



Welcome to the final edition for 2006 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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## **REAL-TIME ULTRASOUND - Its use in treatment of Low Back Pain**

Ultrasound is a medical imaging technique that uses high frequency sound waves to “see” the deeper structures in our body. It is the same technology that is used to look at a foetus in the womb. Physiotherapists use this technology to assess and retrain muscle function.



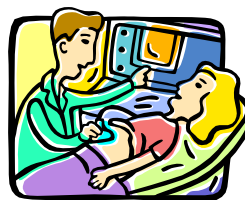
Research into low back pain has found that poor functioning of the deep abdominal stabilising muscles occurs following an initial episode of low back pain. While recovery from an acute low back pain episode may occur, recovery of the deeper stabilising muscles may not occur automatically. Weakness in these muscles leaves the spine vulnerable and predisposes the sufferer to recurrent episodes of low back pain.

Physiotherapists use real-time ultrasound to assess the quality, timing and endurance of these deep stabilising muscles. The benefit of real-time ultrasound is that it allows both the physiotherapist and patient to see these muscles working (or not,

as may be the case) in real time. It provides immediate visual feedback which improves the ability to learn to control these stabilising muscles. This speeds up your recovery and gives you a better outcome in the long term.

If you suffer from recurrent low back pain, take advantage of this technology to retrain your stability muscles to support your back. Come in and see any of our physiotherapists, who are well experienced in the use of real-time ultrasound for rehabilitation.

Get rid of your low back pain for good!



### **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



### **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.



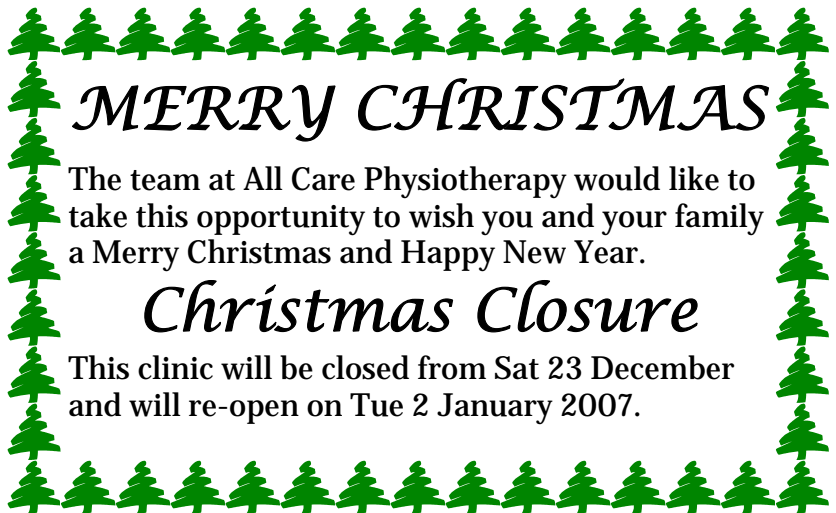


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Services Provided  
Spinal care  
Joint care  
Muscle care  
Sports care  
Work care  
Orthopaedic care  
Remedial massage

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



# MERRY CHRISTMAS

The team at All Care Physiotherapy would like to take this opportunity to wish you and your family a Merry Christmas and Happy New Year.

## Christmas Closure

This clinic will be closed from Sat 23 December and will re-open on Tue 2 January 2007.

### ARE YOU MAKING THE MOST OF YOUR HEALTH CARE DOLLAR?

Extra Cover benefits (for physiotherapy) from private health funds is based on a calendar year. So if you have any niggles or complaints, see the All Care team before 31 December to maximise your health care dollar and be fit for your holidays!!!

## CHRISTMAS FACTS

### THE FIRST CHRISTMAS CARD

Christmas cards originated in England over 150 years ago. "You cannot reach perfection though you try however hard to there's always one more friend or so you should have sent a card to," wrote Richard Armour. Sir Henry Cole knew exactly what Armour was saying. The founder of the Victoria and Albert Museum in London had so many Christmas greetings to send that handwriting them was impossible. Yet he wanted to make his friends aware of the needs to help the destitute on that holiday.



The answer. In the year 1843, Sir Henry commissioned John Calcott Horsley to paint a card showing the feeding and clothing of the poor. A centre panel displayed a happy family embracing one another, sipping wine and enjoying the festivities. (So much for good intentions. The card drew criticism because showing a child enjoying a sip of wine was considered "fostering the moral corruption of children.") A Merry Christmas and a Happy New Year to You" was printed on that first card. Legend says Sir Henry didn't send any cards the following

year, but the custom became popular anyway.

([www.emotionscards.com/museum/xmas.html](http://www.emotionscards.com/museum/xmas.html))

### THE HISTORY OF SANTA CLAUS

Santa Claus hasn't always looked like the jolly old fellow we know today. Like so many other American traditions, he's a product of the great American melting pot—a blend of many different cultures and customs. His earliest ancestors date back to pre-Christian days, when sky-riding gods ruled the earth. The mythological characters Odin, Thor and Saturn gave us the basis for many of Santa's distinctive characteristics.



But the most influential figure in the shaping of today's generous and loving Santa Claus was a real man. St Nicholas of Myra (now Turkey), a fourth century bishop. As a champion of children and the needy, he was legendary for his kindness and generosity.

([www.northpolesantaclaus.com/santahistory.htm](http://www.northpolesantaclaus.com/santahistory.htm))