



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.

ANTERIOR CRUCIATE LIGAMENT REPAIR.....SO WHAT NEXT?

So you've just had your anterior cruciate ligament repaired after busting it on the ski slopes of Thredbo....so what now?



less than optimal outcome for your knee.

What Can I Do?

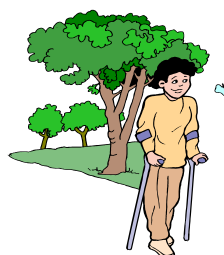
Book an appointment with all care Physiotherapy to start your rehabilitation. Our highly trained physiotherapists are well experienced with ACL repair rehabilitation. They will tailor an individualized program in conjunction with your protocol guidelines to help you get back to doing the things you loved to do. They will also monitor your graft stability and treat any complications that may arise such as pain or joint stiffness. All care Physiotherapy also has access to modern equipment and gym facilities to help you in your recovery.

So get your rehab done right and you can get back on those slopes for next season!

Your rehabilitation starts in hospital and continues for about 8 months afterwards. There is usually a protocol on how you should be rehabilitated back to your previous level of function be it everyday activities or competitive sports. The protocol is determined by your orthopaedic surgeon who reviews you at regular intervals to ensure you are on the right track. Your rehabilitation program is guided by your physiotherapist.

Rehabilitation post-ACL surgery is important. Your muscle strength, joint range of motion, balance and proprioception are all affected after surgery. Your body needs to be re-trained to regain optimal function.

Be aware that due to the process of healing, your graft is most vulnerable during weeks 6-12. Too much of the wrong activity can cause your graft to stretch which can lead to permanent instability at the knee. However, not doing your exercises as prescribed can also impede your progress and lead to a



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
- Bernardine White**
Accounts Manager



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
Spring Hill Qld 4000

Phone: 07 3834 6501
Fax: 07 38346564
Email: all_care@tpg.com.au

Services Provided

Spinal care
Joint care
Muscle care
Sports care
Work care
Orthopaedic care
Remedial massage

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

FOR SALE

The following items are for sale at our clinic.

Wobble Boards	\$57 each or \$25/mth for hire
Swiss Balls	\$50 for 55cm (350kg) \$54 for 65cm (350kg)
Lumbar Rolls	\$21 each
Contour Pillows	\$75 each

MASSAGE

As from 1 September there will be an increase in fees (inc gst) as follows:

1/2 hour massage	\$44
1 hour massage	\$66
1 1/2 hour massage	\$90



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

PHYSIOTHERAPY FACTS

Manipulative Physiotherapy

Manipulative physiotherapy is the term used to describe the field of physiotherapy practice which relates to disorders of the musculoskeletal system. Physios who practise in this area, are skilled in the assessment, diagnosis and physiotherapy management of musculoskeletal conditions.

The physiotherapy profession recognises the importance of evidence based practice and actively encourages practitioners to consider the scientific evidence when developing management programs. So what is the evidence for manipulative physiotherapy practice?

Benefits of Manipulative Physiotherapy

Manipulative physios have advanced skills in the assessment, diagnosis and management of musculoskeletal conditions. These skills assist the medical practitioner with accurate, cost effective diagnosis and appropriate evidence based management. Manipulative physios in Australia have world leading expertise in the effective management of pain and other disorders related to the musculoskeletal system.

Evidence of the effectiveness of physical treatments as practiced by manipulative physios is

constantly being reviewed. The Manipulative Physios Association of Australia (MPAA) has recently reviewed the literature on low back pain, based on level 1 evidence (systematic reviews) and level 2 evidence (randomised controlled trials).

Spinal manipulative therapy (SMT - including both passive mobilisation and manipulation), McKenzie therapy and promoting early activity is effective in the short-term management of low back pain (ACHPR 1994, van Tulder et al 1997). General exercise programs designed and supervised by physio result in reduced disability, reduced absenteeism and faster return to work rate compared to control groups (Frost et al 1995, Gundewall et al 1993, Kellett et al 1991, Mitchell et al 1990, Moffett et al 1999).

Physios are also pioneering investigations of the proposed mechanisms contributing to chronic and recurrent low back pain by evaluating the effects of specific exercise programs. Evidence support their efficacy is mounting (O'Sullivan et al 1997). There is strong evidence that SMT is more effective in the management of chronic low back pain than bed rest, analgesics, and massage, with 6 out of 8 trials supporting this evidence (van Tulder et al).

(Information obtained from Physio-net.
<http://physio-net.com/reference/treatmenttechniques/manipulation.htm>)