

AUGUST NEWSLETTER—EXERSIZE AND BACK PAIN



Editorial...

Welcome to August! The theme of this month's newsletter is "Exercise and low back pain". There is a lot of information and talk out there at the moment about how exercise is now considered to be the gold standard treatment for lower back pain and we are excited because we've been using pilates and remedial exercise for many years with great results. So good to see the research catch up to the practical knowledge of experienced clinicians! So the good news is that movement is medicine, motion is lotion and the more we move the better off we are. We also find a combination of hands-on physio and exercise can be even more potent and effective - so we have a great special combo pack on this month to get anyone with low back pain a good start in the right direction.

We welcome our newest physiotherapist this month - Renee Shaw, and we are also super excited to welcome Veronica back after having her little one last year. We are also getting ready to launch the GLA:D program at

Revive - an evidence based 6 week program for people with hip and knee arthritis that promises to deliver a 30% reduction in symptoms and prevent the need for surgery in many cases. Stay tuned for the launch of GLA:D soon.

Enjoy August - don't forget to get out in this divine Brisbane weather and sunshine for your winter Vit D hit.

Jules x

LET THE EVIDENCE SHOW!

The evidence continues to build on the benefits of exercise for treating low back pain. A large systematic review was conducted in 2015, which found that a general exercise program combining muscular strength, flexibility and aerobic fitness was beneficial in reducing persistent low back pain. Increasing your core muscular strength can assist in supporting the lumbar spine. Improving the flexibility of the muscle-tendons and ligaments in the back increases the range of motion and assists with functional movement. Aerobic exercise increases the blood flow and nutrients to the soft tissues in the back, improving the healing process and reducing stiffness that can result in back pain. In addition, exercise releases endorphin the body's natural pain reliever. A frequent release of endorphin can help reduce reliance on pain medication. Endorphins can also elevate mood and relieve depressive symptoms, a common effect of persistent pain. It should be noted that if you are beginning a new exercise program it is best to consult with a health professional and ex-

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ercise should be done in a controlled progressive manner. In addition, no single exercise program is optimal for everyone. One of the most important thing to consider when embarking on an exercise program is to choose something you are going to enjoy—this makes all the difference to the long term outcome and whether or not you stick to the program or fall off the wagon. Pilates, yoga, swimming, walking and bike riding are all good options and we can help and guide you to make the journey safe and effective. Speak to one of our physiotherapist s about what exercise is best for you.



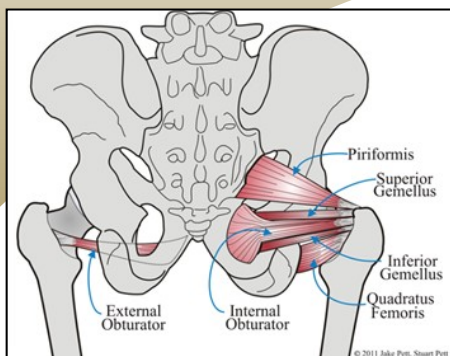
Dancers, What Exactly are your Turnout Muscles?

by Melissa Tattam

I recently asked a group of dancers where their turnout was coming from. Most responded with “your butt”. Yes, but where in “your butt”, they couldn’t answer.

Turnout is defined as a total rotation from the hip, knee and ankle joint. In a nutshell, a group of 6 muscles located at the back of your hip, known as the deep hip rotators, are responsible for correct turnout. The muscles include the piriformis, superior and inferior gemellus, the internal and external obturator and

the quadratus femoris (see picture). To avoid compensations like foot pronation (‘rolling’), or an anterior pelvic tilt

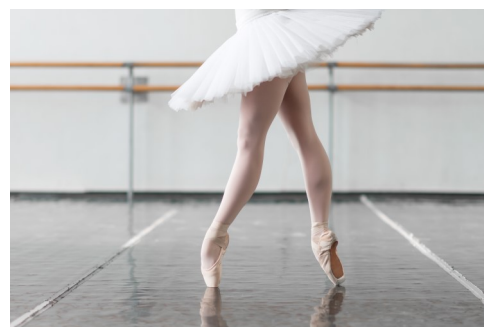


(‘arching’), these muscles require initial activation and endurance. Studies have also suggested that using your deep hip rotators can reduce the risk of injury.

Some common cues used for turning out tend to use the words “squeeze” or “tuck”, which may actually cause the wrong turnout muscles to work. The secondary muscles used in turnout include the biceps femoris (lateral hamstring), satorius, and gluteus medius

and maximus. If the secondary muscles activate before the deep rotators a dancer may find they become very tight around their hips, which will actually reduce their turnout range and potentially lead to an injury.

Over the last few months Mel has been working intensely with dancers to help correctly activate their deep rotators and improve their turnout range. If you would like help with your turnout or for more information please contact Revive and we can ‘pointe’ you in the right direction.



IS FUNCTIONAL MOVEMENT AND BRAIN RETRAINING THE KEY TO RELIEVING CHRONIC LOW BACK PAIN?

When you are in pain your body has inbuilt protection mechanisms that can cause you to “stiffen or brace” your muscles to prevent what your body believes will be painful movement.

This attempt to protect your back can in fact lead to more pain and lack of natural and relaxed movement. Stiffening muscles can add to the compressive load that is already on “unhappy” structures in your spine and it also drives a sense of “there’s something wrong” and fear avoidance. The more you avoid certain movements the “scarier” they become until eventually you stop moving “naturally” and your body and brain start to second guess every movement.

It is possible to break this habit and allow your muscles and joints the freedom and movement they need. It starts with your mindset and your internal dialogue and belief systems about your back pain. It’s helpful to start finding

positives about your back and focus on what you can do and how you can move rather than focusing on fear and believing you will not get better.

These internal messages are a treatment



form in themselves as they rewire your nervous system to “relax” and stops the negative spiral of fear, movement avoidance and negativity.

We call these positive internal messages SIMS (safety in me). Think about yourself moving feeling in your favourite place, imaging picking things up

without pain, find and focus on positives like your support team, your family and pets, the beautiful weather and allow yourself to move without fear.

This is just a start but the more SIMS you can find the better off you’ll be. The DIMS (danger in me) signals will also be there but if the SIMS outweigh the DIMS your pain will lessen.

To reinforce SIMS it’s great to find a way to move freely and safely without pain - that’s where we can help with retraining your body to move in functional ways that mimic everyday activities - lifting, bending, stretching, sleeping, sitting etc - can all be retrained with our assistance. Whether this is pilates, exercise physiology sessions or



We are one of the main sponsors this year of St Finbarr's (our local Catholic Primary School)

"FASHIONS ON PARADE".

Details below should you want to join in the fun:

ST FINBARR'S PRIMARY SCHOOL • ASHGROVE
PROUDLY PRESENTS

FASHIONS ON PARADE

Spring
glamour high tea

9 SEPTEMBER 2018

CHAMPAGNAT CENTRE
MARIST COLLEGE
142 FRASERS ROAD • ASHGROVE
DOORS OPEN 1PM

ON BEHALF OF ST FINBARR'S PRIMARY SCHOOL, WE WOULD LIKE TO WELCOME YOU TO ANOTHER YEAR OF FASHIONS ON PARADE. JOIN US FOR A LOVELY AFTERNOON OF HIGH TEA, FASHION AND SHOPPING.

Book your tickets now via QR or go to www.stfinbarrsashgrove.qld.edu.au or call 3366 1397

PROUDLY BROUGHT TO YOU BY PLATINUM SPONSOR

AUGUST SPECIALS

Physiotherapy/Pilates Combo pack

Pack includes :

- 1 x initial physio consult 45 mins
- 2 x 30 min Physio consult
- 1 x initial pilates assessment
- 2 x 1:1 pilates sessions (one hour each)
- 3 x pilates group sessions (one hour each)
- (save between \$147—\$188)



\$670

Mat Pilates Packs

Start mat pilates with this great offer:

Intro Mat Session

Plus 10 Mat Classes

(save \$80)

\$160

30 Mat Pack

(save \$150)

\$420



Fancy a trek to Everest Base Camp and fundraising for Women's Cancer at the same time?

One of our amazing clients Andreas Obermair is hosting a trek to Everest Base Camp next April—it will require participants to raise about \$5K for ovarian cancer research and then go on the adventure of a lifetime!



What's it about?

Visit Everest Base Camp trekking through lush forests and stunning mountain scenery over a period of 16 days. While for some the trek will be challenging, you will all gain immense enjoyment with only the mountains and your fellow trekkers surrounding you.

We have chosen Satori Adventures as our tour guide operator to help us completing a trek of a lifetime for us all.

<https://www.satoriadventuresnepal.com/everest-base-camp-trekking.html>

PRODUCT SPOTLIGHT



OBUS FORME BACK SUPPORT

We love this back support - one of our best sellers !

Our original, award-winning backrest support, the ObusForme Lowback Backrest Support trans-

forms ordinary chairs into ergonomically correct seating. Unlike ordinary "L"-shaped chairs, the "S"-shape of the Obus Forme Backrest Supports mold your spine into a more anatomically correct position, and help to enhance overall posture by supporting proper spinal alignment.

STAFF NEWS

VERONICA IS BACK !!

Veronica graduated from Griffith University in 2009 with both Bachelor degrees in Physiotherapy and Exercise Science and has been a popular Physiotherapist at Revive since 2013. Veronica is returning from maternity leave and we are excited to announce she will be available for Physio and pilates bookings from 20th August.

Veronica has a special interest in musculoskeletal and sports physiotherapy. She is an accredited clinical pilates instructor in both mat and equipment pilates.

Veronica enjoys using a pro-active approach to help her clients achieve their goals with a strong emphasis on exercise prescription and injury prevention.



We are delighted to Introduce Our Newest Physiotherapist Renee Shaw

Renee comes to Revive with over 4 years of experience focusing on Musculoskeletal and Sports Physiotherapy. Renee is also an APPI certified Pilates instructor.

Renee's personal background in team and individual sport provides her with first-hand experience and understanding to help her patients succeed in their own individual pursuits. In particular, she enjoys working with active patients and athletes of any level, in addition to acute injury assessment and management. Renee's experience in these areas has been developed through providing physiotherapy services to University of Queensland and Souths United Football

GLA:D PROGRAM COMING TO REVIVE

We are excited to announce that we will be one of the first Queensland providers of the evidence based GLA:D program for arthritis of the hips and knees. Michelle has attended the course and we are currently getting ready to launch GLA:D at Revive. What is GLA:D? It's a 6 week program with proven results (30% reduction in symptoms) for those that carry out the program of education and exercise supervised by a trained physiotherapist. Watch this space for more details and our launch date coming soon.



Terms and conditions apply to all specials and packs