



Welcome to our monthly 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.

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## “BUCKET SYNDROME”

The worst drought in a 100 years has far reaching consequences. The looming prospect of having to drink recycled water is not the only thing we have to worry about. Since level 3 water restrictions have come into place, our practice has seen an increasing number of neck and back injuries due to incorrect methods of carrying buckets of water. Saving water is important but there are a few things you could do to minimise the strain on your neck and back.



Remember that 1 litre = 1kg of water. Standard buckets can hold about 9 litres of water. So if you are carrying 2 full buckets of water, you are lifting about 18kg of weight. Therefore, always half fill buckets. For example, carry 4 – 5 litres in a bucket.



Always carry a bucket in each hand. This is better than having all the weight through one side.



- Do more trips to and from the tap rather than overfilling buckets. It might take you longer, but it's safer.
- Remember your posture when you lift the buckets. Avoid twisting to lift a bucket. Bend your knees and keep your back straight.
- When watering your garden or washing the car, avoid bending and twisting to empty the buckets. If possible use a watering can when gardening.



So until the drought breaks, we hope these tips will help care for your neck and back.

*(Alternatively, you could concrete or pave your backyard and take your car to a recycled water car wash.)*

### ALL CARE TEAM

- Patrick Cruice**  
Principal Physiotherapist
- Heidi Wimmer**  
Physiotherapist
- Marianne Mendis**  
Physiotherapist
- Paul Campbell**  
Physiotherapist
- William O'Callaghan**  
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 Specialist Centre Car Parks only (if available) by presenting parking ticket to receptionist.
- Massage gift vouchers available at reception.



Level 5 Brisbane Private Hospital  
Specialist Centre  
259 Wickham Terrace  
Spring Hill Qld 4000

Phone: 07 3834 6501  
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#### Services Provided

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

**We're on the Web!**  
[allcarephysiotherapy.com.au](http://allcarephysiotherapy.com.au)

## POSTURE BRACES

We have posture braces for sale at \$22 each.

These are a cheap and easy way to ensure you are maintaining your posture at all times.

They promote healthy posture and are an excellent aid in correcting poor posture and shoulder slump.

These are a constant reminder to sit, stand and walk with back straight and shoulders back.



Please let us know if you do **not** wish to receive our newsletter. If you have any ideas for articles, please email us at [all\\_care@tpg.com.au](mailto:all_care@tpg.com.au)

## PHYSIOTHERAPY FACTS

### What is Physiotherapy?

Physiotherapy is a HealthCare profession concerned with the assessment, maintenance, and restoration of the physical function and performance of the body. It is a distinct form of care which can be performed both in isolation or in conjunction with other types of medical management. Used in conjunction with certain medical or surgical techniques, physiotherapy can complement these techniques to help provide a speedy and complication-free return to normal activity.

Physiotherapy can be useful in the diagnosis and management of a wide range of injuries, disease processes, and other conditions including sports injuries, back and neck pain, postural problems, occupational injuries, chronic airways disease, arthritis, amputee rehabilitation, spinal cord injuries, rehabilitation following cardiac surgery, stroke rehabilitation, asthma management, development and paediatric problems, neurological conditions, impaired mobility, women's health, incontinence, geriatric problems and specific children's conditions.

### How can physiotherapy help you?

Physiotherapy can help individuals by:

- Identifying the problem area and treating this directly.
- Identifying the causes and predisposing factors.
- Providing rehabilitation following occupational or sporting injuries.
- Providing rehabilitation and exercise before and after surgery.
- Providing advise on exercise programs.
- Providing or advising on special equipment.

(Information obtained from Physio-net.  
<http://physio-net.com/aboutphysio/whatisphysio.htm>)