

JULY EDITION

Welcome to the July 2013 issue of News@Movehappy.

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Movehappy News



MOVEHAPPY KINGSTON

We are pleased to announce that we have finally almost sorted the heating situation at Kingston.

In a good life lesson about always performing due diligence before big decisions, we have discovered that we needed a new heating system to be installed.

We have now walled ourselves off from the unit next door which already makes a noticeable difference. This week the new system goes in and by next week, we should be complaining that it is too hot!

In other exciting news, former Movehappy staff member, Osteopath Laura Frank has returned for a short period to help us out with Osteo services at our Kingston clinic.

Staff profile: Natasha Veljanovska



Our staff member profile for July is Natasha. Natasha (TK) graduated from the University Of Canberra in 2010 after completing her Bachelor of Applied Science (Human Biology), also through the University of Canberra.

Natasha has a long association with Movehappy, having been a patient of Berg Physiotherapy since its first year in 2002. Her sister, Snez, also worked here as both a receptionist and nutritionist prior to travelling abroad.

Natasha is a former Basketballer, having been in the Erindale College TSP prior to injuring her knee. She has a keen interest in pregnancy related issues and paediatrics. She is also currently providing the medical coverage to Grammar Rugby Union on weekends with fellow staff members Ray and Chris.

Exercise of the Month

UPPER THORACIC AND RIB ROLLING

In a past issue I spent some time talking about radicular arm pain and acute apophyseal wry neck. Both of these conditions can be in part caused by a lack of thoracic mobility. This is particularly common if you sit at a desk all day, dropping your sternum and pushing your head forward.

Our exercise this month involves the use of the Lacrosse ball to address this.

Lie on your back and place the ball between the shoulder blade and the spine. Lean onto the ball with as much pressure as you can tolerate. Then start to move the palm of the arm on the side the ball is toward the floor.

This will force your thoracic spine and upper ribs to extend over the ball.

In addition to mobilising the spine and upper ribs, this is a great exercise for releasing the serratus posterior superior muscle, which lies in this region.

Over the course of two minutes move the ball along that gutter, while still moving the arm. It will get better over time and your shoulder, neck and thoracic spine will thank you for it!



Condition of the month

SHOULDER IMPINGEMENT

Impingement in the shoulder of the bursa or tendons is common, particularly as we get older. The causes are multifactorial, but include tightness of the muscles pulling the shoulder into protraction (forward position) and internal rotation, degeneration of the lower cervical spine) which provide the nerve supply to the muscles around the shoulder blade and shoulder joint, and stiffness of the upper thoracic spine and ribs.

The condition is characterised in its early stages by pain with activity, particularly overhead. Over time, the pain will become more pronounced even at rest and night. Movements above shoulder height

become difficult due to pain. This tends to lead to avoidance of those positions, with in turn drives more dysfunction.

Crucial to the management of this condition is working out what tissue is impinged and what the biomechanical causes are, so that they can be avoided.

Often strengthening of the rotator cuff and trapezius muscles are required as is mobilisation of the upper thoracic spine and ribs.

If you or someone that you know has shoulder pain like this, come in for a chat with one of our staff. The earlier we get to it, the easier it is to fix!

Product of the month

THE LACROSSE BALL!



Movehappy's product of the month for July is the Lacrosse ball. These balls are fantastic for what we call mobility drills.

They apply pressure while you either lie still or move your limb on top of the ball. In essence the ball applies a localised stretch to the underlying muscle, which activates a neural loop resulting in muscle relaxation (though it doesn't necessarily feel like it at the time!). This in turn improves blood flow to the muscle, altering its pH and removing waste products.

There are a myriad of things that you can do with the lacrosse ball, this month's exercise is just one example.

They are a must for anyone who sits at a desk or long periods or who does regular athletic activity.

Normally the balls retail for \$5. This month, they are bouncing out the door for only \$3.

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