



## November Newsletter

# welcome

**Mosman Physiotherapy & Sports Injury Centre would like to update you monthly with staff news, information and interesting, current research.**

In a befitting follow up to our October Women's Health issue, we have stumbled head strong and little more wisely into MOVEMBER – a month dedicated to all things Men's Health, where a 5-strong team from Mosman Physiotherapy & Sports Injury Centre will don ludicrously manicured facial hair in an attempt to raise money, awareness and some eyebrows for the cause. So if you, or your loved one has ever imagined they could cruise their way through a training program they hadn't done for 10 years, or "expected that little niggle would've gone away by now", then this issue is for you.

## mens physical health

The recommended volume of exercise for adults in Australia is 30 minutes of moderate intensity exercise per day – that is, hard enough to increase your heart and respiratory rate, like a brisk walk. Even though this sounds simple enough, if you are starting from having not done any regular exercise for some months, or even years, getting some professional advice from one of our physiotherapists or exercise and rehabilitation specialist, Dave Pettit, will set you on a path to achieving your health and fitness goals and greatly reduce the risk of injuries. Overuse, or unaccustomed use, soft tissue injuries occur when the recovery rate of body tissues is surpassed by the rate of micro-trauma caused through activity, exercise or just activities of daily living. To read more about recommended physical activity guidelines, go to:

<http://www.health.gov.au/internet/main/publishing.nsf/content/health-pubhlth-strateg-phys-act-guidelines>

## movember

Yes, it's true. The men of Mosman Physiotherapy have hung their dignity on the line by entering a rugged 5-strong team in an effort to raise money for a worthy cause. Aptly named "Mo-sman Physiotherapy" you can follow our decent into dishevelly and make a donation at <http://mobro.co/mosmanphysio>

## did you know?

There are many distinct morphological differences between males and females, and happily for us men, the wider pelvis' and larger 'Q' angles means female athletes are 4-10 times more likely to rupture their anterior cruciate ligament (ACL) than their male counterparts. Play on boys...

## injury report: gym junkies shoulder

The most common gym-based, overuse-type, male dominated injury referred to us from a range of personal trainers is the "gym junkies shoulder". This is an overuse injury resulting from an imbalance around either the rotator cuff musculature, or the muscles designed to control the scapular position on the trunk while the arm is moving, or both!

**The bad news:** This will not just go away while you continue to do weights, and will return after resting if it is not appropriately treated and the intrinsic muscle imbalances corrected.

**The good news:** This condition is completely **preventable** with a few simple range of motion, posture and muscle strength tests, and is **100% treatable**.

**More good news:** Our physiotherapists, including neck and shoulder specialist, Victoria Watson, can assess you for risk factors and set you on the path to recovery today!

## Physio In Focus

Mosman Physiotherapy & Sports Injury Centre is proud to have on board renowned and experienced **Hand Physiotherapist, James Stormon**. He says: "The most rewarding aspect of hand therapy is the generally rapid improvement most patients make with early intervention. The close proximity of anatomical structures in the hand demands expert assessment and treatment for an optimal outcome. Following an injury, acute assessment can be vital to ensure appropriate diagnosis and treatment is commenced immediately, as well as preventing unnecessary stiffness and dysfunction.

Commonly occurring injuries that require immediate assessment and intervention with a Hand Therapist include:

- Mallet Finger
- PIP joint dislocation
- Central Slip Rupture
- Skier's Thumb

It is important to recognise that physiotherapy may not be the appropriate intervention for some conditions, and so early referral to a hand surgeon may be required.

**For more information or to book a consultation with James please contact reception on 9968 2666 or go to our website, [www.mosmanphysio.com.au](http://www.mosmanphysio.com.au)**

