

SportsWise Physiotherapy

AUGUST 2012

MONTHLY NEWSLETTER

CONTACT US

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

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

Willetton

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OPENING HOURS :
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Tuesday
3PM - 7PM
Friday
12PM - 3PM

OUR PHYSIOTHERAPISTS

Craig Allen
Hadyn Sleeman
Bronwyn Smith
Lennon Correia
Andrew Dunnell
Wern Jiunn Chin
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'SportsWise Physiotherapy'

Wry Neck

WHAT IS IT?

'Wry Neck' is a condition characterized by the sudden onset of pain and stiffness in the neck that limits neck movement. It occurs in people of all ages and levels of fitness.

WHAT CAUSES IT?

'Wry Neck' occurs when structures in the neck, most commonly the facet joints, are sprained through:

- Activities that involve poor and prolonged posture of the neck such as computer use.
- A sudden, quick movement of the neck.
- Poor sleeping position

In some cases, wry neck has also been associated with exposure to cold or stress.

When joint sprains occur, the muscles around the neck go into spasm as a protective mechanism to prevent further injury. Initially, pain is localized to the region of the affected joints in the neck, but as the spasms worsen, pain becomes more diffused and can be felt around the upper shoulder and upper back on the affected side.

SIGNS AND SYMPTOMS

- Sharp pain on the affected side
- Difficulty moving the head to the affected side as a result of pain and stiffness

- Pain maybe localized or diffused, extending to the head, upper shoulder and upper back
- Tight muscles and palpable spasms on the affected side

Patients with a 'Wry Neck' most commonly notice their symptoms upon waking in the morning which then worsen progressively over the course of the morning.

HOW CAN PHYSIOTHERAPY HELP?

In most cases, 'Wry Neck' responds very well to treatments. The associated pain and movement restriction usually resolve under a week with physiotherapy interventions. Treatments most commonly consist of manual techniques such as mobilization or manipulation to loosen the joints, heat and electrotherapy to reduce pain and spasm, and soft tissue release to facilitate the restoration of movement.

WHAT CAN BE DONE AT HOME?

- Use heat such as hot showers, hot pack for pain relief
- Maintain neck movement within the limit of pain
- Perform gentle neck stretches as directed by a physiotherapist
- Take pain medication if pain is severe

PHYSIOTHERAPIST PROFILE *Hadyn Sleeman*

Hadyn has been working with Sportswise Physiotherapy since his graduation from Curtin University in 2006. He has experience in a range of musculoskeletal conditions with particular interest in sports injuries and management. Hadyn is also trained in the use of real time ultrasound and implementation of individualised rehabilitation programs. In 2011 and 2012 Hadyn travelled to India to work in the Indian Premier League with some of the world's best cricketers. Hadyn has played over a hundred games for Willetton in the State Basketball League and currently plays in the Western Australian Amateur Football League. In his time away from physiotherapy Hadyn enjoys socialising with friends, music, gardening and anything sport.