



MARCH 2017

Acute Wry Neck

ESSENTIAL PHYSIOTHERAPY

Have you ever woken up with an inexplicably stiff and painful neck that will only turn to one side? You might have been suffering from acute wry neck, a painful condition following a typical pattern of symptoms. In the clinic, wry neck is classified as one of two different types – Facet or Discogenic wry neck. These have similar presentations, yet are caused by slightly different things and require different treatment.

Facet Wry Neck:

Facet joints are found on either side of each vertebrae of the spine and allow for controlled rotation and side bending. An awkward movement of the neck can cause a part of the joint capsule to tear or get caught in the joint, making it feel locked. The muscles around the area can also be come tight and spasm, which contributes to the problem. The pain is usually sharp and can be pin pointed quite accurately to the part of the neck causing the problem and the pain rarely travels down into the arm. It is usually possible to find a resting position where the pain goes away completely, only having pain when turning in certain directions.

The good news about Facet Wry Neck is that your physiotherapist is usually able to help you 'unlock' the neck quite quickly with gentle mobilisations and get you back into action. Most of the time a full recovery can be expected within a week.

Discogenic Wry Neck:

Each of the vertebrae of the neck are separated by fibrous disc that are filled with a gelatinous center. These discs provide support, flexibility and

shock absorption. Under pressure, these discs may bulge or tear and the resulting swelling can cause pain and muscle spasm in the surrounding area. It is important to note that in an area as sensitive as the neck, a small amount of damage can result in a large amount of pain.

The development of discogenic wry neck is usually due to a combination of factors, including neck stiffness, poor posture and biomechanics than can contribute to the disc being vulnerable prior to injury. In this case it can be difficult to find a comfortable position and it is more likely for the pain to travel into the arm and may even be associated with pins and needles.

Treatment of discogenic wry neck will be focused on reducing pain and muscle spasm with massage, taping, heat and postural education. Further treatment aims to reduce any stress that is being placed on the disc, mobilise any stiff spinal segments and correct any muscle imbalances. While the initial symptoms may settle down quite quickly, it can take up to six weeks to fully recover from discogenic wry neck. In this condition it is also important to address all the factors that may cause a recurrence of the issue.



Brain Teasers

1. I can be seen once in a minute, twice in a moment but never in a thousand years. What am I?
2. I'm found somewhere between the ground and the sky, I am always far in the distance, moving further away if you try to come closer. What am I?
3. What is greater than the universe, more evil than the devil, the poor have it, the rich need it, if you eat it, you'll die?
4. How many times in a 24-hour period do the hour and minute hands show a right angle on a clock?

PhysioTip

Use cues and triggers as a reminder to do your exercises. Such as leaving a note in the bathroom or set aside time every time you go to boil the kettle.

Labral Tears Of The Shoulder

What is the Labrum of the shoulder?

The shoulder is a remarkably mobile joint, however this flexibility comes with the cost of less stability. The glenohumeral joint, where the upper arm meets with the shoulder blade is a ball and socket type joint. The surface area of the 'socket' part of the joint (the glenoid fossa) is actually much smaller than the ball part of the joint (the head of the humerus). A fibro-cartilaginous ring called a labrum, surrounds the edge of the glenoid fossa which acts to increase both the depth and width of the fossa.

This labrum provides increased stability and is also the attachment for a part of the biceps muscle via a long tendon. The labrum is able to provide flexibility and stability that a larger glenoid fossa might not be able to, however being a soft structure it is prone to tearing which can be problematic

What causes the labrum to tear?

The most common way the labrum is torn is through a fall onto an outstretched arm or through repetitive overhead activities such as throwing or painting as the repeated stress on the labrum can cause it to weaken and tear.

Suspected labral tears can be diagnosed in clinic by your physiotherapist through a series of tests, however an MRI is required to fully confirm the presence of a labral tear. Labral tears are classified into different grades, which are determined by their location and severity. This grading is used as a guide to help determine the correct treatment.

What are the symptoms of a labral tear?

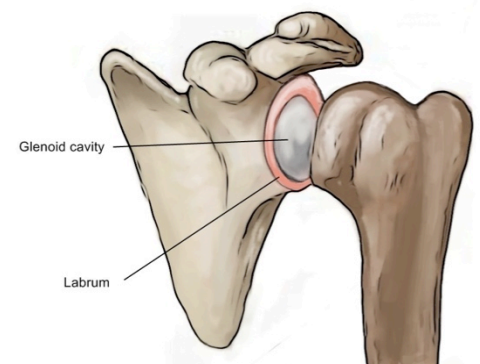
A labral tear is often associated with other injuries, such as rotator cuff tear, which can make the clinical picture a little confusing. Commonly there will be pain in the shoulder that is difficult to pinpoint and the pain will be aggravated by overhead and behind the back activities.

Severe labral tears can lead to instability and can also be related to dislocations of the shoulder.

How Can Physiotherapy Help?

The severity and grade of the labral tear will guide treatment. Smaller tears can be treated with physiotherapy that is aimed at increasing strength and control of the shoulder. Other tears may require surgical repair after which physiotherapy is an important part of treatment to rehabilitate the shoulder.

None of the information in this newsletter is a replacement for proper medical advice. Always see a medical professional for advice on your individual injury.



Brain Teaser Answers:

1. The letter 'm' 2. The horizon 3. Nothing 4. 44 times

Vietnamese Style Braised Pork

Ingredients:

500g of Pork Belly
2 Tbsp. Fish Sauce
3. Tbsp. White Sugar
1 Tbsp. Water
2 crushed Garlic Cloves
½ tsp. ground black pepper
2 Tbsp. sesame seeds

Serve with:

200g vermicelli rice noodles
1 handful mix lettuce leaves
3 tbsp. fresh mint leaves.

Serves 2



1. Wash and dry the pork belly and cut into bite sized squares.
2. Mix fish sauce, sugar and water into a small mixing bowl and set aside.
3. Place pork belly into a pan, and cook on high heat without oil, turn pork after six minutes. Cook this side for five minutes and then add garlic to the pan, stirring slowly.
4. Pour all of the sauce ingredients into pan. Quickly stir through pan. Cook for five minutes, turning pork regularly until completely covered with the sticky sauce. Sprinkle with ground pepper and sesame seeds.
5. Serve with freshly cooked rice noodles and lettuce leaves. Mint for garnish.



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