



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.

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## RUNNING INJURIES

With the Bridge to Brisbane run coming up soon, most people would have started training for the big day. "Running is cathartic" as a keen runner once said to me and it's a great sport. However, as with all sports, injuries are common.



Running injuries vary from your hip to your foot. Some of the more common ones are listed below:

- **Pulled Hamstring**—is a tear of the hamstring muscle and it's most commonly seen in sprinters. Symptoms usually include bruising, swelling, muscle spasm and pain with bending the knee. Treatment of a pulled hamstring is important for a speedy recovery.
- **"Runners Knee"** - can refer to several common injuries. One of the most common is Patello-femoral Syndrome. This usually affects young athletes. It is usually caused by abnormal tracking of your kneecap resulting in inflammation of the under surface of your kneecap. Symptoms usually include a painful, aching knee and swelling. Treatment involves rest, physiotherapy and anti-inflammatories. A biomechanical assessment of your lower limbs is essential.

- **Achilles Tendonitis**—is a condition of irritation and inflammation of the tendon at the back of your ankle secondary to overuse. It usually affects middle-aged recreational athletes. Symptoms can include pain and swelling at the back of the ankle and tightness in the calf muscles. Treatment is essential as you can get micro tears in the tendon which over time can lead to a rupture of the Achilles tendon.

These are just a few of the many injuries you can get when you run. There is nothing more frustrating than getting injured 2 weeks before an event you've been training for. So prevention



is the best possible care. If you are starting to feel little niggles and aches and tightness in your legs, see a physiotherapist and get it checked out before it develops into a full blown injury. Better yet, come in to see us at All Care Physiotherapy and get an assessment and exercise programme done up to decrease your changes of injury and ensure you get the most out of your training.

### 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  
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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)

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## STAFF PROFILE

### BELINDA JARRETT

Belinda graduated with a Master of Physiotherapy from the University of Queensland in 2003.

She has worked in hospital and private clinics in both Brisbane and Perth.

Belinda's interests lie in the areas of musculoskeletal and orthopaedic physiotherapy.

Outside of work, she enjoys swimming, playing the guitar and dining out.

Belinda works on Tuesday, Wednesday, Thursday and Friday.

# WELCOME BELINDA