

SportsWise Physiotherapy

JULY 2012

MONTHLY NEWSLETTER

CONTACT US

Thomsons Lake

4/850 North Lake Road,
Cockburn Central,
WA 6164

TEL : 9417 2777
FAX : 9417 2888

OPENING HOURS :
Monday to Thursday
7AM - 7PM
Friday
7AM - 6PM
Saturday
8AM - 12PM

South Street

Suite 12,
73 Calley Drive,
Leeming,
WA 6148

TEL : 9313 7433
FAX : 9313 7533

OPENING HOURS :
Monday to Thursday
7AM - 7PM
Friday
7AM - 6PM
Saturday
8AM - 12PM

Willetton

Willetton Basketball Stadium,
Burrendah Boulevard,
Willetton,
WA 6155

TEL : 9312 1188
FAX : 9312 1199

OPENING HOURS :
Monday, Wednesday
2PM - 7PM
Tuesday
3PM - 7PM
Friday
12PM - 3PM

OUR PHYSIOTHERAPISTS

Craig Allen
Hadyn Sleeman
Bronwyn Smith
Lennon Correia
Andrew Dunnell
Wern Jiunn Chin
Craig King
Mardee Kow



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'SportsWise Physiotherapy'

When is core stability exercise appropriate for low back pain?

WHAT IS CORE STABILITY?

Core stability refers to the training and strengthening of the abdominal muscles. It is the central message in Pilates and is also commonly adopted in the vast fitness industry. However, this concept is gradually being revised with recent advances in technology and research.

CORE STABILITY: PREVENTION / TREATMENT FOR LOW BACK PAIN?

Emerging evidence is suggesting that:

- Weak abdominal muscles will not necessarily lead to low back pain.
- Tensing / strengthening the abdominal muscles in isolation is unlikely to prevent the occurrence of low back pain or reduce the recurrence of low back pain.
- Core stability exercises in isolation are no better than other forms of exercises in reducing chronic low back pain. Any therapeutic influence is related to the exercise effects rather than stability issues.

CORE STRENGTHENING: A POTENTIAL SOURCE OF PAIN?

There are certain types of chronic low back pain where continuous tensing of the abdominal muscles could be a source of potential pain to the spine. When the muscles contract, they cause an increase in intra-abdominal pressure and compressive force on the lumbar spine, both of which can lead to the exacerbation of existing low back pain.

WHEN IS CORE STABILITY EXERCISE APPROPRIATE THEN?

Not all people with low back pain will benefit from core stability exercises. A subgroup of people with chronic low back pain might achieve a positive outcome with this form of treatment. Qualified and experienced physiotherapists will be able to identify this group of people and tailor the exercises according to individual needs through expert assessment. Please consult your physiotherapist before embarking on any core strengthening program. If you would like to make an appointment with our physiotherapists, please contact us at any of our three practices.

PHYSIOTHERAPIST PROFILE *Craig Allen*

Craig founded SportsWise Physiotherapy and is a Sports Physiotherapist with 25 years of experience working with musculoskeletal and sporting injuries. Craig completed both his undergraduate and postgraduate studies at Curtin University. Having a special interest in the management of sporting injuries, Craig has been fortunate enough to have worked with a number of sporting organisations including the Fremantle Dockers in the Australian Football League and the Willetton Tigers in the State Basketball League. The experience gained through working with elite athletes to better manage all musculoskeletal injuries has enabled Craig to provide better service to our patients.