



Hello from the team at Burnside Physiotherapy. As Christmas is fast approaching we would like to wish you all a Merry Christmas and Happy New Year. We hope you enjoy the holiday period and stay safe on the roads when you travel. Thank you for your support throughout the year.

CHRISTMAS CLOSURE TIMES

Open Sat 23rd Dec, 8-12 noon

Closed 24th Dec to 1st Jan

Open again from 2nd Jan 2018

Pilates resume in the 2nd week of Jan.

Functional Myofascial Cupping

Cupping is a technique that has been around for centuries. It was initially used by the Egyptians but more recently has been a strong part of Traditional Chinese Medicine. It involves placing glass cups on the skin and creating a vacuum with a simple pump so that the skin is lifted. Bindi's preferred technique is to use a cream on the skin so that with a gentle suction, the cups can be moved

along. It can essentially be used as a form of massage, but instead of pressure into the tissue, the tissue is lifted using the suction. This gliding technique creates no bruises and usually feels quite pleasant.

While it has a long history, the way it works is still poorly understood. Some suggest that it increases the blood flow in the local area to stimulate healing. While the evidence for specific pain conditions is poor, it

can be effective as part of remedial massage sessions to loosen the tight tissues. It feels pleasant and Bindi has found it to be effective for sensitive and painful areas where massage is too sore. Bindi is very happy to explain, demonstrate and discuss if it is suitable and worth trying as part of your massage session. See our Facebook page for a demonstration of the technique used by Bindi.



Did You Know?

Nerve impulses sent from the brain move at a speed of about 430 km/h.



Staff News

Bindi recently completed a functional cupping course and has come back equipped with a set of cups and the skills to use them. She has been incorporating the cupping into her massage sessions and having some good results. She is always happy to answer any questions you might have and can discuss the suitability of the technique for you.

Amy is looking at studying her Masters in Musculoskeletal Physiotherapy at UniSA next year. She is planning on studying part-time while she continues working her normal hours with us. She is looking forward to the challenge and will no doubt bring many new ideas and techniques to her work here.

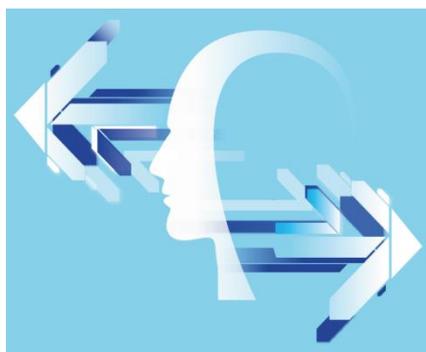
Whiplash

Most of us know stories of people with whiplash. But what is it and what can you do about it? Whiplash occurs with sudden force that takes the neck from one limit of its range quickly to the other limit. Classic examples are rear-end collisions or heavy tackles in contact sports. This sudden movement places strain on the ligaments, joints, muscles and discs – every component of the neck. The result is often a pain that is difficult to describe and pin point, headaches and a healthy dose of worry about the extent of the injury.

The GP is typically the first port of call and they are usually very good at

determining if an x-ray is needed. Imaging is useful for ruling out any fractures or nasty pathology but isn't so helpful in the smaller details and may show no reason for your pain, or natural changes that you don't notice in your day to day.

Depending on severity it can just take time for the neck to settle, even up to 12 weeks. It can be helpful to know that tissue healing is usually complete at 6 weeks.



Motor Accidents Authority 2014.

The guidelines say:

- Stay active and do your normal things as you can.
- Gentle exercises to build your movement and strength are good.
- Education is important to de-threaten this scary unknown.
- Sometimes massage may help but it is not as good as exercise.

The following do NOT necessarily mean a poor recovery:

- Head position
- Direction of impact
- Speed of collision or
- Airbag deployment.

What doesn't work:

- Lots of massage
- Neck collars
- Muscle relaxants

Speak to us if you want any more information.