



welcome to platinum physiotherapy

Physiotherapy is a clinical health science and profession that aims to rehabilitate and assist people with pain and movement disorders by using evidence-based methods such as exercise, various manual therapies, posture correction measures, education and much more!

Physiotherapists study medical science based subjects such as anatomy, neuroscience and physiology to develop skills and attitudes necessary for health education and prevention, diagnosis, treatment and rehabilitation of patients with pain, physical disorders, disfunction and disabilities.

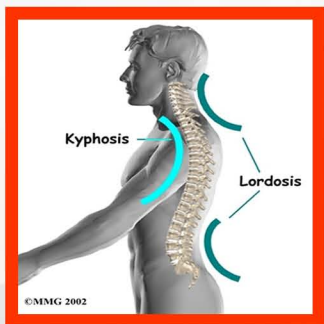
Our team have over 30 years experience with the management of musculoskeletal problems, sports injuries, post surgical rehabilitation, movement pattern disorders, return to work solutions and exercise therapy.

back and neck pain

Back and Neck pain is common and will effect 80% of the population at some stage in their lives. Pain arising from the back can be felt locally in the back or it can be referred into the buttocks, hip or leg, sometimes as far as the foot. Often the pain is reoccurring and appears to come on for no reason. Similarly, pain arising from the neck can be felt locally or can be referred into the shoulder, arm and fingers.

There are lots of things that can bring on back or neck pain but two of the main causes are:

1. poor posture especially in sitting
2. repetitive or prolonged activities (like bending and twisting) which over time can strain the tissues, discs or joints



How can you help reduce or prevent back or neck pain from reoccurring?

1. Pay attention to your posture

The spine is made up of 3 important curves.

Maintenance of these curves helps keep the spine in an optimum position and places less stress on the discs, ligaments and muscles that attach to the spine. Often in the lumbar spine the lordosis curve is flattened and lost.

Firstly slouch as far as you can to round the lower back, then sit up as straight as you can, now ease off the fully straightened position about 10% - that is what we call neutral lumbar spine position. This position places the least amount of stress on the structures around the spine during sitting. Some people have trouble holding this position to start off with and a lumbar roll can help.



2. Don't over strain the tissues

What is over straining? If you hold your finger bent backwards, initially it would just feel like a pull but the longer you hold it the more it starts to hurt and eventually it starts to cause pain, until you release it. Your back is the same, if you put it in a bad position for a long time or frequently, the tissues get overstretched and start to hurt



Optimising lifting technique and posture

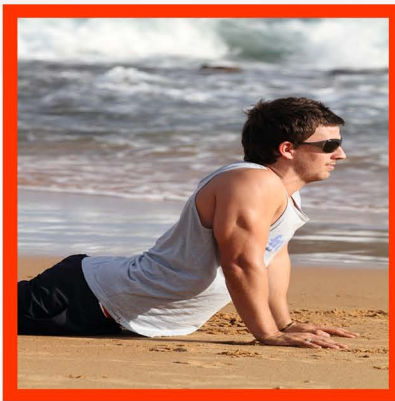
Maintain lumbar spine lordosis during sitting, bending and lifting

Ensure your work station is customised to your height

Regular interruption of prolonged sitting or repeated activities.



If you are having problems with persistent or reoccurring back or neck pain, come and see one of our physiotherapists. They will ask some questions about how your pain behaves and then assess your posture and movement patterns to determine how to help you. This will involve advice on what activities you may need to temporarily avoid to stop the pain from getting worse and activities to make it feel better, including specific exercises that you can do yourself in conjunction with their management to treat your pain.

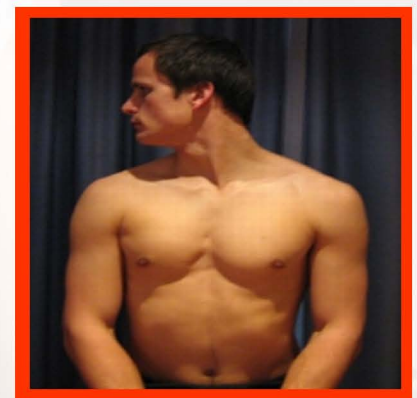
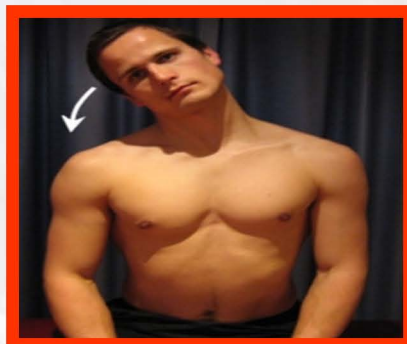
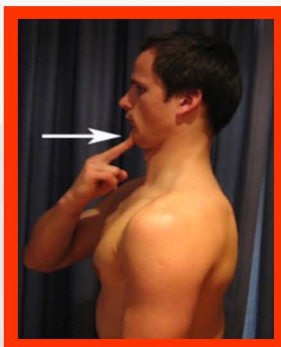


self management....

directional preference....

what is the best exercise for me?

ask your platinum physiotherapist!



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