

FEBRUARY EDITION

Welcome to the February 2013 issue of News@Movehappy.

For more information and news, follow us at: www.facebook.com/movehappy

And be sure to look out for our new website: www.movehappy.com.au

Movehappy News



Movehappy Healthcare has undergone some clinical staff changes over the last couple of months. We are excited to welcome new physiotherapists, Adnan Asger Ali, and Hannah Cullen, and new osteopaths Emma Trumble and Alison Simmons.

Adnan is a graduate of the University of Canberra where he completed the Masters of Physiotherapy program. Hannah is a local girl who recently completed her qualifications through Charles Sturt University in Albury

Emma is an RMIT graduate who has relocated to Canberra to study Physiotherapy. She will be working Part-Time at Movehappy Erindale and Deakin.

Ali is a Graduate from the British School of Osteopathy in London, who has relocated to Canberra with her family after working in her own

practice in England for several years. We welcome Ali to Canberra and to the Movehappy Family.

Unfortunately, osteopath Maria Farrugia has returned to Melbourne for family reasons and physiotherapist Laura Munyard has moved to Scotland. Deakin Practice Manager Tegan Jones has also moved on, taking a job in the ACT public service.

Movehappy would like to congratulate Cameron (physio) and his wife Sonia, who are expecting their second child in April. 2013 will be a busy year for Cameron, who is also commencing his postgraduate Masters in Physiotherapy through Griffith University in QLD

Exercise of the month



Rolling the Thoracic Spine

One of the common contributing factors to chronic neck pain, particularly in office workers, is a tight thoracic spine. As we sit, we tend to take the path of least resistance. Our chest drops. This would naturally take our line of sight to the floor, however, the computer monitor remains in front. Our maladaptive strategy to this situation is to extend our neck. This places the mid cervical region in extension, narrowing the holes at the back of the spine through which the nerves travel.

By rolling the thoracic spine, particularly when combined with strengthening exercises for the upper

back, the stress on the neck and cervical nerve roots can be greatly reduced.

For a more detailed explanation on how to roll your thoracic spine, speak to your practitioner.

Staff profile



Part of the frontline of Movehappy Healthcare: Jenny, Tegan and Tara.

Crucial to any service industry is a friendly and efficient front line. Here at Movehappy we are blessed with a number of fantastic admin staff. This month we profile two members of the Movehappy Family who are also members of the same family: Jenny and Tara.

Jenny came to work for us back in 2008. In that time her role has grown to become practice manager for the Erindale practice and she has also recruited her daughter Tara, who is currently completing an ASBA (Australian School Based Apprenticeship) in Administration.

Condition of the month

Radicular arm pain

Radicular pain is pain which is experienced in the arm as a result of irritation of the cervical (neck) nerve roots. Also termed radiculopathy, this is an extremely painful condition. It can be characterised by pain, burning, pins and needles, and strength loss in the neck, shoulder, arm and hand. It can affect the radial, median or ulnar nerves, and the area of the upper limb affected will vary, depending on which nerve is involved.

Radiculopathy or radicular pain is commonly the

result of cumulative damage as opposed to one traumatic event. As such its arrival often surprises patients in that it “seems to come out of nowhere” and they report that “they didn’t do anything to cause it”.

Current thinking suggests that most of the pain occurs as a result of chemical irritation of the nerve. As such early treatments involve initially settling the acute inflammation or irritation with medication. This may include the use of Panadol, anti inflammatories and muscle relaxants as prescribed by your GP. CT or ultrasound guided injections of corticosteroid can also be very beneficial at this juncture.

Manual therapy, taping, exercises at utilised here at Movehappy and the use of dry needling are also very effective at improving the pain and addressing some of the causative factors which led to the nerve irritation. Some risk factors may include dumping of the shoulder blade which in turn tractions the nerve, a stiff thoracic spine which forces the cervical spine into extension.

Product of the month



Movehappy’s product of the month for November is the foam roller.

Ask your practitioner how a foam roller may assist your problem, or improve your performance.

Mention the newsletter to get a 10% discount off the normal price of a foam roller at Movehappy Healthcare this month.

To opt out of this email newsletter, send an email with the subject OPT OUT to mail@movehappy.com.au