



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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## Sever's lesion (heel pain)

### What is Severs?

Sever's lesion is a condition that results in injury to the bone growth plate at the back of the heel bone. It occurs in young people particularly those who play a lot of sport.

### Why do you get Severs?

The muscles at the back at the lower leg (calf muscles) run and attach to the heel bone. In children, growth plates enable bone growth to occur and there is a growth plate in the heel. During rapid growth periods when children start "shooting" up, muscles and tendons can become tighter as the bone grows. This can lead to the calf muscles pulling on the heel bone and growth plate causing injury.

### What does it feel like?

It's experienced as pain at the back of the heel which usually occurs during activity. The heel can be tender to touch and there can also be swelling.

### What should I do?

Consult your Physiotherapist for an appropriate assessment to determine if this is the cause of your child's heel pain. As a first line of action, to reduce damage to the growth plate, it is

recommended that participation in sport be either stopped or reduced to avoid any further damage.

### Treatment

Physiotherapy intervention for this problem is highly recommended. After assessment, an appropriate management plan can be decided. Treatment is likely to include initial periods of rest, massage, stretches, strengthening exercises and possibly use of orthotics. A guided return to sport can also be advised by your Physiotherapist.

Reference: Brukner and Khan, Clinical Sports Medicine 3E, McGraw-Hill Professional.

The history of the Balance Ball originates back to the ly

### ALL CARE TEAM

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### POINTS OF INTEREST

#### **Our Clinic provides:**

- On-the-spot Health Fund rebates.
- Outside work hour appointments available (7.30am till late)
- Dry needling available

## **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!!!**



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**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)



**Ball Squat**

Stand with your back to the wall and your feet hip width apart, toes pointing straight forwards.

Place the ball between your lower back and the wall.

Start to bend the knees and lower yourself down into a squat position, the ball will roll down the wall with you.

Keep your back parallel to the wall and stop once your thighs are parallel to the floor. Your knees should not move forwards past your toes. If they do, stand further from the wall.

Push yourself back up to the starting position.

# Balance Ball Your Way to Health!

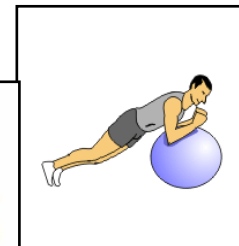
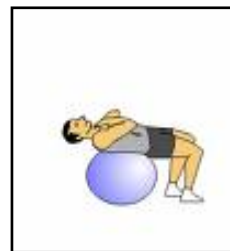
It was made by an Italian toy maker, Aquilino Cosani, and sold primarily in Europe as the Gymnastik.

A primary benefit of exercising with a Balance Ball as opposed to exercising directly on a hard flat surface is that the body responds to the instability of the ball to remain balanced, engaging many more muscles to do so. Those muscles become stronger over time to keep balance. With a balance ball you are subconsciously using core stabilizing muscles (lower back, deep muscles of the back and abdominals) therefore improving posture, body alignment and core stability. Balance and coordination are important aspects of every day life which makes it a more 'functional' training method.



Overall benefits of balance ball exercises:

- Improved cardiovascular fitness
- Improve muscle strength & endurance
- Improve mobility
- Improve body awareness & flexibility



**Sit on The Ball!**

Sitting on a ball instead of a chair is a great way to keep your spine healthy. Try to sit on a ball for at least part of your work day, if you have a desk job. When you sit on a ball, you're forced to sit up with good posture because you have nothing to lean back on. Also, because the ball rolls around, it keeps you on your toes and keeps your body moving, which help prevent the stiffness and back pain that you can get from being too sedentary.

## How to Select the Right Balance Ball?

The size of balance balls varies. Physiotherapists suggest using an exercise ball that fits each person's height and leg length, where the hips and knees are at or slightly greater than a 90 degree angle (thighs parallel to ground or point down slightly) with feet flat on the floor.

**Your Height.....Size of Ball**

- 4'6"-5'0".....45cm ball (18 in)
- 4'11"-5'7".....55cm ball (22 in)
- 5'8"-5'11".....65cm ball (26 in)
- 6' and taller.....55cm ball (30 in)



Here are a couple of exercises to get you started...

**Push Up**

Position yourself with the ball under your shins and hands on the floor.

Keep your back straight throughout.

Bend your elbows, to lower your chest towards the ground.

Slowly push back to the starting position.



**A range of balls are available for purchase from All Care!**

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 Editor"