

Physio Plus Newsletter



“Hip Hip Hurray”

This month see's us celebrate 5 years of being in our clinic on Newton Road.

We'd like to thank you all for your continued support. More than 80% of our new patients come from your recommendations so we really wouldn't be here without you.

As a thank you we'd like to invite you to pop in for a coffee and mince pie and free injury advice on Friday 22nd December.

If you need to see us before then please give the clinic a call on 01912812021 or email info@physioplusclinic.co.uk

What's interested us this month?

- *Shop or you'll drop!*
- *Activate - The RFU's Injury Prevention Program*
- *Hydrodilation for frozen shoulders*

Team News

It's been a busy few months for the team on the run up to the end of the year.

Helen, Cathryn, Frances and Olivia have all attended a course run by 'shoulder physiotherapy guru' Jo Gibson, which focused on treatment of complex shoulder problems. If you've got a shoulder problem that's not been resolved some of the innovative techniques they've learnt could help you?

Birthday wishes go out to Marianne who turned 30 this month (we know she doesn't look a day over 18!).

Congratulations to Jonny who has secured a job this month which will see him working with Sunderland FC First Team. Don't worry he assures us that he's still going to be able to treat us "normal folk" at the clinic too!

Our Christmas opening hours are below, and as always if you need an appointment or advice please don't hesitate to contact us 01912812021.

Closed 24th, 25th & 26th December

Open 27th, 28th, 29th & 30th December

Business as usual from 2nd January.



Frozen Shoulder – Helen Reed, Chartered Physiotherapist

What is it?

Frozen Shoulder is an extremely painful condition in which the shoulder is completely or partially unmovable (stiff). It is one of the most painful conditions of the shoulder.

Frozen shoulder often starts out of the blue, but may be triggered by a mild injury to the shoulder. The condition usually goes through three phases, starting with pain, then stiffness and finally a stage of resolution as the pain eases and most of the movement returns. This process may take a long time, sometimes as long as two or more years.

The lining of the shoulder joint, known as the 'capsule', is normally a very flexible elastic structure. Its looseness and elasticity allows the huge range of motion that the shoulder has.

With a frozen shoulder this capsule (and its ligaments) becomes inflamed, swollen, and contracted. The normal elasticity is lost and pain and stiffness set in.

Three stages of development:

Typical Primary frozen shoulder develops slowly, and in three phases:

1. Freezing phase:

Pain increases with movement and is often worse at night. There is a progressive loss of motion with increasing pain. This stage lasts approximately 2 to 9 months.

2. Frozen phase:

Pain begins to diminish, however, the range of motion is now much more limited, as much as 50 percent less than in the other arm. This stage may last 4 to 12 months.

3. Thawing phase:

The condition may begin to resolve. Most patients experience a gradual restoration of motion over the next 12 to 42 months.

Treatment

If nothing is done most frozen shoulders improve significantly over 2-4 years after onset. However the pain and limitations of the stiff shoulder generally require treatment.

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Physiotherapy assessment and treatment should be sought in the first instance to accurately diagnose the problem and aim to reduce stiffness.

Other treatment includes painkillers, anti-inflammatories, and injections. If progress is not being made, referral for a **Hydrodilatation** procedure may be recommended, this is more effective than simple injections in relieving severe pain and improving range of motion. Intensive physiotherapy is essential after this procedure. In the worst cases surgery may be indicated.

Our advice – 'The sooner you are seen the sooner we can put you on the right track for recovery'.

To book an appointment call us on 01912812021 or email info@physioplusclinic.co.uk



Normal Shoulder



Frozen Shoulder

Frozen shoulder, as seen at Arthroscopy (note the very swollen and reddened inflamed capsule - it is not surprising that this is such a painful problem!):

'Tis the season to be...careful!

As December approaches, the year's final curtain is upon us. The evenings are drawing in, the nights growing colder, and our thoughts turning to the nightmare that is the seasonal shopping madness.

As the impending arrival of the relative's draws closer it may be of comfort to know that during the 12 days of Christmas more than 80,000 visit A&E., so the chances of escaping them may be higher than you think!

As roasting a turkey entails more than just "pierce film lid", it's unsurprising that inexperienced chefs fall foul of Christmas dinner. It's a sobering thought that Christmas trees account for more than 1,000 injuries each year (including branches in eyes and falling off chairs while placing the fairy).



We've compiled our top ten Christmas injuries to help you stay safe over the festive period;

1. An 86-year-old man who developed carpal tunnel syndrome after writing out too many Christmas cards.
2. A 42-year-old woman who reported a foot injury after "doing a lot of Christmas shopping" in sandals that lacked adequate arch support.
3. A 37-year-old man who developed neck pain after "a long gift-wrapping session."
4. A 26-year-old man who danced so much at a Christmas party he developed "severe left ankle and knee pain."
5. A 37-year-old man who suffered pain after he "slipped on grease on the kitchen floor".
6. A 49-year-old woman who suffered a bone fracture after falling while hanging Christmas lights.
7. An 88-year-old woman who had planned to relax in her recliner, but then "Christmas music came on & [she] started to wiggle her hips to dance & fell."
8. A 50-year-old man who severed a finger whilst "carving under the influence of alcohol".
9. A 43-year-old women who injured her back after "hiding heavy gifts on top of the wardrobe".
10. A "21 year-old" woman who broke her knee cap after "using her daughters scooter"....We're never going to forget this one!

If you are unfortunate enough to injure yourself over the festive period, take comfort that we will be open between Christmas and the New Year.

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