

Health Central

Headlines



Accept challenges, so that you may feel the exhilaration of victory

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Clinic Opening Hours:

Monday–Friday: 6.50am–6.30pm
Saturday: 8.00 am–1.30pm

Helping in the Workplace

We all seem to be slightly more vulnerable to developing a few aches and pains in the New Year - after a nice long break from the office and the computer. Technology is increasingly becoming more and more a part of our working lives. As more of our tasks are performed on the computer, the positions in which we perform these tasks can possibly create or further exacerbate pain and discomfort symptoms that we may be feeling while working for long periods of time. Although health and safety issues associated with computer use exist in varying degrees after enough time any positioning problem is going to cause pain, discomfort and possibly other limiting health concerns.

Whether you use a desktop computer or a portable laptop, you make choices relating to your body's positioning that can either improve or decrease your performance and comfort. Evaluation is conducted through careful review of how the computer and work area is set up, combined with a job specific task analysis. Individually developed solutions can then be considered and implemented to make your computer use less physically demanding, increasing your performance and endurance.

Recently, Lauren conducted an external ergonomic workplace evaluation for a company that had recently moved premises and who was not only concerned with maintaining its employees high level of productivity, but also helping them maintain optimum health. A review of each of the employee's workstations was done, primarily focusing on computer use, seating position and the arrangement of their desk. The one on one evaluation allows each employee to be actively involved in creating solutions which fitted with their job demands, while also providing the opportunity to discuss any current physical symptoms that they may be experiencing.

A well designed work area is only one part of the solution and needs to be teamed with regular breaks and stretching, which your Occupational Therapist can also assist you with. This helps your body cope with long periods of work, as it allows the muscles to move out of demanding static positions, while also helping increase circulation through the body.

Ergonomic Workplace Evaluations and Presentations are available through Health Central OTI. Please speak to your Therapist about the opportunities available to you and your workplace.

New Year, New Start, New Faces

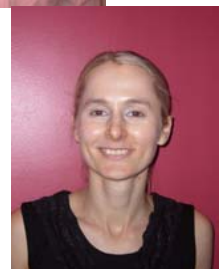
Health Central OTI has the pleasure in welcoming another two new faces to help celebrate the New Year.

Stephanie has joined Health Central OTI Administration. She spends the majority of the week working with Erin and Kate at the Mt Hawthorn Clinic, however, she is also working at the Ardross Clinic on Wednesday mornings.

Megan Salter has joined the Mt Hawthorn team as an Occupational Therapist. Megan initially qualified as an Exercise Physiologist at UWA, she worked as both a fitness instructor and a Cardiac Technician. She then went back to study Occupational Therapy at Curtin University. On completion she started working at Osborne Park Hospital in general rehabilitation, until joining the Health Central Team. Megan is at the clinic Monday to Friday.



Steph



Megan



Clinic Notes

Both Clinics are now stocking a variety of supplements, for the convenience of our clients. These are available from the Front Counter.

Both Clinics will be open as usual on Easter Saturday (7th April) so as to reduce the impact of public holidays on our clients treatment programs.

Results

Julie Dawson (below) competed in the Australian Taekwondo Youth Olympics in January at Olympic Park in Sydney.

She was awarded the Silver medal in the Team Event using Adidas electronic hogus

Carmela Hartnett was chosen as a coach for the event



Future Comps

Taekwondo

Dutch Open:

24–25 March

Competitors:

Larissa Markovina
Cameron Sutton

German Open:

30 March– 1 April

Competitors:

Larissa Markovina
Cameron Sutton

Why We Recommend Magnesium

Magnesium, like calcium, is an earth alkali mineral. Magnesium is a very important essential macromineral, even though there are only several ounces in the body (0.05 percent of body weight). It is involved in several hundred enzymatic reactions, many of which contribute to production of energy and cardiovascular function.

Reduced in magnesium intake has become more prevalent in our diet with additions of calcium, dietary phosphorus, and refined or processed carbohydrate foods. In addition, diuretic drugs cause magnesium loss, as do alcohol, caffeine, and sugar.

About 65 percent of our magnesium is contained in the bones and teeth. As with calcium, the bones act as a reservoir for magnesium in times of need. The remaining 35 percent of magnesium is contained in the blood, fluids, and other tissues; there is a high concentration, actually higher than in the blood, in the brain.

Magnesium requires an acidic stomach environment for best absorption, so taking it between meals or at bedtime is recommended. Meals high in protein or fat, a diet high in phosphorus or calcium, or alcohol use may decrease magnesium absorption.

SOURCES

Almost all of our magnesium supplies come from the vegetable kingdom particularly dark green vegetables and seafood.

Magnesium can also be obtained from seeds, legumes, soy products and nuts such as almonds, pecans, cashews and brazil nuts. Whole grain wheat, brown rice, avocado and dried apricot are other sources.

Magnesium can be lost in the processing and refining of foods and in making oils from magnesium-rich nuts and seeds. Nearly 85 percent of the magnesium in grains is lost during the milling of flours. Soaking and boiling foods can leach magnesium into the water, so the "waste water" from cooking vegetables may be high in magnesium and other minerals. Oxalic acid in vegetables such as spinach may form insoluble salts with magnesium, causing it to be eliminated rather than absorbed. For these reasons and those previously discussed, many people get insufficient magnesium from their diets.

FUNCTIONS

Magnesium is considered the "antistress" mineral. It is a natural tranquilizer as it functions to relax skeletal muscles as well as the smooth muscles of blood vessels and the gastrointestinal tract. (While calcium stimulates muscle contraction, magnesium relaxes them.)

Spasms of the blood vessels lead to insufficient oxygen supply which can result in pain, injury, or death of the muscle tissue. To

function optimally, magnesium must be balanced in the body with calcium, phosphorus, potassium, and sodium chloride. For example, with low magnesium, more calcium flows into the vascular muscle cells, which contracts them, leading to tighter vessels and higher blood pressure. Adequate magnesium levels prevent this.

DEFICIENCY AND TOXICITY

Toxicity due to magnesium overload is almost unknown in a nutritional context, as excesses are usually eliminated in the urine and feces. However, symptoms of magnesium toxicity can occur more likely if calcium intake is low. These symptoms may include depression of the central nervous system, causing muscle weakness, fatigue, sleepiness, or even hyperexcitability.

Magnesium deficiency is actually fairly common; however, it is usually not looked for, and therefore, not found or corrected. Deficiency is more likely in those who eat a processed-food diet; in people who cook or boil all foods, especially vegetables. Deficiency is also more common when magnesium absorption is decreased, such as after burns, serious injuries, or surgery and in patients with diabetes and when magnesium elimination is increased, as in people who use alcohol, caffeine, or excess sugar, or who take diuretics or birth control pills.

Easter Facts

- The first Easter baskets were made to look like bird's nests.
- The traditional act of painting eggs is called Pysanka.
- The custom of giving eggs at Easter time has been traced back to Egyptians, Persians, Gauls, Greeks and Romans, to whom the egg was a symbol of life.
- In medieval times a festival of egg-throwing was held in church, during which the priest would throw a hard-boiled egg to one of the choir boys. It was then tossed from one choir boy to the next and whoever held the egg when the clock struck 12 was the winner and retained the egg.
- Easter is now celebrated on the first Sunday after the full moon which happens on or after March 21, the Spring Equinox.



To Stretch Or Not To Stretch?

Information Sessions

The Therapists at Health Central OTI are always willing to organise information sessions or presentations on the benefits 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.

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.

Help Those Around You

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

New Year Wishes

Everyone at Health Central OTI would like to extend their best wishes to all our clients and their families for the start of what we hope will be a fantastic year.

Did you know that according to Medibank Privates Injury Statistic Report (July 2003) one in 17 people participating in sport receive an injury which is costing Australians \$1.5 billion annually. The report also found that men and women between the age of 15 and 29 are twice as likely to incur a sporting injury that requires medical treatment.

The 10 most injury prone sports

Australian Rules Football:	21.6%
Cycling	10%
Soccer	8.1%
Rugby Union/League	7.8%
Cricket	7.3%
Basketball	6.9%
Netball	6.6%
Hockey	2.6%
Martial Arts	1.9%
Dancing	1.9%

Exercise is an important part of a healthy lifestyle but in order to avoid injuries, you need to ensure that you do an adequate warm-up, cool-down and stretching program.

A correct warm-up will help to raise body temperature, increase blood flow and promote oxygen supply to the muscles and help to prepare the mind, body, muscles and joints for the physical activity to come. A warm-up should involve raising your body temperature with 5-10 minutes of gentle Cardio Vascular work. Follow it by stretching alternative muscle groups gently and slowly, holding each stretch for 15-20 seconds.

Cooling-down will prevent blood from pooling in your limbs and prevent waste products, such as lactic acid, building up in your muscles helping your muscles and tendons to relax and loosen, and stopping them from becoming stiff and tight.

Blood lactate decreases much more quickly when you do a cool-down run because blood flow is maintained at a higher level, which increases both movement of lactate out of your muscles and the rate at which your muscles utilize lactate.

Adrenaline and noradrenaline are hormones released by your adrenal glands that increase the rate and force at which your heart contracts, increase blood pressure, increase your rate and depth of breathing, increase the rate at which your muscles breakdown glycogen, etc. These hormone levels in your blood increase rapidly when you exercise at greater than 70% of your VO2 max, the harder you work the more of these hormones that get dumped into your bloodstream. The adrenal glands also secrete cortisol and cortisone whilst the body is under physical stress associated with vigorous exercise which suppress the immune system. These hormones can take several hours to return to resting levels so cooling down helps to get these hormones out of your system, and your body to recover quicker.

A cool-down should include 5-10 minutes of light activity followed by comprehensive stretching.

Stretching plays a vital role in helping you to prevent sports injuries, but is one area commonly neglected. Stretching allows the length of both your muscles and tendons to increase which means your limbs and joints can move further before an injury occurs. Therefore if you have to move part of your body past its normal range, you are less likely to tear or strain a muscle.

Injuries are more likely to occur if the muscles are fatigued, tight and depleted of energy as they are less capable of performing the skills required for your particular sport or activity. Stretching can help to prevent an injury by promoting recovery and decreasing soreness. By ensuring that they are more conditioned the better they can handle the rigors of sport and exercise, and the less likely that they'll become injured.

Some important tips to remember whilst stretching are:

- never bounce or stretch rapidly
- stretch to the point of tension or discomfort, never pain
- do not hold your breath when stretching; breathing should be slow and easy.

For more information on stretching or for your own personal stretching program, please speak to your Occupational Therapist.

Up and Coming Events

- 01 April — HBF Telethon Toddle Perth
- 10—23 April — Intensive Care Appeal
- 11 April — World Parkinson's Day
- 21—22 April—Relay for Life (Albany) Cancer Council
- 23—27 April—Playground Safety Week
- 27 April—Wish Day (Make a Wish Foundation)
- 29 April—5 May—Heart Week
- 4 May—National Safety House Day
- 7—8 May—Healthy Community Events Conference
- 7—11 May—Make Tracks2School (Heart Foundation)
- 7—13 May—ME/CFS Awareness Week
- 23 May—Healthy Schools Day
- 24 May—Australia's Biggest Morning Tea
- 25 May—Wear a Bear Day (PMH Foundation)



Cycle Instead Bike Week

Cycle Instead Bike Week is an annual event which ran from the 9–18 March 2007. It is a state wide healthy living initiative that encourages people to cycle to and from places rather than driving. The success of this week long event is due to the great, and continually growing, support of local city councils, business and larger corporate sponsorships.

Cycle Instead Bike Week contributes to the environmental, economic, health and recreational programs that are currently running in any community or business sector, and thus the attraction for a wide diversity of support is increasingly easy to understand.

Usual events to help increase awareness and interest for such a beneficial venture include activities for the fit and healthy, the not so fit and healthy, families, individuals and businesses. The 2007 program saw the regular 2 mass participation rides to mark the beginning and the end of bike week, as well as some smaller family orientated programs. Some of these included:

- BHP Billiton Petroleum Bike to Work Breakfast
- Ride Round the River Challenge
- Cottesloe Family Fun Day
- Bring a Buddy on a Bike, for less experienced Riders
- Local Council Social Family Rides
- Coles Freeway Bike Hike
- Share the Path Breakfast
- Other more rural scenic cycling routes

Mt Hawthorn Participation in Bike Week



On Friday the 9th March practitioners Candy Stephenson and Chelsea Hikins from our Mt Hawthorn clinic attended the BHP Billiton Bike to Work Breakfast. More than 2500 people attended the event which was held in Supreme Court Gardens from 6.00am to 8.30am. Participants got to enjoy a free healthy breakfast on arrival as well as a complimentary soft tissue treatment.

Cycle Instead Bikeweek grows every year, thanks to the effort made by community groups, cycling organisations and schools across the State. Around 22,000 people took part in registered events in 2006.



Ardross Participation in Bike Week



For Cycle Instead Bike Week practitioner Lauren teamed up with the City of Melville's TravelSmart group in order to promote an active lifestyle and more environmentally friendly ways of getting in and around town.

On Sunday 18th March we set up at Deep Water Point to educate people about options they had available to them, to hand out TravelSmart maps showing safe cycle and walking routes and public transport bus stops, as well as other useful pieces of information. People also had the option to take advantage of complimentary soft tissue treatments, which were a welcomed break for many tired cyclists and parents taking their children for a Sunday Walk around the River.

If you are interested in TravelSmart Maps from the City of Melville, Health Central OTI Ardross now also supply these free of charge to all clients, so please feel free to ask.

If you were unlucky and missed out on any of the 2007 Bike Week program, remember, it does not need to be *Bike Week* for you to get on your bike instead—and remember to keep your eyes out for the 2008 *Cycle Instead* Bike Week Program. You can either contact your local council, or alternatively The Department of Planning and Infrastructure also has program details regarding this initiative