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Welcome to our **Newsletter** ...
Designed to provide you with
current information about
Physiotherapy...

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

- Assessment**
- Diagnosis**
- Treatment**
- Rehabilitation**

**The Sports Medicine
Centre**
a leading Physio Clinic
of excellence in
Canberra.



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



**Too Much Work! - are you getting
neck & back pain from sitting for
long periods of time?**

One of the biggest Health Issues we face today is the amount we sit at desks and use computers. Not only does it affect Adults, but increasingly Kids are having problems as a result of poor sitting habits.

Apart from the decrease in Physical activity associated with sitting, the postures and habits we adopt can be a significant cause of back and neck pain, and headaches.

Our bodies were not designed to sit for long periods of time, and so if we do, we can gradually stress structures in the body that eventually cause pain.

A poor office workstation desk set-up and using your computer/laptop incorrectly can lead to neck pain, shoulder pain and low back pain. In addition, poor posture and a lack of regular work breaks away from the computer can contribute to these problems.

this issue

Too Much Work...

**Are you getting back and neck pain
from sitting too long?...**
**Physio has a role in the management of
work related pain...**

**Prevent these issues - Break those
bad habits...**

Here are some helpful tips to help you if you sit for long periods of time in front of a computer:

Get out of your chair as often as you can
Set a timer, set a reminder in your diary, put the printer/fax/photocopier on another desk so you have to walk to it.

Regularly Exercise
This will help to compensate for prolonged sitting.

Move It Or Lose It
Regularly stretch and turn and move you neck, upper back, shoulders, forearms, and lower back.

Get a Laptop stand and separate mouse and keyboard
Laptops accentuate poor postures and will bring on problems more rapidly.

Sit in the most efficient position
As shown in the diagram below (Fig. 3).





News from The Sports Medicine Centre...

We welcome back to the clinic **Tim Sempf** after he and his partner have been backpacking around Europe for the last 6 weeks. Alexia Missen also returns to us as well after a 4 week holiday in Spain.

The Sports Medicine Centre now have a massage therapist at the Turner clinic, **Vince Domo**. Vince has an impressive work history, including working with the UC Brumbies. Call Turner to make your appointment with Vince today.



Graeme Backen has also recently completed a Hamstring Course, upskilling his already extensive knowledge on diagnosing, treating and rehabilitation exercises for all things hamstring related.



Setting up your Workstation—Tips to Minimise the Risk...

- Adjust the chair height so that your elbows are at desktop level (roll your shoulders back and relax them first).
- Sit fully back into your chair, adjust the seat back for good lower back support.
- If your chair seat has a tilt feature, set it so that you are comfortably supported.
- If your feet don't comfortably reach the floor use a foot-rest.
- Locate your monitor so the top third of the viewing area is at or below eye level. Use monitor stand if required. Keep the computer monitor at an arms distance away.
- With elbows at the desk level, ensure that your wrists are straight and supported - use a wrist rest.
- Position the mouse as close as is practical to the keyboard, so that both elbows are directly under the shoulders while working.
- Always use a phone headset if you need to use the computer while talking on the phone, this will help avoid neck and shoulder strain.
- Adjust screen brightness and contrast for clear comfortable viewing, and clean the screen regularly.
- Also remember the 20-20-20 rule: look away from the monitor every 20 minutes to a distance of 20 metres for 20 seconds. This helps avoid eye strain.
- Finally and very importantly remember to take breaks regularly preferably every 30 -45 minutes for 1 or 2minutes. Go get a glass of water talk to a colleague etc

And remember, it doesn't matter if you have the best ergonomic set up, it **WILL NOT** prevent you from slouching unless you proactively sit with correct posture. The key is to be mindful of your posture at all times, making sure that your spine remains lifted, with your shoulders rounded back.

I already have pain can Physio help?

Physiotherapy has a large part to play in the overall management of office related pain & injuries, your Physio is trained to understand and treat the physical aspects of the human body.

Physios are highly trained to treat common injuries that occur in the workplace, these include.

- Back & Neck pain
- Poor Posture
- Shoulder pain
- Headaches/Migraines
- Carpal tunnel syndrome

Treatment will resolve the pain and discomfort and importantly give you tips to minimise the risk of re- occurrence.



Treatment may include:

- Manual Therapy Techniques
- Prescription & implementation of specific exercise programmes
- Health promotion
- Massage
- heat &/or cold

But the main thing to remember is to MOVE!!!



The Sports Medicine Centre promoting health and wellbeing for all ages...

Don't let aches, pains or injuries restrict your lifestyle...

MAKE THE MOVE

call 6247 7033 or 6293 3413 today...

