



all care
PHYSIOTHERAPY

NEWS

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Welcome to 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.

ARE YOU WAKING UP WITH A PAIN IN THE NECK

Did you know you could actually be injuring yourself while you sleep! Poor neck posture during the night can be responsible for neck pain, headaches, shoulder and arm pain on waking up. We spend roughly a third of the day in bed so it makes sense that if you're not sleeping in a good position this could give you pain.



Sleeping face down is often a big source of neck pain, because sleeping with your neck in a turned position will give you pain and is not recommended. It is important that your body is well aligned when you sleep. If you are sleeping on your side or on your back it is important that your pillow is putting your neck and head in a well aligned position.

Slow responses to treatment or recurrence of your symptoms might be because of your sleeping position. It could be

contributing to your ongoing neck pain. For people who have been experiencing neck pain, it is beneficial to see a physiotherapist to restore the flexibility and address any tight joints or muscles as people who have had frequent neck pain on waking may not find changing the pillow alone will achieve a pain free state! We can also build up an exercise and stretching routine that can help to keep your symptoms away!

We can assess the position you sleep in and give some recommendations for improvement. We also carry memory foam pillows that come in soft and medium densities which are available for sale.

So if you are in pain, make an appointment to see us at All Care Physiotherapy.



ALL CARE TEAM

Patrick Cruice
Principal Physiotherapist
Marianne Mendis
Physiotherapist
Belinda Jarrett
Physiotherapist
William O'Callaghan
Physiotherapist
Morag Palombo
Receptionist/Admin
Debbie Livesay
Receptionist



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 for validation.





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Services Provided

Spinal care
Joint care
Muscle care
Sports care
Work care
Orthopaedic care

We're on the Web!

allcarephysiotherapy.com.au

Memory Foam Pillows

We have memory foam pillows for sale at \$75 each.

One size suits all! Luxurious pillows with removable inserts allowing you to change the height and shape to create the pillow to suit you.

Contoured to encourage the spine's natural curvature.

Available in soft and medium densities.

Talk to your All Care Physiotherapist about them.

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 and attention it "Newsletter"

SHOULD I USE ICE OR HEAT?

If you are injured or sore, often the simple remedy of either ice or heat can help! But which one should you use?

Most commonly ice is used for acute or very recent injuries. For example, you may be playing football on the weekend and unfortunately managed to fall over and sprain your ankle. For this acute injury, application of ice for a period of 48-72 hours post injury will help to reduce swelling and pain around the joint. Applying the ice early and often will help to hasten your recovery.

Ice can also be used on chronic or old injuries but this is limited to applying only after activity to calm down any irritation or inflammation that has occurred.

Application for approximately 10-15 minutes is useful. Make sure you don't leave an ice pack on for longer than 20 minutes as you can actually damage your tissue and give yourself frostbite!! Brrrr.

