



Welcome to our first edition of All Care Physiotherapy News. We are here to help you, so if you have any feedback or requests for future articles, please feel free to contact us via email or directly at our clinic.

SKIING THIS WINTER

Important things you need to know

The days are shorter, the temperature's dropped, and it's getting harder and harder to get out of your warm bed in the morning...yes, winter is definitely on its way. While most of us might be reaching for that extra doona or a mug of hot chocolate, others will be preparing for their yearly dose of adrenalin. By this I mean skiing down steep alpine slopes at breathtaking speeds. For those of you who have never experienced this exhilarating rush, you don't know what you are missing out on! But before you rush out and book that flight to Queenstown or the French Alps, there are a few things you should know...

Skiing is a very physically demanding sport. It can place incredible stress on your body, in particular, your back, hips and knees. It can also result in some spectacular injuries if you haven't prepared for it.

If you are already experiencing some knee pain or pain in your back and hips, you should consult your physiotherapist for a specific strengthening program before skiing. In other words, you do need to be fit before you strap on those skis.

Here are some general tips to get fit before skiing:

CARDIOVASCULAR FITNESS

If you don't already do some form of regular aerobic

exercise like walking, running, swimming or cycling, it would be a good idea to start now! Try to do at least half an hour of aerobic exercise that gets your heart pumping and your blood rushing 3-4 times a week. Apart from the natural benefits of exercise for your body, it is also a very effective way of keeping warm this winter! For those of you with cardiovascular disease or any other problems, please consult your doctor or physiotherapist before commencing any exercise program.

MUSCLE STRENGTH

You do need to have good core stability and muscle strength in your lower limbs to negotiate those steep slopes and prevent injuries. Here are two exercises that you can do to build up strength in your hips and knees.

Wall Squats – Stand with your feet hip width apart and your back against the wall. Slowly slide down the wall until your hips and knees are



comfortably bent. Hold this position for 5-10 seconds. Repeat 10 times. Make this exercise harder by holding hand weights, bending the knees more or holding the position longer.

Lunges – Step one foot in front of the other with your feet hip width apart.

Transfer most of your weight onto the front leg and tighten the thighs. Drop the back knee to within a few centimetres of the floor, keeping the pelvis tilting



forwards. Hold 5 secs and do this with alternate legs forward.

STRETCHES

(Hold all stretches for 20 secs and repeat them 2-3 times)

Quadriceps — Stand tall on one leg and slowly pull the other foot back behind you to bend the knee. Keep the bottom tucked under and the knees together. You should feel a stretch on the front of thigh.



Hamstrings - Ly on your back with both legs straight. Bend one hip to 90° and hold the thigh in this position. Slowly straighten the knee until a stretch is felt in the back of the thigh.



Calves - Stand in a walking position with the leg to be stretched straight behind you and the other leg bent in front of you. Make sure that the big toe points straight ahead. Then roll the inside arch of the foot up. Take support from a wall or chair.

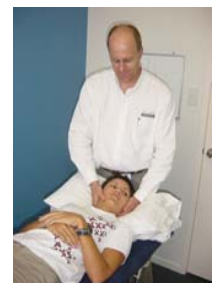


Lean your body forwards and down until you feel the stretching in the calf of the straight leg. Repeat this stretch with the back knee slightly bent to feel a stretch in the Achilles Tendon.

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ALL CARE TEAM

- Patrick Cruice**
Principal Physiotherapist
- Heidi Wimmer**
Physiotherapist
- Marianne Mendis**
Physiotherapist
- Paul Campbell**
Physiotherapist
- Ben Tanner**
Massage Therapist
- Morag Palombo**
Receptionist/Admin
- Bernardine White**
Accounts Manager



POINTS OF INTEREST

Our Clinic provides:

- On-the-spot Health Fund rebates.
- Up to 2 hrs free parking in Brisbane Private Hospital and Arnold Janssen Centre Car Parks only (if available) by presenting parking ticket to receptionist.
- Massage gift vouchers available at reception.



Level 5 Arnold Janssen Centre
 Brisbane Private Hospital
 259 Wickham Terrace
 Spring Hill Qld 4000
 Phone: 07 3834 6501
 Fax: 07 38346564
 Email: all_care@tpg.com.au

Services Provided

Spinal care
 Joint care
 Muscle care
 Sports care
 Work care
 Orthopaedic care
 Remedial massage

We're on the Web!
allcarephysiotherapy.com.au

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BALANCE

Efficient balance reactions will save you from spending half the day on your bottom when you first start skiing! And it will also help protect you from those nasty injuries. Here is an exercise to try:

Stand on one leg. Make sure you have some support nearby to hold onto in case you lose your balance. Try and hold this position for as long as you can. Now try it with your eyes closed. Repeat with the other leg. You may find a difference from side to side.

You can speak to your physiotherapist about hiring a wobble board as an alternative exercise for balance.

We do recommend that you consult your physiotherapist if you have any problems with the above exercises. In the event that you do happen to fall and injure yourself, please seek medical attention first.

The physiotherapists at all care Physiotherapy are experienced in diagnosing and treating lower limb sporting injuries. We work closely with the orthopaedic specialists at the Brisbane Orthopaedic and Sports Medicine Clinic and the Queensland Orthopaedic Clinic. We also specialize in rehabilitation after surgery especially anterior cruciate ligament repairs.

Just a few more words of advice...when you step off that chair lift and face that white expanse of snow and you feel your heart hammering in your chest...just remember to enjoy the ride!

Please let us know if you do **not** wish to receive our newsletter. If you would prefer to receive our newsletter via email, please email your address to all_care@tpg.com.au

STAFF PROFILES

Marianne Mendis

Marianne graduated with a Bachelor of Physiotherapy with first class honours from the University of Queensland in 2002. She has worked in Hospital and Private Clinics in Sydney and Brisbane.

She has a special interest in Musculoskeletal, Rehabilitation and Respiratory post surgery.

She works full time at All Care from Monday to Friday.



When not at work, she enjoys learning foreign languages (currently French and Spanish), reading and catching up with friends.

She is looking forward to marrying the love her life later in the year in Sri Lanka!!

Heidi Wimmer

Heidi graduated with a Bachelor of Physiotherapy from the University of Queensland in 1994. She has worked in a variety of clinical settings both in Australia and the United Kingdom. In the UK she also completed a course in Acupuncture for Physiotherapists.

Her interests are in Musculoskeletal rehabilitation and the dynamic stability aspect of rehabilitation from injury.

She currently works at All Care on Tuesdays and Thursdays.

In her spare time she enjoys latin dancing, rock climbing and socialising with friends.

