



CLINICAL NEWSLETTER – JULY 2011

Introduction

We survived the last financial year!

With all of the emerging Government policies many of which very questionable when it comes to small business not to mention taxes of every sort and nature known to mankind – it remains a wonder how many businesses remain viable.

Here at Perth Integrated Health we innovate, we adapt and we grow, yet the focus never changes – the delivery of quality service and clinical care for our patients.

Enjoy this newsletter journey with me as I unfold what we have been doing and what we have done in the past two months.



Ian Wee, Managing Director, Perth Integrated Health.

Our New PIH Polo Shirts

We are very excited to receive our newest Perth Integrated Health polo shirts which were designed and made for us by C Performance who are the suppliers of our 2011 PIHCG Cycling kit.

You will see more of the staff wearing the distinctive white with stripes polo shirt in the coming days and weeks with the new PIH logo as part of the design and our evolution of our branding image.

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Neuro Aqua Therapy – Report Update

Our Neuro Aqua Therapy services warrant further attention this month as we have till date been conducting very successful in water Rehabilitation program for our patients with Neurological conditions.

I have attached a special article written about us by the Stroke Foundation on this technique which will also see Perth Integrated Health host a special Stroke Week program in September 2011.

Rocktape Patient Education Workshops



Since the time of our last newsletter we have ALREADY hosted two very successful Rocktape workshops for our patients!

Driven by the internal policy that “better educated patients make better patients and therefore recover and maintain their health better” we embarked upon an ambitious program which sees us as the first clinic in Australia to host these workshops to educate and assist patients with dynamic taping.

Driven by our passion to empower and ensure that adjunctive devices and services such as Rocktape, aid and assist as opposed to replace proper hands on clinical treatment – we have now successfully provided the skills and the techniques to a group of 50 discerning patients and plan to host the next one in mid September 2011.

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Look out at our front counter OR the front page of our web pages for the next course and speak to your consulting practitioners about the suitability of your attendance.



Perth Integrated Health @ HBF Run for a Reason

If you were one of the 14 500 people participating at this year's HBF Run for a Reason on the 22 May 2011, you may have noticed a clinical contingent of 22 practitioners working hard within the treatment tents.

Those people were us! PIH has for the second year running since the inaugural HBF program been asked to be the supporting practitioners and are proud to be associated with this community program.

PIH caters for the needs of runners and Triathletes and with the upcoming City to Surf in a few weeks time, don't wait till it is too late for your proper care. Read on further in this newsletter about your preparations for the new season of running and the creation of a patient needs workshop for this.

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The PIH team at the WACA for
HBF Run For A Reason Event 2011

Expanding Podiatry Services within PIH

Our very capable and senior practitioner Jill Hunter now has the assistance and contribution of Te Pomana who is the newest member of the PIH family.

Te who hails from Christchurch, New Zealand has commenced practise at PIH Northern Districts and with her experience, provides the much needed pair of hands to our emphasis on Biomechanical Podiatry.

Working under the supervision of Principal Consultant Jill Hunter, Te is gathering the ropes of PIH procedures and methods in which we focus our patient care and wellness programs.

Her presence effectively provides for Podiatry coverage at PIH Northern Districts on Monday, Tuesday, Thursday, Friday AND alternate Saturdays.

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We Love Soccer – Another Reason Why!

In our May edition we highlighted another of our hidden passions in sport and this brief article adds to the reasons why!

This feature article has been written by up and coming journalist Melissa Melbourne about Daniel Caccamo:

“Promising Duncraig soccer star and Perth Integrated Health patient Daniel Caccamo has landed a professional contract with Italian Serie B team Vicenza Calcio, beginning pre-season with the First Team in two weeks.

The 19-year old will be moving to Italy for his first season with the club after a brief end of season break back at home in Perth.

Perth Integrated Health Centre has worked on Daniel since early 2010, guiding him back to full fitness following hip surgery.

PIHC has devised various fitness regimes whilst keeping a close eye on his nutritional habits to enable Daniel to reach his full potential following the surgery.

“I am extremely grateful for the time and effort that has been put in by the PIHC crew during the past year, particularly during the recovery from my surgery,” Daniel said.

“A professional contract is something I have dreamt of from a young age, but growing up in Perth it was hard to believe it would be possible. I would attribute the success of this contract largely to the work that PIHC has done for me.”

Soccer-crazy from five years of age, Daniel played his junior football through various local clubs before advancing to the State League with Balcatta Soccer Club.

He further developed his resume with two seasons training in Brazil with Fluminense FC and America MG.



Daniel Caccamo (with Club scarf) and his agent at the signing of his professional contract

The Unknown Joint – The TMJ or Temporo Mandibular Joint

The temporomandibular joint (TMJ) is the most unique joint in the whole body as it is two joints in one. The two joints, one on each side of the head, are connected by the jawbone. One joint may influence the function of the other joint. Because they are fused in the midline, this means that you cannot move one joint without moving the other. The two temporomandibular joints can differ in size, shape, and even in function. It is possible to have a problem in one joint but have the symptoms expressed in the other joint. You could also have a pain that starts on one side of the head and migrates to the other side simply because of the relationship of these joints one to the other.

The second factor making this joint unique is that another structure dictates its function. This other structure is the teeth.

The teeth are passive members of the upper and lower jaw, but they have a specific way they must fit together and interrelate. As far as the brain is concerned, tooth position has priority over joint position. This means that the TM joint is forced by the muscles to move so that the teeth will fit together properly. This can potentially cause a mal-alignment within the joint capsule.

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If this happens, the muscles are put in a compromising situation causing them to spasm and resulting in pain. Many of the problems you may be experiencing are the result of muscle spasm, but the cause is not a muscle problem. The muscles are simply caught between two positions: the tooth position and the jaw position.

Problems with TMJ can include distressing syndrome of pain, limited jaw movement, clicking, popping and crepitus (a grating sound similar to the crumpling sound of parchment paper) in the joint.

This derangement may be caused by genetic pathological changes in the joint or acquired pathological changes as the result of trauma. Often, internal derangement of the temporomandibular joint is preceded by myofascial pain dysfunction that can involve moderate to severe spasms of the head, neck, shoulder and/or back muscles. A wide range of symptoms may occur, such as headaches, muscle pain, ear pain, dizziness, stuffiness and ringing in the ears, blurred vision, etc. Treatment of these conditions needs to be individualized and may include a combination of medical and dental therapies. Treatment of your particular problem will be determined by your specific diagnosis.

Here at Perth Integrated Health, we have been treating this condition now for the past fifteen years and until only recently have found a collaborative and understanding partner in the treatment of this condition in Image Dental.

Image Dental's principal Dr Michael Chong has forged a strong treatment alliance with Perth Integrated Health's Managing Director and together they have been extremely successful in working together for the benefit of the patients that they serve.

Patients wishing to know more about how Image Dental can assist in this condition together with PIH should speak to either the Clinical Director Lucy Liongue or Managing Director Ian Wee.

The Countdown to City to Surf – Your Preparation for a New Season of Running!

Runners all around Perth are gradually awakening from their winter slumber to commence training for the annual City to Surf.

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Now a national iconic event, the City to Surf is not only for the community but also a benchmark for people wishing to commence their fitness programs in preparation for Spring.



Here at Perth Integrated Health, we advocate the following to assist people in their preparation for the **new season of Running**:

1. Check your running shoes for signs of uneven wear and tear. This could mean an issue with your feet placement during the run phase which if left uncorrected can end up with early season sprains and strains;
2. Monitor your heart rate maximum. When running check and see how your heart beat is after 15 minutes of a warm up. Your rough recommended heart rate max is calculated as thus: $220 - \text{Your Age} = \text{Your Average Heart Rate Maximum recommended}$. As a general guide fitness professionals do not recommend over loading beyond heart rate max and a consistently high heart rate could also signal that your fitness levels have deteriorated over the hibernating winter months.
3. Stiffness and Decreased Range of Joint and Muscle motion. This can also signify the lack of exercise, fitness and in many cases the commencement of minor neuromuscular pathology.
4. Proper hydration and nutrition. There is a formula that one can work towards optimal hydration and nutrition for your running needs and eating processed gels is NOT the answer.

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For the points raised above, there is sure to be further questions and quest for more knowledge. This is where you come in.

We intend to run a series of Patient Education workshops regarding the preparation of the new season of Running.

Interested? We need to have 30 people to make this workshop viable and we will do it at no charge for the community. If you have friends and family wishing to learn and grow and prevent injuries email your expression of interest to:

**Julian Mancini – Senior Consultant Exercise Physiologist:
Julian@pihc.com.au**

Julian will coordinate a workshop amongst the practitioners if we have the quorum for them – so your responses are needed – Fast!

Ergonomics of the Office, Workplace, Vehicle, Bedroom and Bicycle

To most of our patients we are the Biomechanical and Neuromuscular practise with focuses on Sports and Wellness Programs.

We have another concurrent and parallel focus which we have been doing for many years and that is Ergonomics!

Ergonomics in the Office

Back in 1993 when the world had just recovered from the bouts of OOS and RSI, our Managing Director conducted a ground breaking research on the effects of Computers on the Spinal Muscular Systems which has become the cornerstone of many ergonomic reviews and methods of practical assessments since then. This research which was conducted in concert with the Australian Computing Society saw recognition on Channel 7, Channel 9 , the ABC and the West Australian.



Created from the ground up, Ian Wee's method of Office Ergonomics did not centre around the purchase of newer and more expensive equipment but instead the positioning of the individual based on their posture, body type, height and girth. Discarding of the often used 'ergonomic guide' that was created in the 1950s based on 6 feet tall American Air Force personnel, this then newly developed method enabled and empowered the individual to adapt and change to their workplaces.

In the modern age where the workforce is so transient, mobile and fly in and fly out common place not to mention mobile offices, this format of Office Ergonomics is not only practical, it is cheaper to administer and reduces the dependence on the Ergonomics Consultant in the future.



Ergonomics in the Bed Room!

By virtue of the title, this probably conjures up images of the Karma Sutra -not!

We are referring to the Mattress Ergonomics which was created some 12 years ago also by Ian Wee in conjunction with his consultation with one of the nation's largest bedding retailers and also one of the largest bedding companies in the world.

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Ian Wee's definitive research which was featured on Channel 9 news years ago featured the creation of a consultation grid pattern that enables the practitioner to prescribe and recommend mattresses suitable for both partners or singles on a mattress.

The crucial importance of a suitable mattress cannot be understated as we spend up to 1/3 of our lives on this system and investing in a proper one that suits your spinal systems is far more crucial than the bottom line sales of a bedding sales person wishing merely to push a sales figure.

Vehicle Ergonomics

Launched some 7 years ago at the Mercedes Benz Car Club's Show and Shine exhibition in Western Australia, the Perth Integrated Health Vehicle Ergonomics assessment once again looks at the practical features of a vehicle set up pertaining to the needs of the individual where it is a truck, bus, car or people mover.

The appropriate set up can make a big difference to one's neuromuscular and biomechanical function especially if driving is part and parcel of one's daily tasks.



Vehicle Ergonomics Program
Launched in 2004

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Home Ergonomics

Often confused with Home Visiting, home ergonomics in Perth Integrated Health terms refers to the appropriate positioning, placement and review of home based furniture, equipment and home work stations to minimise the impact of ongoing injuries and conditions.

Also suitable for those with existing disabilities and injuries, the Home Ergonomics program and assessment we provide is about practical solutions where a difference can be made to how we conduct our chores and live within our homes.

It is interesting to note that the majority of workers compensation claims are made on Mondays especially after a bout of good weather. Could this be really due to how you are working about in the garden or in the house that has resulted in this true nature of your injury????

Bicycle Ergonomics

Already well documented and known in the community – we created the first ever Bike Ergonomics program globally to marry the link between the bike and the human being using clinical techniques, posture and scans.

If you need assistance in Ergonomics.....

If you feel that your workplace, workstation, home, home office, mattress or vehicle requires an assessment and review for practical solutions please refer to one of the following PIH practitioners for an appointment:

Bedding – Ian Wee: ianwee@pihc.com.au

Office – Lucy Liongue: lucy@pihc.com.au

Home or Home Office: inez@pihc.com.au

Vehicle: ianwee@pihc.com.au



Triathlon Preparation Workshop

We are hosting the PIH triathlon preparation workshop on the 21 July 2011 at PIH Northern Districts Centre.

This workshop will feature:

1. Setting goals ahead of time and being realistic
2. Recovery and days off scheduling;
3. Planning training programs
4. Use of established and proven PIH clinical services and systems;
5. Strengthening and core building;

Aimed at the novice and recreational Triathletes, this workshop features nationally and internationally recognised Triathlete Katie Gibb and practitioners from PIH who already work in concert with Tri Events on many of the triathlons in Perth.

More information and workshop payment can be found via our website link at: www.pihc.com.au

Limited places so act fast to sign up before it's too late!

Swimming Super Camp and D5 Brochures

PIH practitioners will be busy in July 2011 assisting Swimming WA in the conducting of clinical based workshop for their Super Camp.

The Super Camp which is the brain child of the SWA High Performance Coach Terry Lalor caters for the development and clinical needs of the swimmers from WA who have qualified for the national qualifying times as a lead up to the next National championships.

We have also in concert with this camp (finally) developed our D5 swimming brochure which highlights over involvement with swimming over the past two decades and what we do clinically in the world of swimming for injury prevention, treatment and performance enhancement.

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Individuals or clubs wishing to know more about our swimming programs are advised to contact either one of the two practitioners:

North of River: Julian Mancini, Senior Consultant: Julian@pihc.com.au or
South of River: Lucy Liongue, Clinical Ops Director: lucy@pihc.com.au

The Last Word

Walk into the living room of your home or that of your children's or grand children's rooms after you read this newsletter and take a good look at them.

Next walk into the bedroom or bathroom and look at yourself in the mirror.

Then ask yourself if you have invested in your health properly through the years and what you would do if you had known earlier about health and wellness.

When you have the answer, always remember that we have the plan to save the next generation. Call us and we will help you and your family.

Ian Wee
Editor, Perth Integrated Health E-Newsletter
July 2011

Authorised for public distribution so please pass the word around so others can learn about true and proper health care and wellness.

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