



TRAVEL DESTINATION: MIRISSA – SRI LANKA

## What does a physiotherapist do?

Many people know the value that physiotherapy brings to their life and some have even been visiting their physiotherapist since childhood. However, for those who have never been to see a physiotherapist before, there can be a question mark over exactly what it is that physiotherapists do. In fact, this is one of the most common questions physiotherapists are asked.

We can assess infants to monitor their motor skills development and as they grow we help them deal with the pains and vulnerabilities of a growing body. Among other things, we can help improve the function of athletes, assist in preventing injuries, help those with pelvic floor dysfunction and work to prevent falls in the elderly.

### Not just exercises and massage.

Physiotherapists offer a range of treatments, from targeted stretches, manual therapies, dry needling, exercises and massage. Physiotherapists are also committed educators and take our role as such seriously.

A huge part of recovering from pain and injury comes from understanding what is happening and how to best manage these issues. Rather than create a dependency on their therapist, we aim to empower our patients to improve their health independently as much as possible.

Physiotherapists aim, to improve your quality of life and remove any barriers to full participation, whether these barriers are due to pain, weakness or stiffness.



### What is it that physiotherapists do?

The answer is tricky, because physiotherapists do so much. Primarily, we might be described as pain management experts, as we work to reduce the pain of our patients, from those who have suffered a new injury, to those who have had pain for several years. We first identify the cause of the pain and then provide manual therapy techniques, education and management strategies to help our patient understand, manage and reduce their pain.

While pain is usually the first thing that brings patients to see a physiotherapist, this pain has often caused patients to give up activities that they love and can even be getting in the way of everyday tasks. Many of us reduce our activity levels to reduce pain without even realizing it. Physiotherapists are able to identify which areas you are struggling in and why this is occurring. By identifying the cause of your symptoms, we can help to get you back to full function. Physiotherapists are able to do this for everyone including elite athletes and those dealing with serious disabilities.

In fact, physiotherapists have a role to play at practically every stage of life.



## Brain Teasers

FINISHED FILES ARE THE  
RESULT OF YEARS OF  
SCIENTIFIC STUDY COMBINED  
WITH THE EXPERIENCE OF  
YEARS

*The Question: How many  
times do you see the letter F  
in the sentence above?*

### Balance Challenge #1

**Stand on one leg on a folded  
pillow.**

*An unstable surface challenges  
your ankle's proprioception  
(position sense)*

**How long can you do this on  
each leg?**

Go to [www.oneleg.physio](http://www.oneleg.physio) to see  
how you do compared to everyone  
else.

## PhysioTip

Improving your balance is  
surprisingly easy to  
achieve and can have a  
big impact on improving  
injury and fall rates.

# Femoroacetabular Impingement

## What is it?

When the two surfaces of the hip joint move over each other, they usually move freely without any friction. If there is an alteration to either the socket part of the joint (the acetabulum) or the ball (the head of the femur), irritation may occur as the two surfaces move over each other. This is known as Femoroacetabular impingement, a common disorder of the hip, characterized by pain and stiffness.

Femoroacetabular impingement can be classified as cam, pincer or mixed. A cam FAI occurs when the femoral head junction is flattened or a small bump is present. Pincer type of impingement occurs when the acetabular rim extends slightly, causing the femur to be impacted. Cam impingement is more common in men while pincer impingement is more common in women. However, most cases of FAI (about 85%) are mixed, meaning they both have cam and pincer types of impingement.

## What are the symptoms?

The most common symptom of FAI is pain located in the hip or groin when resting in certain positions or with specific movements. Some patients also report

pain in the back, buttock or thigh. Other symptoms include stiffness, loss of movement range (particularly of the hip), locking, clicking or a feeling that the hip is about to give way.

Activities that cause the incongruous surfaces to move over each other repeatedly are naturally the main culprits for causing symptoms. These can include prolonged sitting, twisting, sitting with crossed legs, squatting and climbing stairs can all aggravate the pain caused by femoroacetabular impingement.

## What are the causes?

There are many factors that may cause an individual to develop femoroacetabular impingement including;

- Hip dysplasia or malformation during infancy/childhood
- Repetitive stress on the hip
- A femoral neck fracture that did not heal properly (malunion)
- Small bony growths around the joint called osteophytes.
- Normal anatomical variation

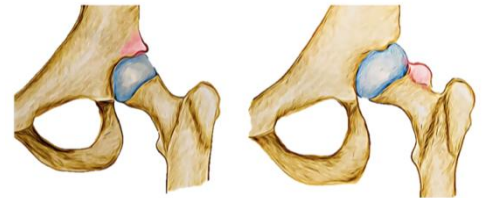
## How can physiotherapy help?

Femoroacetabular impingement is a complex condition and researchers are still determining the best possible treatment. It is thought that untreated FAI can lead to osteoarthritis of the hip down the track and there are both surgical and non-surgical

options for treatment. Conservative (non-surgical) management for FAI involves core stability training, strengthening exercises for the lower limb specifically the hip and postural balance exercises. This program aims to improve the hip's neuromuscular function. A hydrotherapy program can also be helpful as it reduces weight through the joint, making movements more comfortable. Lastly, a home exercise program is made for patients, so they can continue treatment at home. For many people, physiotherapy is enough to resolve their symptoms and prevent future problems, however others may require surgery.

With surgery, hip arthroscopy is the most common procedure for this disorder and is used to change the shape of the joint slightly so that there are no points of irritation with movement. After surgery, patients are usually referred to physiotherapy for rehabilitation.

**None of the information in this newsletter is a replacement for proper medical advice. Always see a medical professional for advice on your individual condition.**



Pincer Impingement    Cam Impingement

Brain Teaser Answer:

The answer is 6, but many people only count 3.

# Grilled Avocado Guacamole

## Ingredients:

- 4 Avocados
- 3 Roma Tomatoes
- 1 Small Red Onion
- 2 Limes
- ¼ cup Coriander, chopped
- 1/2 tsp. Salt
- 1/2 tsp. Black Pepper
- ¼ tsp. Cumin
- ¼ tsp. Paprika



1. Lightly grease a grill or pan with olive oil and place on medium-high heat
2. Cut avocados in half, remove the seed, keeping the skin intact. Place avocados face down on the grill for a few minutes, allowing them to brown slightly. Remove from heat and allow to cool. Cut tomatoes into halves and grill face down for 2 to 3 minutes. Remove from pan and allow them to cool. Cut onions into large rings and place on grill for 2 to 3 minutes, each side. Repeat this process with halved limes, grilling for 1 to 2 minutes.
3. Once cooled, remove the skins of the avocados. Cut all vegetables into small pieces and mix into a bowl. Mash the ingredients together, adding chopped coriander, seasonings and the juice of the grilled limes, until completely combined.

**Serve with tortillas or corn chips.**

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AUSTRAL / BRINGELLY

## Austral

282 Edmondson Ave  
(Crn Eleventh Ave)  
Austral, NSW  
PH: 9606 8258

## Bringelly

Bringelly Village Shops,  
Shop 6, 1197 The  
Northern Rd, Bringelly,  
NSW  
PH: 4774 8881

[www.newagephysio.com.au](http://www.newagephysio.com.au)