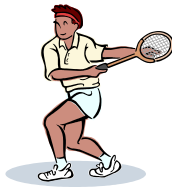




Welcome to our monthly edition of All Care Physiotherapy News. We are here to help you, so if you have any feedback or requests for future articles, please feel free to contact us via email or directly at our clinic.

TENNIS ELBOW

Tennis elbow isn't something that only tennis players get. People who are most at risk of developing tennis elbow are those who do repetitive hand tasks such as food processing, construction, assembly, computer use and manufacturing.



Tennis elbow or lateral epicondylalgia is a syndrome of pain involving the muscles that move the wrist. The problem is usually where they originate, ie at the elbow joint.

Pain is usually over the outside part of the elbow. It is aggravated by gripping, resisted wrist or finger movement and it is tender to touch over the elbow.

Some activities that may bring on your pain include:

- Carrying or lifting heavy objects
- Chopping or cutting food
- Using a mouse

If left untreated, tennis elbow can become chronic and debilitating.

What can I do about it?

Research has indicated that a combination of elbow manipulation, taping and exercise devised by your physiotherapist has had a good outcome for sufferers of chronic tennis elbow.

In certain cases, the source of the pain can be coming from your neck. Treatment might then involve manipulation of the neck and an exercise program to increase stability around the neck and shoulders.

It is important to have an assessment by your physiotherapist to determine the actual cause of your elbow pain. If you are having elbow pain, come in today and start your road to recovery. Don't let it become a chronic problem.



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
- Karen Degnian**
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.
- Massage gift vouchers available at reception.





Level 5 Brisbane Private Hospital
Specialist Centre
259 Wickham Terrace
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Phone: 07 3834 6501
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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

FRIENDLY REMINDER

CANCELLATION POLICY

Please be advised we require a **minimum of 4 Business Hours** notice should you need to change or cancel an appointment.

Patients with appointments before 9.30am **must** contact us by **5pm** the day before to cancel.

A **\$25 fee** will apply if the above requirement is not met or patient does not attend appointment.

PAYMENT POLICY

Payment is required at time of consultation.

WorkCover and Insurance claims are to be paid at time of consultation, unless a claim number and copy of documentation is supplied.

All patients (inc WorkCover and Insurance) are responsible for payment of cancellation fees.

Thanks for your co-operation.

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

Questions and Answers

Q: What can I do to cure my arthritis?

A: Once you have wear and tear of the joints (or osteoarthritis), it is not possible to reverse the damage (or cure the condition) however you can help decrease symptoms and prevent progression of the arthritis. This may involve low impact exercise, stretches and strengthening for the muscles around the area.

Physiotherapy has been proven to be effective as taking anti-inflammatories. All Care can assess your condition on an individual basis to advise you on this and additionally a few hands-on sessions to help mobilise stiff joints and loosen muscles and provide specific exercises will provide benefit.

All Care Physiotherapy also supplies GCM power which can control symptoms of osteoarthritis.

Q: What is the difference between a sprain and a strain?

A: A sprain refers to a ligament and a strain refers to a muscle.

Q: Should I get it treated or will it heal by itself?

A: Yes, you should get it treated as it will facilitate the healing process and prevent long-term complications.

Ligament sprains do heal but can lead to instability at the joints affected. Muscle strains also heal but can lead to areas of weakness in the muscle and recurrent strain episodes.

All Care Physiotherapy can provide rehabilitation for both injuries.