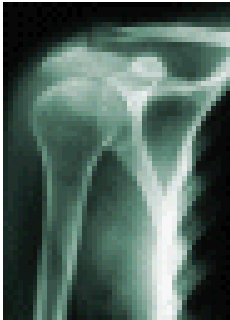




Welcome to All Care Physiotherapy News. We are here to help you, so if you have any feedback or requests for future articles, please feel free to contact us via email or directly at our clinic.

Shoulder Pain

Do you have pain at the top of the upper arm or tip of the shoulder. Does it hurt to lift your arm in to the air. You could have rotator cuff tendinopathy which is a common cause of shoulder pain.



What is it?

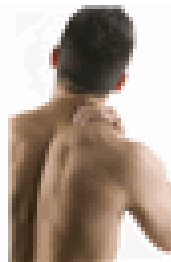
The rotator cuff is a group of four muscles that support and move the shoulder. The rotator cuff muscles attach to the arm via tendons. Inflammation and swelling of one of these muscles is rotator cuff tendinopathy.

What causes it?

It can occur from overuse (e.g. repetitive lifting) or injury to the rotator cuff tendon. As the tendon passes through a small space between the top of the arm bone and the point of the shoulder, this makes it susceptible to wear and tear. This tendon can also tear due to overloading e.g. Lifting something heavy.

What should I do?

This is a problem that normally doesn't get better on its own. As long as the problem is adequately diagnosed and treated it should not produce any long term effects.



Seeing a Physiotherapist will help to determine the cause of the problem and help to address the cause and to get you better more quickly. Avoiding treatment, can result in prolonged pain in the upper arm, worsening of the condition and reduced ability to participate in sport or activities you enjoy.

Management

Your Physiotherapist will develop an appropriate treatment plan for you which may involve activity modification, soft tissue treatment such as massage/stretching and a personalised progressive exercise program.

Reference: Brukner & Khan, Clinical Sports Medicine.

ALL CARE TEAM

- Patrick Cruice**
Principal Physiotherapist
- Casie Scott**
Physiotherapist
- Belinda Jarrett**
Physiotherapist
- William O'Callaghan**
Physiotherapist
- Wendy Harris**
Receptionist/Admin
Massage Therapist
- Gillian Kehoe**
Receptionist/Accounts



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
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Services Provided

Spinal care
Joint care
Muscle care
Sports care
Work care
Orthopaedic care
Massage Therapy

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

Massage Therapy

An excellent complement to your physiotherapy treatment.

Key Benefits of Massage Therapy include:

- Massage improves blood circulation and aids in recovery of muscle soreness from physical activity.
- Helps shorten recovery time.
- Relaxes muscles for an improved range of movement.
- Helps you sleep better.
- Increases oxygen to the muscles easing lactic acid build up.
- Eliminates toxins in the muscles and the Lymphatic System.
- Increases endorphins, the feel good chemical released by the brain and can be effective component in managing pain.
- Excellent relaxation if you are stressed or tense.



Massage Rates

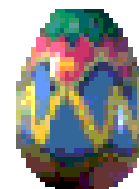
1/2 hr \$35

1 hr \$60

1 1/2 hrs \$80



Happy Easter!



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 Editor"

Patrick Cruice will be away on leave from the 27th of February to 7th April. He is going to enjoy a well deserved break with his family. Belinda or Casie will be available to look after his patients while he is away.