



#### Special points of interest:

- Naughty or Nice
- Equipment Pilates
- Ayurvedic Treatments
- Pre-ski training
- Ski Injuries—Medical Collateral Injuries

Christmas

Dec—Mar 2010

## Naughty or Nice...



Another year has flown by, and we nearly missed PhysioEdge Wandsworth's 1st birthday at the end of October. We have come a long way in 1 year, and I'm ecstatic with the progress so far! We have a highly qualified team on hand to help you with every facet of injury, treatment, rehabilitation, sports and relaxation.

We've also had an exciting few months in the film industry, treating, and consulting to actors doing the spoof Bond movie, Johnny English 2—both in the UK and Hong Kong, so look out for our name in the credits...

### Equipment Pilates

Tamara O Reilly has joined our team from Australia, where she has been teaching Pilates in her own studio for the past few years.

She has brought all of her equipment with her and she holds one-to-one and small classes. (lots of special offers at the moment to get you started before the New Year's resolutions are even made!). The equipment classes are held exclusively in our Wandsworth branch.

She also offers matwork classes in the Wandsworth branch, which are for varying levels of fitness and strength—the classes are small and tailored to each person's needs.

Pilates is a gentle form of exercise and is suitable for anyone and everyone, including those who are recovering from injury, pain or surgery.

- Builds core stability for abdominal & back strength
- Improves natural posture and spinal alignment
- Tones and elongates muscles without adding bulk
- Develops co-ordination and body awareness
- Enhances mobility, flexibility and agility
- Improves circulation and breathing
- Alleviates pain and tension
- Relieves stress and boosts energy
- Prevents and aids rehabilitation of injuries
- Enhances body / mind connection
- Promotes better sleep

For further details on **Tamara** and Pilates, please check out our website.

### Ayurvedic Treatments

The Ayurvedic massage is determined by who you are, and what your body needs for balance and wellbeing at the time.

An Ayurvedic massage therapist will focus on the "marma points" of the body (these are similar to the pressure points in reflexology, acupuncture and acupressure)

An excellent treatment to:

- Detoxify and cleanse

- Boost the immune system
- Maintain good health for those without medical problems
- Help those with medical conditions to improve their well-being

Ask for Priyaa Rajkumar, one of our Senior Physiotherapists, who has specialised in Ayurvedic massage alongside her traditional physiotherapy treatment techniques.

#### Christmas Massage Offers:

We have a host of Christmas massage offers available at both sites.

*Please ask for details!*



## Pre-ski fitness

The PhysioEdge team have begun preparing patients with fitness, stretch and strength training for ski season. The sooner you prepare, the less risk of injury or pain, slowing you down, or preventing you from enjoying your ski holiday

If you need a pre-ski/boarding programme tailored to your fitness and body balance, or even just advice regarding your pre-season training, give us a shout, and one of our team will perform a full assessment, and give you a suitable programme! You can't be too prepared!!

### Tell a friend about us

And you get 10% off any massage (just remind them to tell us who sent them, so that we know who to send the voucher to)



#### PhysioEdge Newsletter

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## Common Ski Injuries

### Medial Collateral ligament strain

The medial collateral ligament (MCL) is found on the inside of the knee joint and prevents sideways movement of the knee joint, and giving way on uneven surfaces.

The MCL is usually injured when the outside of the knee joint is struck (usually by children or other skiers falling into you). This action causes the outside of the knee to bend inwards, and the inside of the joint to widen. When the ligament is stretched too far, it is susceptible to tearing.

An injury to the medial collateral ligament may occur as an isolated injury, or it may be part of a complex injury to the knee, involving some or all of the other knee ligaments.

### Symptoms:

The most common symptom following a medial collateral ligament injury is pain on the inside of the knee, directly over the ligament.

Swelling may appear over the torn ligament. Bruising and joint swelling are com-

mon 1 to 2 days after the injury.

When the injury is more serious, patients may complain that the knee is unstable, or feel as though it may 'give way'.

### Grading:

Symptoms of a medial collateral ligament injury tend to correlate with the extent of the injury. Ligament injuries are graded on a scale of I to III.

- **Grade I MCL Tear**

This is an incomplete tear of the MCL. The tendon fibres are continuous and the symptoms are usually minimal. Patients complain of pain on touching the MCL. Most patients need 1-2 weeks of rest before returning to activity/sport, with physiotherapy starting at 48 hours after the injury if possible. Follow the RICE protocol until the physiotherapist is seen (Rest, Ice, Rest, Compression)

- **Grade II MCL Tear**

Grade II injuries are also incomplete tears of the ligament. Patients may complain of instability when attempting to turn or pivot on the knee. The pain and swelling is more significant than a grade I injury, and usually a period of 3-5 weeks of rest is necessary.



Physio includes anti-inflammatory modalities, and strapping the ligament to rest it, or the use of a knee brace, depending on the patient.

- **Grade III MCL Tear**

This is a complete tear of the MCL. Patients have significant pain and swelling, and often have difficulty bending or straightening the knee. Instability, or 'giving way' is common. A knee brace is needed in most cases for comfort, and healing may take 6 weeks or longer. Physiotherapy includes rehabilitation and return to sport, as well as scar tissue reduction to prevent recurrence of injury.

**Glasses up! Clink Clink!**

**Yours in painlessness...**

Gill

