



October Newsletter

welcome

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

October is already upon us and Christmas not too far away, but Spring is still the season of new life... and with perfect timing, we'd like to congratulate one of our physio's Dave Pettit and his wife Clea on the safe, if not a little early, arrival of their son Caius. So we thought it appropriate this month to focus on a rapidly growing service at Mosman Physiotherapy and that is all things Women's Health, and what we can offer you in the pre and post natal period, even if that was years ago! And don't worry lads, there's information for you too...

new equipment

We at Mosman Physiotherapy are excited to announce the arrival of our brand new **REAL TIME ULTRASOUND (RTUS)** machine. RTUS can be used for the purpose of muscle training as well as a diagnostic aide. Used externally on the skin the ultrasound displays an image of your muscles while you are activating them and this gives real and instant feedback about muscle control.

It is especially useful for training deep stabilising muscles like transversus abdominus and the pelvic floor muscles that make up the "core" stability of your body. It's surprising how subtle the contraction needs to be and you may be completely unaware that you are in fact recruiting the wrong muscle patterns to move. In many cases we see over-recruitment of abdominal wall musculature which "fakes" stability, essentially wasting energy and possibly causing damage. These incorrect patterns are easily seen and retrained using RTUS feedback.

Suse and Tanya have recently undergone further training in using RTUS for assessing and retraining deep muscle function and this is already proving to be a useful tool in teaching people about muscle recruitment.

womens health

During pregnancy the abdominal muscles and pelvic floor muscles stretch to support the growth of your baby. Hormones also significantly affect the laxity of ligaments supporting the pelvis. It is essential to regain strength soon after birth to help prevent back pain, incontinence issues and to gain or even improve your pre-pregnancy core strength. RTUS is the perfect tool to help with this. It is non-invasive and gives you feedback about how to correctly lift and engage the pelvic floor muscles and use transversus abdominus. Even after Caesarean births, the pelvic floor muscles need to be strengthened, as studies show approximately 30% of women who have Caesareans still have pelvic floor dysfunction.

exercise and pregnancy

If you are pregnant and have never regularly exercised, now is the time to start. Suse, our specialist in pre and post natal care, can advise you how to safely exercise throughout your pregnancy. She also leads specific pre and post natal Clinical Pilates classes for small groups including mat and reformer work so you can safely maintain your health and fitness throughout pregnancy. Numerous studies show the benefits of regular exercise throughout pregnancy including reducing labour time and a faster recovery.

did you know?

Therapeutic ultrasound can help alleviate the symptoms of blocked milk ducts. All it takes is 2 sessions on 2 consecutive days and the pain associated with the blockage should be gone. For more information **click here**.

Physio In Focus

Susanna Davey is a physio who has over 10 years' experience working in private practice in Australia and the UK. She has trained as a Clinical Pilates instructor. Having had 2 children herself, naturally and drug free, she knows the importance of pre and post natal education. She combines this personal experience with clinical knowledge to educate women about exercise and strength during and after their pregnancy, including postural and positioning advice for breastfeeding to reduce strain and injury to the neck and thoracic spine.

The recent purchase of a RTUS unit has been a beneficial adjunct to her consultations particularly in assessing and training pelvic floor muscles, which are so often neglected or taught or practiced incorrectly.

Suse is also a Certified Infant Massage Instructor and can teach parents and carers massage techniques for their babies and infants. The numerous benefits of massage include alleviating colic, wind and constipation, improving sleep and reducing crying, alleviating symptoms of post natal depression and improving the bond between a parent and their child, just to name a few. Suse teaches these classes to small groups or privately, in the practice or at your home.

For more information or to book a consultation with Susanna please contact reception on 9968 2666 or go to our website, www.mosmanphysio.com.au

congratulations

A belated CONGRATS to **Gordon North Sydney Hockey Club**, with all 7 of their Senior Men's teams making finals and the Women's teams taking out the Sydney Women's Hockey League Club Championship. We look forward to continuing our relationship with this highly successful club in the future.

