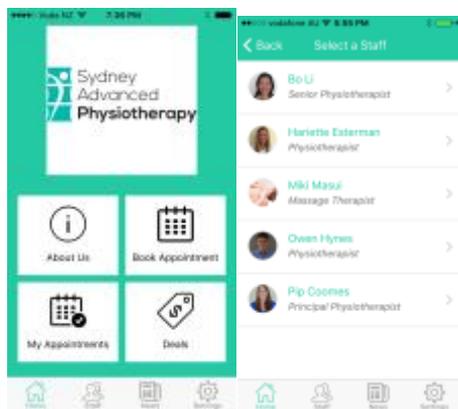
November - December 2016

What's New?

We have added a **podiatry** service! One of our senior physios, Ali Gibson, is also a podiatrist. The great news is if you have run out of private health coverage for physio but you have podiatry cover you can book in and see Ali for any foot, ankle or calf issues. Please note our podiatry service does not include nail cutting or skin care.

We're already planning our schedules for the new year and you may be excited to hear that we're adding a **Cardio Pilates** class. If there's anything else you'd like to see in the clinic please let us know!

Don't forget to check out our **free app** to make booking your appointments even easier. In the next few weeks you'll be able to book almost any kind of appointment using this app.



The app will also mean you get notified of any last minute deals and discounts. Simply go to your app store and search for Sydney Advanced Physio.

Last year we invited our patients to our **Holiday party** and we had an amazing caterer – Barbette's Feast – come and fill our empty tummies and it was amazing. We've decided to do the same thing again this year.

If you'd like to join us on Friday 25th November from 6pm please let us know so we know how much food to order. Please let us know if you have any allergies.

Free Services!

Thursday **November 17th** from 6.30pm we are holding a free trial **yoga class** with the amazing Ryko. This is a 75 minute class that will give you a taster of what Ryko's classes are like. Regular Thursday evening yoga classes will start the following week.

Friday **November 18th** we're holding an information evening about **postnatal recovery**. We're be talking about the pelvic floor, returning to exercise after having a baby, sex and we will also teach you how to check your own tummy muscle separation. This evening will be run by a women's health physiotherapist (Pip) so you can feel free to ask any questions you like.

Space at all events is limited so please make sure you get your spot before it's too late. Please email admin@sydneyadvancedphysio.com.au or call 9416 4410 to snag a spot.

Proper Recovery From Ankle Sprains

So many patients think an ankle sprain is no big deal and once it's stopped hurting they never really think about it again. Lately we've seen a number of patients coming through with issues that have arisen years later from an ankle that never really recovered.

When you sprain your ankle you can tear or over-stretch the ligaments around the ankle which can impact your stability during tasks like running and walking. It might not be enough to actually stop you from running or to give you any pain but it's enough that your body has to change the way it does things.

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It usually starts with some protective muscle spasm in the foot and some foot and/or ankle joint stiffness – all of which is normal and designed to protect you from injuring yourself in the early days following a sprain. If this isn't treated by a skilled physio and the joint stays stiff it will start impacting the other joints around it. The muscle spasm turns into chronic tightness which can pull you out of alignment. This can lead to the development of arthritis in severe cases.



Sure this all sounds awful enough on its own but you have to think about how this impacts the rest of the body.

When you walk you hit the ground with your foot. If your foot isn't doing the right thing then something else has to compensate for it.

When left for long enough the main victims are your lower back and your knee. The reason – without going into too much detail – is that the alignment in your whole leg changes because the poor alignment of the foot means the foot no longer does everything it's supposed to. What then generally happens is the knee gets overloaded and you get stiff around the hips. When you get stiff around the hips then people start overloading their lower backs.

I know this all sounds awful but the point is that your feet and your ankles are very, very important. If you ignore issues in your feet then overtime these issues will head north into other parts of your body.

The good news is these issues are generally quite easy to rectify in the early stages and then you prevent any other issues down the track.

If you, or someone you love, sprains their ankle make sure they rehabilitate their ankle properly so that it gets back to being strong, stable and able to manage uneven surfaces!



Product Review

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

Now Velbexx have release some 100% natural bath salts. Not only is it filled with enriching oils, vitamins and antioxidants but it smells amazing too!

These bath salts are great for helping you recover faster after exercise and they can help you ease aches and pains. All you have to do is pour a cap full into your bath.

Available in clinic for \$20 for 300g.

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