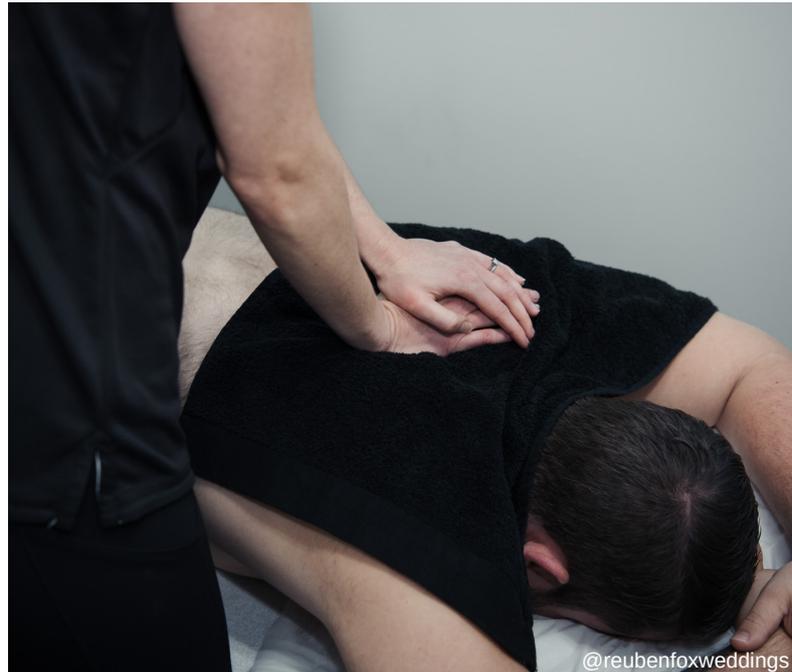




# AUGUST NEWSLETTER

ORIGIN PHYSIOTHERAPY & WELLNESS



This Issues  
Highlight:

**FINGER  
INJURIES,  
CAUSES &  
TREATMENT**

**PHONE**

(02) 6179 5814

**EMAIL**

ADMIN@ORIGIN.PHYSIO

**WEBSITE**

WWW.ORIGIN.PHYSIO

## August In Review

WRITTEN BY DAVID SELEMS, DIRECTOR

Welcome to our first e-newsletter! August marks the first anniversary for Origin Physiotherapy and Wellness and we thought what better way to celebrate than to launch this newsletter (well, we had a cake too!). Each month you'll receive informative articles about health and wellness, as well as clinic updates on programs, community news, and staff/client stories.

To kick-off, this month, you'll find the latest information from Robert Ho on finger injuries, their causes and how they are treated. This form of injury is common for many individuals, especially rockclimbers. We will also be focussing on Tom Farrell who is one of our long term Origin clients and ambassadors for the Powered by Physio program. Be sure to also check out the women's health corner where Natalie D'Rozario talks mastitis. We will also be sharing some team and community news along with our class/program details. I look forward to sharing some Origin insights each month.

# STAR PATIENT: TOM FARRELL

## WHAT: OLYMPIC WEIGHTLIFTING

**Why:** I started Olympic Lifting when I started in CrossFit, as fundamental movements of that training style I picked up the skillsets through training. I always gravitated to the Oly side of the Crossfit world, I found it fun and exciting! There's always something to work on even though there are only 2 lifts! It's an amazing way to gain strength and build discipline in movement patterns.

**How:** Origin has given me tremendous support during my competitions, with things like muscle prep, specific movement warm ups and a better understanding of my own body. They also make sure I'm taking the time I need to recover properly and give me the tools to make sure I have longevity in Olympic Lifting and increase performance.



@emmaxsutton

### Recent Results:

2019 ACT State Championships - 102kg state champion and current state record holder.

### Fun Fact:

Tom is an active workplace diversity advocate.

# Pointers for your Pointers

## How does a Finger Work?

A finger has 5 annular pulleys which hold down the tendons close to the bones. When the muscles in the forearm are flexed when you're gripping hard onto a hold, the pulleys hold the tendons in place as the finger curls.

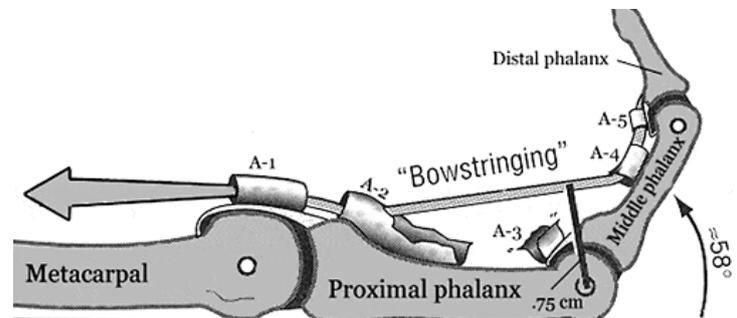
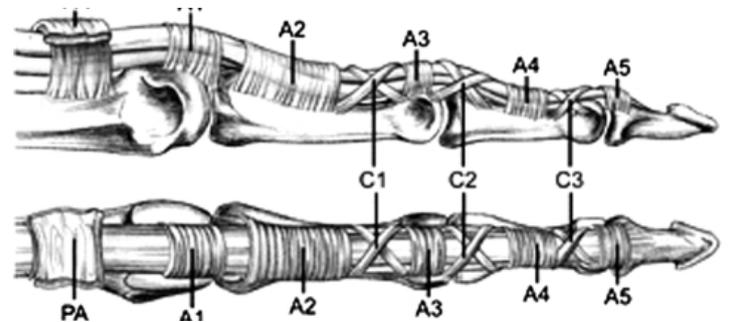
## Causes of Finger Injuries

Injury to these pulleys occur when the load applied to the finger is far too great for the pulleys to bear. Failure occurs and the pulley may partially tear or there may be complete rupture to one or more pulleys. This may result in 'bowstringing' as seen in the diagram to the right.

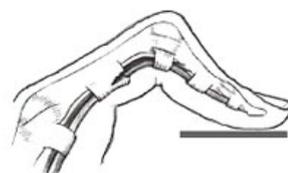
The most common pulley that gets injured is the A2 pulley. This happens because of the immense pressure with the closed hand crimp position in climbing. In this position, the second joint from the fingertip is flexed past 90 degrees and the first joint from the fingertip is hyper extended. This causes the flexor tendons to apply the greatest amount of stress on the A2 pulley.

## Treatment for Finger Injury

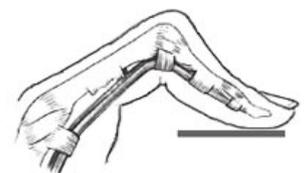
Annular pulley injury can be graded 1-4, grade 1-3 can be treated conservatively with a mixture of immobilisation, H-taping, tendon glides and a progressive strengthening program guided by your physiotherapist for return to climbing, grade 4 is full rupture and will require surgery.



A2 Pulley Tear



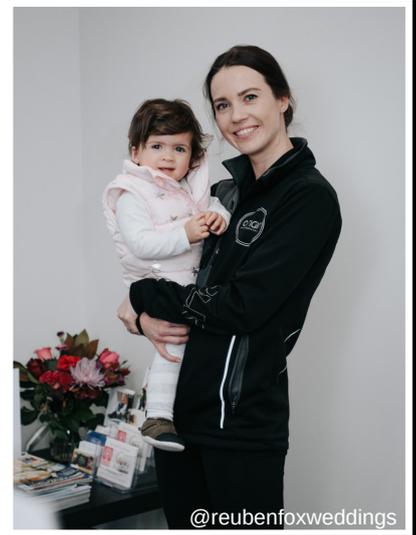
Partial tear



Full tear

# Women's Health Corner

WITH NATALIE D'ROZARIO



The topic for this month's women's health corner is Mastitis. Mastitis is a general term used to describe inflammation of the lactating breast. A common misconception is that mastitis is an infectious condition. Although it most certainly can be, usually in the initial stages bacterial infection has not yet developed but rather the body's inflammatory response to a blocked duct is the cause of initial symptoms.

The symptoms of mastitis vary between women but can include:

- Redness of the breast
- Tension in the breast
- Fever
- Pain
- Lumps in the breast tissue
- General malaise (feeling unwell)

The primary risk factor for development of mastitis is a previous episode however, other risk factors may include:

- Poor feeding position/attachment
- Scheduled or interrupted feeding patterns
- Sudden change in the number of feeds
- Skipped feeds
- Dummies/bottles
- Tongue tie
- Poor fitting bra

Women's health physiotherapists are very well placed to treat disorders of the lactating breast and are accessible without a referral. As soon as symptoms arise, assistance should be sought immediately. Treatment may include but is not limited to:

- Therapeutic ultrasound
- Lymphatic drainage techniques
- Breast taping
- Education regarding breastfeeding

If you are experiencing any of these symptoms or want to chat to our women's health physiotherapist, make an appointment today.

# COMMUNITY UPDATES

## nahon pelvic floor education

Don't forget Father's day is fast approaching on the 1st of September!

To celebrate Fathers Day this year Origin is hosting 'Introduction to continence and the male pelvic floor' with guest speaker Irmina Nahon, on the 28th and 29th of September. This is not only a great learning opportunity for our attending physiotherapists but also raises awareness for men's health in this area.

### Did You Know?

An estimated **30%** of men who visit the GP are affected by incontinence, yet more than **67%** don't discuss the issue.  
(Continence Foundation of Australia)



@reubenfoxweddings

# TEAM NEWS

HAPPY 1ST BIRTHDAY TO  
ORIGIN!



@reubenfoxweddings

On the 9th of August we had a party to celebrate Origin's 1st Birthday. Thank you to all who have supported Origin Physiotherapy and Wellness. The night was a success with a mix of our family, friends, clients, colleagues and trusted advisors who we would like to give another warm thank you to. We hope you all enjoyed the night as much as we did and we look forward to seeing you all again soon!

## Class Updates

### POWERED BY PHYSIO

12:00-1:00PM Monday

5:30-6:30PM Thursday

### BUB & ME CLASSES

#### POST-NATAL

9:30-10:30AM Tuesday

#### PRE-NATAL

5:15-6:15PM Tuesday

6:30-7:30PM Tuesday

Classes for this Semester end 29th September.