

# Health Central Headlines



*A Limit On What You Will Do Puts A Limit On What You Can Do.*

*Dexter Yager*

### Health Central OTI Ardross

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#### Health Central Ardross

##### Occupational Therapists:

Laurie Farrow      Larissa Markovina  
Lauren Adendorff      Nicola Byrne

##### Front Counter:

Nicole Brown      Sharon Marsh  
Jessica Hooten

#### Up and Coming Events

- 01 December—World AIDS Day
- 03 December—International Day of Disabled Persons
- 10 December—International Human Rights Day
- 25 December—Christmas Day
- 26 December—Boxing Day
- 01 January—New Years Day
- 26 January—Australia Day

## 8th Malaysia Singapore OT Symposium Report.

THE 8<sup>th</sup> MALAYSIA SINGAPORE OCCUPATIONAL THERAPISTS SYMPOSIUM 2006, was held at Langkawi, Malaysia from 3-5 November 2006, which Laurie Farrow Attended.

This Occupational Therapy Symposium is held every two years and was established to build synergy between Occupational Therapists and students from the two countries. In order to broaden the educational and scientific base of the symposium, international speakers are sought to challenge, motivate and provide new dimensions in OT practice to those working in the region.

This year the Keynote Opening address was delivered by Carolyn Webster, Immediate Past President of WFOT and a person dedicated to the development of the profession. Her message was for therapists to have skills in engaging whole communities, to be knowledgeable and in touch with political direction and the have the capacity to shape major policy.

During the Plenary session, Laurie Farrow, Managing Director Health Central-Occupational Therapy International and Clinical Director Global Energy Medicine, Western Australia, spoke on "Tissue Healing And Managing Pain With The Use Of E-Cell."

The paper included the model of practice which Laurie runs at his clinics in Perth, the Post Graduate course in Functional Soft Tissue Medicine, which has been running for the past 10 years all around Australia and the development and application of e-cell in relation to enhancing quality of life issues.

As a result of the paper, we will be looking into running the Post Graduate course in Functional Soft Tissue Medicine in Malaysia, and interest has been expressed to look at opening a Functional Soft Tissue OT clinic in Kuala Lumpur. Similar interest was demonstrated by the Singaporean delegates.

Carolyn Webster and Laurie Farrow were also asked to Chair the education session on "COLLABORATION IN OCCUPATIONAL THERAPY EDUCATION TOWARDS AUTONOMY", and meet with the Deputy Director General of Health (Medical) Ministry Of Health Malaysia to discuss the significance of occupational therapy from a global perspective.

Overall the input of Carolyn and Laurie was significant and will have long term implications in relation to ongoing curriculum development, occupational therapists placement in the region, post graduate education, and clinic development in the field of functional soft tissue medicine in the greater Kuala Lumpur region.

Additionally a meeting was held to discuss the future representation at this Symposium and in future it will include the ASEAN member countries. There is an obvious need for these countries to work together and support each other as the profession continues to develop.

## A New Face Around the Place

#### Clinic Movements

Larissa on Annual Leave	18th Dec – 7th Jan
Lauren on Annual Leave	6th Jan – 30th Jan

Please talk to your therapist about your treatment program over this time.

Health Central OTI Ardross has the pleasure in welcoming another new face—Nicola Byrne, who has come on board as an Occupational Therapist.

Nicola has previously worked with APM Injury Management, as well as working in Orthopedics and other areas at Royal Free Hospital in the UK.

Nicola will be available to help cover annual leave absences over December and January. This will help ensure that a therapist will be present for anyone requiring an appointment over this time. She will then be running her own clinic at Health Central.

We all look forward to having Nicola's company and contribution around the clinic.





## Sports Nutrition Tips

It is important for anyone who is involved in a sporting program to ensure that they have a diet that provides their body with the fuel to train and meet the requirements of their performance level. This includes choosing nutrient rich foods to provide a good source of energy and assist in the recovery process. Eating practices should take into the person's dislikes/likes and food availability. The general rule to follow regarding food intake prior to sport is 1-4 hours.

If practice or competing clashes with meal times make sure you plan your day to cope with this. You can prepare something earlier so its ready as soon as you arrive home or restructure your meals so your main meal is earlier in the day. When your energy needs are high increase the frequency of your meals and snacks rather than trying to over-eat at fewer meals.

When you are not receiving adequate nutrients from your diet consider supplements on advise from a health professional.

It is important to consider your preparation pre-event or workout. This should include strategies to re-hydrate and psychological well being. Caffeine- and alcohol-containing beverages are not ideal re-hydration fluids since they promote an increased rate of diuresis. It may be necessary to consume 150% of fluid losses to allow for complete fluid restoration. During sport it is better to start drinking small amounts of fluid early into exercise while the fluid deficit is still small and avoid drinking large amounts of concentrated carbohydrate drinks as they can cause gastrointestinal discomfort and cramping. Sports drinks are not always enough to replace the electrolytes and sodium lost in sweat during exercise. It may be necessary to drink an oral hydration solution especially if the sport includes weight reduction to make a specified weight division as a large amount of the weight loss may be fluid loss. These are available from most pharmacies.

### Goals

Energy balance: total energy from food matches total expenditure from daily activity

Adequate carbohydrate intake: it provides the major fuel for exercise especially prolonged continuous exercise or high intensity exercise. Low body intake can result in fatigue, impairment of performance and negatively affect the immune system. Carbohydrate rich foods include: yoghurt, cereal, bread, pasta, rice, banana and dried fruit. For more information on recommended daily intake is available at [www.ais.org.au/nutrition](http://www.ais.org.au/nutrition)

Protein is needed to repair damaged body tissues and can be found in foods such as fish, lean chicken, eggs, tuna or salmon, wholemeal bread and cereal, baked beans, nuts and seeds and many more. Some times protein drinks are an effective method of getting the required energy and protein intake without adding the bulk of extra food. Some times protein drinks are an effective method of getting the required energy and protein intake without adding the bulk of extra food.

## Farfalle with Chicken & Sundried Tomato Pesto

- 500 g farfalle pasta (bows)
  - 100 g dried sundried tomatoes, soaked in water for 10 minutes, then drained
  - 2 tps minced garlic
  - 1 tbsp toasted pine nuts
  - 2 tbsp finely grated Parmesan cheese
  - 2 tsp olive oil, plus olive oil spray
  - 1/3 cup Chicken/Vegetable Liquid Stock
  - 500 g chicken breast fillets, thinly sliced
  - 1 red capsicum, sliced lengthways
  - 100 g button mushrooms, quartered
  - 80 g baby English spinach leaves
- ground black pepper, to taste



Cook pasta according to packet instructions. Place tomatoes, garlic, pine nuts and cheese in food processor and process until finely chopped. With motor running, gradually add oil and stock. Process until well combined. Spray a nonstick frying pan with oil and heat. Cook chicken over medium-high heat for 5 minutes or until browned and cooked through. Transfer to a plate, cover loosely with foil and set aside. In the frying pan, stirfry capsicum for 1 minute, then add mushrooms and cook for a further 2 minutes until just soft. Drain cooked pasta and return to the saucepan. Add tomato mixture, stir to coat, then add chicken and vegetables and toss to combine. Season with black pepper and serve with bread.

Note: use dry sundried tomatoes rather than those which are pre-soaked in oil.

HINT: This recipe can also be eaten as a pasta salad. Keep in fridge for up to 24 hours, but remove well before serving so it isn't too chilled.

Preparation time: 20 minutes  
Cooking time: 10 minutes  
Serves 4-6

Analysis per serve	4	6
Energy kJ (Cal)	2028 (485)	3043 (727)
Carbohydrate (g)	64	96
Protein (g)	32	47
Fat (g)	11	16
Iron, Vitamin C, Zinc		



## Stress & Relaxation

### Information Sessions

The Therapists at Health Central are always willing to organise information sessions or presentations on the benefit of Occupational Therapy and Soft Tissue Treatments at your workplace or sporting club. Please feel free to talk to your Therapist

### Our Purpose

Your health is our concern but ultimately your responsibility. If you are unable to make an appointment please inform the clinic as soon as possible so that your appointment time may be made available to someone else during the busy festive season.

### A Younger Focus

Take some time to consider your children's health. Prevention is always better than cure! (and usually quicker) So take the time to book them in to see one of the Occupational Therapists at Health Central OTI Ardross.

### Help Those Around You

Do you know anyone who you think would benefit from the services offered at Health Central OTI, Ardross? If so please don't hesitate to give them our contact details and encourage them to call. We welcome all referrals.

### Christmas Wishes

Everyone at Health Central OTI, Ardross would like to extend their warmest wishes to all our clients and their families during the festive season. We hope you all have a magic Christmas and a wonderful New Year—filled with all your hopes and dreams (and presents).

We all have stress in our lives, it is normal and something we need to survive. A certain amount of stress motivates you to achieve. Stress is our natural response, or reaction, to a stressor. However, when people usually talk about being stressed they are referring their stress levels being too high or that their heightened stress levels has continued on for longer than what they can cope with. We all have different coping mechanisms to help deal with stress for different periods of time. Therefore stress management techniques need to be developed for the individual and the situation.

The festive season can be a busy and stressful time. And when our coping capacity is exceeded we can experience some negative symptoms. We all have our own individual signs which indicate to us that we are becoming over-stressed. It is then up to us to address the situation. Some of these symptoms include physical exhaustion, tight or weak muscles, anxiety or irritability. This emphasises the need for continued treatment or maintenance treatments over the festive season, as decreased energy and increased stress can negatively impact the progress that our clients have made as a result of their soft tissue therapy.

Your emotional and physical reactions are partly determined by the sensitivity of your body. Ongoing stress may cause an overreaction of your body's responses and decrease your ability to

cope with stress even further. At this stage you may find that you are reacting to small stressors in a way that you would usually react to more significant stressors. These exaggerated responses can unnecessarily deplete your energy reserves further, which can decrease your ability to cope. This is an indicator that you need to take some time out—give your body some peace and quiet and relax for a while to help calm your system down.

In order to break this we need to learn to manage our stress in a manner which protects, or even increases our energy levels and our ability to cope. What we find relaxing is as individual as our personalities, and therefore we need to take the time to explore the activities that we enjoy and that we find help us manage our stress on a day to day basis and then build them into our weekly routines. This will help us achieve a lifestyle of BALANCE - which allows us to perform at our very best in all areas of our lives, rather than running ourselves into a stressed out state.

Some common relaxation techniques include deep breathing, visualisation, massage, listening to music, actively being involved in sport and/or stretching.

If you have any questions or concerns about the impact stress may have on your health, please feel free to talk to your Occupational Therapist.

## Christmas Cheer

### Jingle Bells (Aussie Style)

Dashing through the bush,  
in a rusty Holden Ute,  
Kicking up the dust,  
esky in the boot,  
Kelpie by my side,  
singing Christmas songs,  
It's Summer time and I am in  
my singlet, shorts and thongs

Oh! Jingle bells, jingle bells, jingle all the way,  
Christmas in Australia on a scorching summers day,  
Hey! Jingle bells, jingle bells, Christmas time is beaut!,  
Oh what fun it is to ride in a rusty Holden Ute

Engine's getting hot,  
We dodge the kangaroos,  
The swaggy climbs aboard,  
he is welcome too.  
All the family's there,  
sitting by the pool,  
Christmas Day and Aussie Way,  
by the barbecue

Oh! Jingle bells, jingle bells, jingle all the way,  
Christmas in Australia on a scorching summers day,  
Hey! Jingle bells, jingle bells, Christmas time is beaut!,  
Oh what fun it is to ride in a rusty Holden Ute



### The Christmas Tree

Originated in Germany in the 16th Century. It was common for people in Germany to decorate fir trees—and they would often use things like roses, apples and coloured paper to do this. The first reported incident of this was in 1531

### "The Night Before Christmas"

Clement C. Moore composed his famous poem "A Visit from St. Nick" in 1822. This Poem was later published as "The Night Before Christmas". Moore is also viewed as the 'creator' of Santa Claus's modern image as a jolly fat man in a red suit.

### Presents

The giving of gifts appears to have started with the gifts from the three wise men for baby Jesus. The exchanging of gifts between people is reported to have started in about the 1800's.

### Royalty

Prince Albert, Queen Victoria's husband was the first person to buy a Christmas tree for the Royal Family at Windsor Castle in 1834.

## Beneficial Festive Season Neck Savers

### Results

#### Taekwondo 3<sup>rd</sup> Commonwealth Championships Brisbane, October 13-15<sup>th</sup> 2006

##### Carmella Hartnett:

Female 7<sup>th</sup> Dan Traditional Poomsae:  
Gold

Female Black Belt 31+ Creative Poomsae:  
Gold

Female Black Belt 31+ Creative Poomsae  
to Music: Gold

##### Cameron Sutton:

Male Black belt <54kg Open:  
Bronze

Congratulations also to Julie Dawson,  
Catherine Dawson, Graeme Hartnett and  
Larissa Markovina for making the team  
and participating in the competition.

#### Taekwondo Australian Open Championships Adelaide, September 22-24<sup>th</sup> 2006

##### Julie Dawson

Female Black Belt <42kg 14-17yrs:  
Silver

Female Black Belt Creative Poomsae:  
Silver

Female Black Belt Creative Poomsae 14-  
17yrs: Silver

Female Black Belt 14-17yrs Creative  
Poomsae to Music: Silver

##### Catherine Dawson

Female Black Belt <42kg 14-17yrs-  
Bronze

Female 3<sup>rd</sup> Dan 14-17yrs Traditional  
Poomsae: Bronze

Female Black Belt Creative Poomsae 14-  
17yrs: Bronze

Female Black Belt 14-17yrs Creative  
Poomsae to Music: Silver

##### Larissa Markovina

Female Black Belt <47kg Open:  
Silver

##### Cameron Sutton

Male Black belt <54kg Open:  
Gold

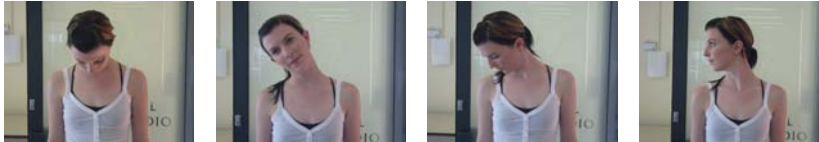
##### Carmella Hartnett

Female 7<sup>th</sup> Dan Traditional Poomsae:  
Gold

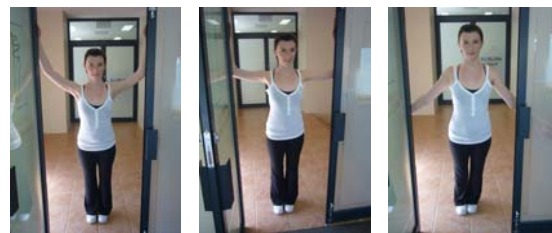
Female Black Belt 31+ Creative Poomsae:  
Gold

Female Black Belt 31+ Creative Poomsae  
to Music: Gold

Congratulations also to Michael Baldwin  
and Patrick Dawson for participating.



Turn your head as far as you are able to until you feel a stretch and hold.



To help your shoulders & the muscles across your chest find a door frame and stand just behind it. Place your forearms on the door frame and lean inwards. To allow for a complete stretch of all muscles you should have your elbows at head height, elbows at shoulder height, and elbows at natural height.



This stretch will help your upper back and shoulders. Hold onto the doorframe across your body and turn outwards—remembering to keep your shoulders and feet facing in the same direction. Again for a complete stretch have your wrist at head height, shoulder height and elbow height.

If you have any questions regarding these, or other, stretches please don't hesitate to ask your therapist.

## Christmas Specials

During the year life becomes so incredibly busy between work, school and other commitments that often we find ourselves with a long list of things to do, which never end up getting done. The holidays are a great opportunity to start shortening the list and getting yourself, and those you care about, in shape for the next year as work slows down a little and the schools are out on their Christmas break.



Health Central OTI, Ardross will be offering Complimentary Initial Screens for the younger (school aged) members of your family across the School Holidays. These will be conducted with Lauren over the month of December and with Larissa over the month of January. This will provide you with an opportunity to ensure the wellbeing of your children with a health check and to get on top of any small issues that may have developed over the school term.

Please call our friendly front counter staff to book an appointment for those special people in your life.