

SEPTEMBER EDITION

Welcome to the September 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

The end of August saw the completion of the Movehappy football commitments.

Adnan's Eastlake Demons unfortunately bowed out in the finals race, going down to rivals Belconnen. In the ACT schools rugby competition where we look after Marist, Grammar and St Edmunds, it was Will's team St Edmunds who took the honours, taking out Marist in the Grand Final.

August also saw us say our final farewell to the old Deakin premises, handing it back over to our landlords. Hopefully Dave will now stop losing hair as a result of the relative reduction in stress.

Our football tipping competition also draws to a close with the winnings having been relatively well dispersed through all participants. Given that some people chose based upon Jersey colour or tipped six weeks in advance it just goes to show not to over think these things!

And on a final happy note, former Movehappy Staffer, Abby Aitchison recently gave birth to child no 2, Sonny.

Staff profile: Ray McGinley

Our staff member profile for September is Ray. Often referred to as the Roy the Scotsman, Ray in fact hales from Ireland.

After completing a BSc (Hon) in Physiotherapy at the



University of Ulster in 2007 and working in Ireland, Ray made the big trip with now fiancée Roisin (our lovely Movehappy Kingston receptionist) to Australia. He completed a Masters Degree in Manual Therapy at the University of Western Australia, where in addition to winning one of the class prizes (there are only two up for grabs), Ray met Will and was persuaded to come to Canberra to work with Movehappy. As well as having a keen interest in Gaelic Football, having played at National levels in both Ireland and Australia, Ray has a keen interest in the assessment and management of the pelvis and thorax. Ray is currently completing a course Module in the integrated systems model run by well renowned Canadian Physiotherapists LJ and Dianne Lee.

Exercise of the Month

MOBILISING THE HIP JOINT USING POWERBAND

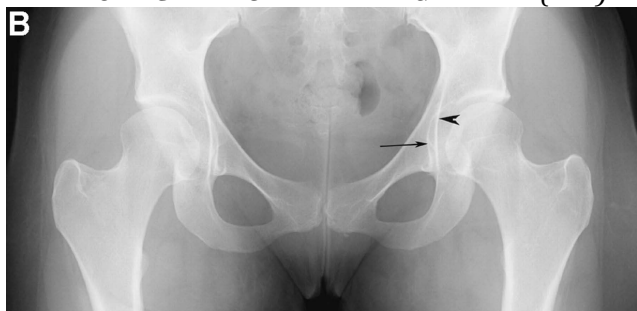
To assist in improving mobility in the hip, powerbands can be a great tool. Secure the band around something heavy (as there will be a lot of force on it and you don't want to pull something down upon yourself!) and secure the other end to the inner thigh. While the band tractions your hip out of the socket, thus reducing the joint impaction, mobilize the joint through range of flexion (knee to chest) and extension.

This is an amazing drill for those with hip mobility issues or the condition of the month, femoro-acetabular impingement (FAI).



Condition of the month

FEMORACETABULAR IMPINGEMENT (FAI)

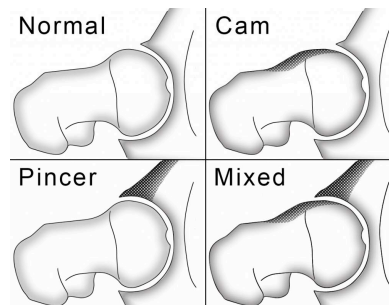


Femoroacetabular impingement is a condition in which the top of the femur strikes against the socket of the hip, causing pain. The condition can be caused by abnormal anatomy, such as a widened femoral neck (cam lesion) or an excessively deep socket (pincer lesion). Or you could be unlucky enough to have both. The pain is most common in those who have played a lot of sport and taken their hip into excessive or end range movements, causing the impingement to occur. The condition will often become symptomatic during the third decades of life or later, though teen presentation can occur.

Treatment can be conservative or surgical. Surgical treatment involves correction of the anatomic factors, but should be done before the age of 30 for maximal success (beyond the age of the thirty the surgical success rate is only 30%).

Physiotherapy, osteopathy and massage are all useful in conservative management and involve patient education, activity modification, manual therapy to improve joint mobility and reduce impaction, and strengthening of the abdominals, gluteals and adductors to stabilize the femoral head position. FAI is much better detected early as success rates

reduce significantly with time as osteoarthritis sets in. So if in doubt, come and check it out.



Product of the month

POWER BAND

Therabands are good, but sometimes they just don't quite cut it!. For mobility exercises, you need a ball (as discussed in a previous newsletter) and a power band. The band applies strong traction to a joint so that you can move it through range.

For this month we have sourced some power bands that are going to walk out the door for \$25- a price that wont "stretch" the budget. For more ideas on what to do with your new favourite piece of equipment ask your Movehappy Physio or Osteo!.



MOVEHAPPY TRIVIA

What is the smallest muscle in the body?

The stapedius in the ear. Just over one mm long.

Where would you find the circle of Willis? Answer next month.

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