



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.

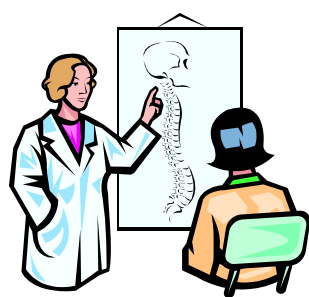
\*\*\*\*\*

## SLIPPED DISC ??

There is no such thing as a slipped disc! It just doesn't happen, that is, your disc physically cannot slip out of your spine...imagine that!

However, a disc in your back can get injured. It can have tears. It can bulge and swell and fragments of it can break away from the disc resulting in a herniated disc.

The feeling of something in your back being out is common. This sensation is



usually due to muscle spasm. When a disc, joint or ligament gets injured in your back, some

muscles spasm in response to try and protect the injured area. The problem is that muscle spasm can be extremely painful and disabling. Fortunately, it can

be reduced by treatment from your physiotherapist.

Trying to keep mobile can also help relieve muscle spasm. If you have previously been given exercises for these acute episodes of pain, doing them can be useful but don't try to force the movement. Muscle spasm can increase in response to excessive movement which means more pain for you.

Heat or ice, depending on the person, can be useful.



Consult your pharmacist for advice on anti-inflammatory medical and painkillers - these can help when you are in acute pain. Most important of all, consult your All Care physiotherapist who can get you on the road to recovery faster.

### ALL CARE TEAM

- Patrick Cruice**  
Principal Physiotherapist
- Marianne Mendis**  
Physiotherapist
- Belinda Jarrett**  
Physiotherapist
- Paul Campbell**  
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.





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

Phone: 07 3834 6501  
Fax: 07 38346564  
Email: [all\\_care@tpg.com.au](mailto:all_care@tpg.com.au)

#### Services Provided

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

**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.

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](mailto:all_care@tpg.com.au) and attention it "Newsletter"

## 10 Tips for Back Care

1. Try to alternative between standing and sitting.
2. Place a support in the small of your back when driving or sitting at a desk.
3. Exercise by walking or swimming regularly.
4. Try to lose weight to reduce the load on your spine and back muscles.
5. Stretch regularly to reduce stiffness and increase mobility.
6. Watch your posture; try not to slouch or slump.
7. Be careful when lifting; make sure the load is not too heavy or too large.
8. Try frequent gentle stretches to reduce the strain on your back.
9. Keep moving, even if you have an episode of back pain.
10. Consider whether your bed is providing the support you need at night.

