

Welcome to our  
**Newsletter**  
designed to provide  
you with current  
information about  
physiotherapy...

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STUDYING - A Pain in The Neck?



The Sports Medicine  
Centre  
For all your Physio  
Needs...

Assessment

Djagnosis

Treatment

Rehabilitation

**Yes it's that time of year again when students throughout Australia are hitting the books hard and sitting through long stressful exams.**

**It's hardly surprising, that so many of them get headaches and neck pain.**

#### What causes headaches & neck pain?

- **Poor Posture** – many students are already rounded in the shoulder and this is made even worse by the combination of sitting, along with the use of computers, and leaning over books
- **Stress** -the added stress that exams inevitably cause results in tightening of the muscles around the neck and upper back and this just adds more pressure to joints and muscles already strained by prolonged sitting.
- **Lack of Exercise** -that inevitably happens whilst studying for exams. Exercise keeps people supple and helps to avoid headaches, back and neck pain. During exam time exercise is often limited due to lack of time.



- **Poor Sleep** – poor sleeping habits and an inappropriate pillow can further aggravate neck pain.

#### How can I avoid neck pain?

- **Regular study breaks** - not only help concentration, but also helps to avoid back and neck pain.
- **Stretching and mobility exercises** during study breaks will help to get the circulation going, as well as take the pressure off joints and muscles that are strained hunching over desks.
- Using a **hot pack** for 15mins can help relax the muscles.
- Get a good **neck pillow** for sleeping at night. Sleep is extremely important for your body- it's when your body rests and heals.
- Good **Ergonomic setup** while on the computer- look at your chair, your desk and how everything is arranged – your physio can

[www.sportsmedicinecentre.com.au](http://www.sportsmedicinecentre.com.au)



**The Sports Medicine Centre** is a leading Physiotherapy Clinic of excellence in the ACT.



We tailor specific, individualised, and evidence based treatment plans that are specific for your neck or back pain. For an accurate diagnosis and tailored treatment plan call **6247 7033** or **6293 3413** and make an appointment today!

## Other Ways to help avoid stress & neck pain when studying...

- **Posture:** Check your **posture** while studying: Make a conscious effort to not look down and keep your head flexed forward. Use a book holder, similar to a cookbook holder so you can keep your head and neck in a neutral position. Alternatively, put a phone book under your study materials to elevate them while studying so you are not flexing your head so much.
- **Water:** Drink lots of **water** while studying. I know most students prefer coffee, or high energy drinks like red bull- but research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
- **Exercise:** Regular physical activity helps concentration and memory retention, but also assists in avoiding headaches, back and neck pain.
- **Massage:** Remedial **Massage** is an effective treatment option for those with neck tension and headaches.



## Can Physio Help?

The last thing you want is a headache, back pain, or neck pain whilst going through some of the most important exams of your life.

Your Physiotherapist will be able to accurately assess and treat any of these problems and quickly get you back on track.

As a speciality musculoskeletal physiotherapy practice, **The Sports Medicine Physios** are experts in developing targeted treatment plans that will reduce your pain.

If you would like to make an appointment to discuss your condition or have a further enquiry, please call **6247 7033** or **6293 3413** or email [tsmc@hna.com.au](mailto:tsmc@hna.com.au).

## News From The Clinic...

The staff at The Sports Medicine Centre have been keeping busy as usual.



- Tim Sempf has just returned from Sydney where he was the physiotherapist for the Women's ACT Brumbies for the Rugby 15's Nationals. The girls played well and finished up 3rd overall.
- Ben Curtis has been extending his knowledge, and has undertaken tendon courses with both Jill Cook and Craig Purdham.
- Alexia Missen has been busy with Touch Football. She recently returned from her week away in Caloundra where she worked with the girls and boys Tasmania touch teams at the National Youth Championships.



- This month Graeme and Rebecca begin work with the Canberra Capitals. We wish them all the best for a successful season.