

Welcome to our
Newsletter
designed to provide
you with current
information about
physiotherapy...

Cherrybrook Physiotherapy

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STUDYING - A Pain in The Neck?



Cherrybrook Physio
9484 3360
For all your Physio
Needs...

Assessment

Diagnosis

Treatment

Rehabilitation

Yes it's that time of year again when students throughout Australia are hitting the books hard and sitting through long stressful exams.

It's hardly surprising, that so many of them get headaches and neck pain.

What causes headaches & neck pain?

- **Poor Posture** – many students are already rounded in the shoulder and this is made even worse by the combination of sitting, along with the use of computers, and leaning over books
- **Stress** -the added stress that exams inevitably cause results in tightening of the muscles around the neck and upper back and this just adds more pressure to joints and muscles already strained by prolonged sitting.
- **Lack of Exercise** -that inevitably happens whilst studying for exams. Exercise keeps people supple and helps to avoid headaches, back and neck pain. During exam time exercise is often limited due to lack of time.



- **Poor Sleep** – poor sleeping habits and an inappropriate pillow can further aggravate neck pain.

How can I avoid neck pain?

- **Regular study breaks** - not only help concentration, but also helps to avoid back and neck pain.
- **Stretching and mobility exercises** during study breaks will help to get the circulation going, as well as take the pressure off joints and muscles that are strained hunching over desks.
- Using a **hot pack** for 15mins can help relax the muscles.
- Get a good **neck pillow** for sleeping at night. Sleep is extremely important for your body- it's when your body rests and heals.
- Good **Ergonomic setup** while on the computer- look at your chair, your desk and how everything is arranged – your physio can





cherrybrookphysio.com.au

Cherrybrook Physio is a leading Physiotherapy Clinic of excellence in The Hills District.



We tailor specific, individualised, and evidence based treatment plans that are specific for your neck or back pain.

For an accurate diagnosis and tailored treatment plan call **9484 3360** and make an appointment today!

Other Ways to help avoid stress & neck pain when studying...

- **Posture:** Check your **posture** while studying: Make a conscious effort to not look down and keep your head flexed forward. Use a book holder, similar to a cookbook holder so you can keep your head and neck in a neutral position. Alternatively, put a phone book under your study materials to elevate them while studying so you are not flexing your head so much.
- **Water:** Drink lots of **water** while studying. I know most students prefer coffee, or high energy drinks like red bull- but research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
- **Exercise:** Regular physical activity helps concentration and memory retention, but also assists in avoiding headaches, back and neck pain.
- **Massage:** Remedial **Massage** is an effective treatment option for those with neck tension and headaches.



Can Physio Help?

The last thing you want is a headache, back pain, or neck pain whilst going through some of the most important exams of your life.

Your Physiotherapist will be able to accurately assess and treat any of these problems and quickly get you back on track.

As a speciality musculoskeletal physiotherapy practice, **Cherrybrook Physios** are experts in developing targeted treatment plans that will reduce your pain.

If you would like to make an appointment to discuss your condition or have a further enquiry, please call **9484 3360** or email cherrybrookphysio@hna.com.au.

News From The Clinic...

Pilates Increased Flexibility & Balance !

Spring is fast giving way to summer - time to get the body fit for the beach!

Pilates is a great form of exercise that helps to elongate the body, build muscle tone and aid flexibility!



At Cherrybrook Physio Clinical Pilates is based on physio principals and movement analysis.

The exercises can be adapted for all levels of fitness, age & body types.

We have small group classes to make sure they are suitable for your needs.

Pilates has also been shown to help manage stress and neck pain caused by too much time at the books!

Call **9484 3360** to arrange an assessment and for class times.

Remedial Massage...

Cherrybrook Physio offers high quality remedial massage: we provide an individual approach using an integrative style of massage incorporating remedial Swedish and sports massage along with myofascial release.

Massage is an effective treatment option is to provide relief from muscular tension associated with lower back pain, shoulder and neck pain and tension headaches.

Our therapist, Les works closely with our physios so you can be assured of receiving a complete solution to your problem.

Call **(02)9484 3360** to organise an appointment Tues—Sat.