



## new research: management of ankle sprains

The application of **Rest, Ice, Compression, Elevation (R.I.C.E)** has long been advocated as the first appropriate treatment of ankle sprains:

**Rest** reduces further tissue damage.

**Ice** can reduce the swelling and pain.

**Compression** stops bleeding and limits the movement of fluid into the tissues, which can cause additional damage and pain.

**Elevation** uses the effect of gravity to reduce bleeding and swelling.

**Physiotherapy** is also a common treatment option for ankle sprains.

Whilst physiotherapists will advise the application of R.I.C.E., other treatment modalities may also be used, such as soft tissue work, joint mobilisation, strapping, strengthening, gait re-education and electrotherapy (multimodal treatment). The particular combination a therapist uses relates to the specific presentation of the injury. The overall aim is to reduce pain, encourage healing of the ankle with appropriate rest and to regain maximum function with timely addition of movement and active rehabilitation.

**“The use of multimodal physiotherapy for ankle sprains reduces the use of medication. This is particularly important if you are reluctant or unable to take certain medication.”**

Both these treatment options have been well-researched, and show beneficial effects for recovery after ankle sprain. However, until now, little has been investigated in terms of their combined effects:

### **How does physiotherapy enhance the application of R.I.C.E. for ankle sprains?**

This question was answered recently by a group of researchers at Auckland University of Technology. They took 28 people presenting with ankle sprains and divided them into two groups. One group received advice on R.I.C.E. and self-management, the other also received multimodal physiotherapy, appropriate to their particular presentation. Both groups improved significantly in their scores for pain, function and swelling.

**Combining R.I.C.E. and physiotherapy treatment reduced the amount of medication taken.**

### **Key Points**

- R.I.C.E. is an effective home treatment for acute ankle sprains.
- Physiotherapists are able to advise patients on the details of effective application of R.I.C.E. and assess for more serious injury. (Having longer treatment sessions than G.P.s, Physios are well placed to deliver detailed information regarding times to apply the ice, resting positions, application of compression, etc.)
- The use of multimodal physiotherapy for ankle sprains reduces the use of medication. This is particularly important if you are reluctant or unable to take certain medication.

### **Reference**

Hing, W., Lopes, J., Hume, P.A. & Reid, D.A (2011) Comparison of multimodal physiotherapy and “R.I.C.E.” self-treatment for early ankle sprains. New Zealand journal of Physiotherapy 39(1) 13-19.

### **in this issue**

#### **breathe easy**

Struggling with asthma? Our therapists can help.

#### **hey mum, you're number one!**

Do you have postnatal aches and pains? Try postnatal pilates.

#### **ACC changes & your workplace**

How the new changes will affect your workplace.

#### **defy gravity**

Active Physio Greenwood introduces gravity training.

## breathe easy

One in six New Zealand adults suffer from asthma and hospitalisation rates have more than doubled in the last 30 years. Bronchodilator inhalers are helpful, but many people are concerned about taking regular corticosteroids. So it is not surprising that complementary treatment techniques are also popular.

Active Physio therapists are skilled at breathing pattern retraining. This involves teaching patients to reduce the rate of breathing, utilise their diaphragm rather than upper chest muscles and prolong the expiration phase, along with relaxation techniques. The scientific basis of this retraining includes allowing carbon dioxide

**“Delivered responsibly, within the context for medical care, breathing retraining can be effective for controlling asthma symptoms and reducing medication use.”**

levels to rise and making use of its role as a bronchodilator, using slow in-breaths to relax the smooth muscle of the airways, and reducing hyperinflation, which can limit further uptake of oxygen. Although underpinned by robust physiological theories, these mechanisms of action have yet to be verified by research.



However, scientific studies have been able to show that breathing retraining reduces anxiety. It may also act as a distraction, allowing medication use to be delayed. It may be via these psychological mechanisms that breathing retraining has its effect.

Whatever its mechanisms of action, recent studies have found positive evidence for the efficacy of breathing retraining. The effects include:

- significant improvements in anxiety and depression scores
- a reduction in hyperventilation symptoms
- a reduction in the use of bronchodilators

Breathing retraining is suitable for patients who are happy to be involved in self-management as it involves commitment and time from the individual.

Delivered responsibly, within the context for medical care, breathing retraining can be effective for controlling asthma symptoms and reducing medication use. Talk to Active Physio if you think you may benefit from our knowledge in this area.

#### Reference

[www.asthmafoundation.org.nz/in\\_new\\_zealand.php](http://www.asthmafoundation.org.nz/in_new_zealand.php)

Burton, A. & Thomas, M. (2011). The Role of Breathing Retraining in Asthma Management (draft).



## hey mum, you're number one!

Postnatal Pilates training is available at Active Physio.

All exercises are adapted to ensure both mum and baby are safe while strengthening the necessary muscles. Exercises increase the awareness and control of the pelvic floor and the abdominals. Training can involve mat exercises and/or Pilates equipment such as the reformer. We can also use Natratone as a training aid (see [www.natratone.com](http://www.natratone.com)).

Training for just 1 hour per week improves back pain, stress, urinary incontinence and

sexual function. We know it is hard to prioritise time when you are a busy mum but the results will mean you feel energised and revitalised. Maybe even better than your pre-mum self!

Training is available one-on-one or in small groups at all our branches so ring directly for more details (see back page).

**ONE FREE PILATES CLASS  
WITH THIS COUPON**

## ACC changes and your workplace

As you may know, ACC has introduced a new rating system for accidents that occur within the workplace. While this has been the case generally for a long time, from 1st April it is now specific to each individual employer and workplace. This puts workplace accidents under the spotlight. If an employer has lots of accidents and injuries in their workplace, or one or two serious ones, it will have a direct and expensive impact on the employer's ACC levy the following year.

The reason for the change is to encourage early intervention into injury management. Ignoring an injury, or no or poor rehab to manage it, simply results in a slow recovery and a high likelihood of recurrence. However, getting onto physio and appropriate exercises for your musculo-skeletal injury will ensure a prompt and

effective recovery; less time off work, if any, and no recurrence of the problem.

Furthermore, the changes also encourage the employer to look at preventing injuries occurring in the first instance. And given the financial implications of the ACC changes – this is often cost effective.

Active Physio has a comprehensive approach to injury management and injury prevention. We would be happy to meet with the "Powers That Be" in your workplace to talk about our injury prevention strategies and how we can improve injury management for the company. It doesn't have to be a big company as even small businesses are affected by the changes. And we are happy to do this for free! Contact Gillian Webb at [gill@activephysio.co.nz](mailto:gill@activephysio.co.nz) to learn more about how we can potentially assist your workplace in staying safe and saving money.

## find a physio!

Do you have a physio friend or family member? Active Physio is looking for some like-minded physios to join our team. And since you already know us, we were thinking you might put us in touch with someone you feel might be interested in practicing with us. Active Physio has a comprehensive in-house clinical education programme, excellent practice facilities including Pilates and gym equipment, and a mad crowd that enjoys socialising together. We have positions available in Northland, Auckland, Taranaki and Bay of Plenty.



So don't let that physio relative move to Australia before talking to us first! Or if someone needs to be encouraged home, put them in touch. Contact our director, Gillian Webb, on [gill@activephysio.co.nz](mailto:gill@activephysio.co.nz) for more information.

**PHOTO:** Active Physio Ellerslie in fine form at the Xmas Active Amazing Car Chase

**GET WELL, KEEP WELL**  
**WWW.PHYSIO.CO.NZ**



## email invite!

Do we have your current email? Would you prefer receiving this newsletter electronically?

Lately we have been surveying our patients and the feedback has been:

- Our monthly emails offering our specials are most welcome and a reminder to do your exercises!
- Our newsletter would be preferred sent as a link to your email so you can download and save each edition.

If you think a. and/or b. sounds like a good plan, then email [gill@activephysio.co.nz](mailto:gill@activephysio.co.nz) with "Email" in the subject line.

If you already know we have your current email then be assured we will stay in touch.





## defy gravity

Active Physio Greenwood has been busy over the last few months refurbishing their exercise studio and have added a new wave of training and toning by introducing "Gravity Training" on the award-winning Total Gym GTS Machines. This equipment has been used in rehabilitation facilities around the world since 1986 and is now growing worldwide with its Pilates, Group, and Personal Training Programs launched in 2003.

Gravity Training is safe, effective and designed for all fitness levels; you work with your own body weight, at the level you are most comfortable in. The team at Active Physio Greenwood have all been fully trained in using the GTS Machines and are now able to offer one-on-one or small group training on the GTS to supplement our Mat Pilates Classes. Gravity Training is great for strengthening, fitness, and for your core, so why not come along and give it a try!

### AUCKLAND

**AIRPORT OAKS** (RTP Physiotherapy Ltd.)  
38 Richard Pearse Dr Ph 275 0360

**ALBANY** (WAM Ltd.)  
100 Don McKinnon Dr Ph 444 1925

**DOMINION RD** (Gillian Webb Ltd.)  
718 Dominion Rd Ph 631 0010

**ELLERSLIE** (Kate Corbett Ltd.)  
85 Main Highway Ph 579 0004

**EPSOM** (Brigit Holford Ltd.)  
264 Manukau Rd Ph 524 0624

**HIGHBROOK** (ERH Physio Ltd.)  
35 Allens Rd Ph 273 7414

**HOWICK** (ERH Physio Ltd.)  
4/15 Cook St Ph 535 9160

**MT ROSKILL** (Prentice Physio Ltd.)  
211 White Swan Rd Ph 626 6467

**PAPAKURA** (AE Burr Physiotherapy Ltd)  
79-85 Gt South Rd Ph 296 1026

**ROYAL OAK** (Anduril Enterprises Ltd.)  
641 Manukau Rd Ph 625 2703

**TAKANINI** (AE Burr Physiotherapy Ltd)  
138 Great South Rd Ph 299 7690

### NORTH ISLAND

**BETHLEHEM** (Active Life Physiotherapy Ltd)  
16 Bethlehem Rd Ph 07 576 6999

**KAIKOHE** (Active Ltd.)  
59 Broadway Ph 09 401 0750

**KERIKERI** (Fizzio Ltd.)  
2/7 Homestead Rd Ph 09 407 4288

**NEW PLYMOUTH** (Siobhan Roebuck Ltd.)  
3 Young St Ph 06 769 9992

**PAPAMOA** (Active Life Physiotherapy Ltd)  
1050 Papamoa Beach Rd Ph 07 542 1814

## well done Megan!

In April this year, Megan from Active Physio Albany decided to tackle her first ever full marathon in Rotorua to raise money for the Pink Pilates Trust.

Megan works closely with ladies recovering from cancer through the Pink Pilates rehab programme. She was joined in Rotorua by some of her inspirational ladies who had been through the programme and wanted to help others to do the same.

With thanks to many of you who sponsored them, and a special thanks to the Active Physio Group for their generous donation, Megan and the gang raised

an unbelievable \$11,500. She has no plans to do another marathon having barely survived the first but never say never... If you are ever inspired to run a marathon, then check out the Active Physio Albany Blog where Megan is writing a blow-by-blow advice column on how best to survive!

See <http://albany-physio.com>

**PHOTO:** Megan and husband, Andy Schmidt, post marathon.

