



Bursitis

Bursitis can be very painful. It can affect your movement, comfort, even your ability to sleep. Quite simply, bursitis is the inflammation and irritation of a bursa. These structures are basically fluid filled cushions that soften impact and dampen friction between structures of the body (bones, tendons, ligaments etc).

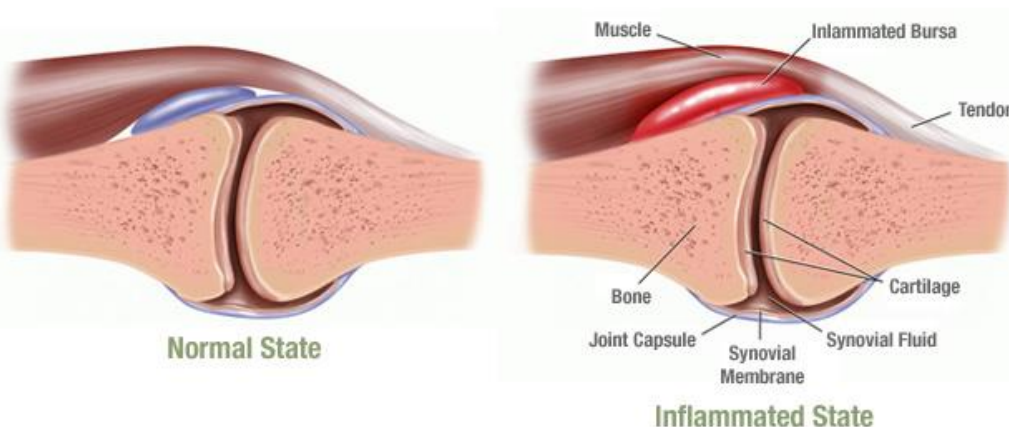
How Does Bursitis Develop?

- **Repetitive motions** may cause excess friction, which in turn could lead to inflammation of the bursa. This is similar to how repetitive motions can cause tendonitis.
- This may also occur when the bursa suffers **compression** for extended periods of time (e.g. sleeping on your side or kneeling for long periods).
- **Injury** is another cause of bursitis, as are certain underlying **autoimmune conditions**, like gout or arthritis.
- **Age** can also be a risk factor in the development of bursitis. As a person ages there tendons become less elastic, less resistant to stress, and easier to tear.

Symptoms

- Localized tenderness
- Swelling
- Pain during compression and movement.

BURSITIS – BURSAE INFLAMMATION



Staff News! 🎉

Aidan: Is back full of beans from an awesome Hotham ski holiday! Look out!

Ash: Is gearing up for the next triathlon season! (Pray for her!)

Jay: Her superhero skills are relaxing and breathing whilst flying (in the wind tunnel)

Abi: Is practising her kiwi accent in preparation for a family holiday in New Zealand!

Management

In the early stages of managing bursitis it is important to decrease inflammation, ice therapy (home care), supplements/medications, along with manual therapy (chiropractic, massage, acupuncture, physiotherapy) aimed at safely breaking down scar tissue. Once a patient's bursitis is stabilized, further manual therapy can then be very effective in loosening up the related soft tissue, restoring flexibility and alleviating pressure and friction over the affected bursa.

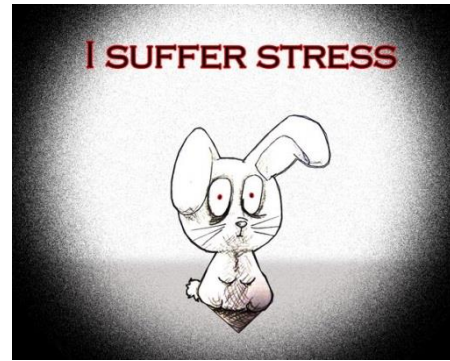
The post symptomatic/ rehabilitative stage of care is very important. Why? Bursitis is often a symptom of a more long term underlying condition. Posture, good joint mechanics and muscle function needs to be restored to a satisfactory level to reduce the risk of recurrence.



Stress

By Jay

Sure, it's a fact of life these days. But, that doesn't mean you have to put up with all of the awful things it does to your body. Pain, insomnia, anxiety, muscle tension, fatigue, headaches & digestive problems are just a few of the ways your body can cry out for help.



Chinese medicine's a wholistic health care system. It addresses how you're functioning as an entire person; rather than just treating the symptoms of a single diagnosed disease or problem. How? Imagine a treatment's like helping your child with a dot-to-dot. If they've mixed up a number or two somewhere along the way, the picture can look pretty messed up. To get it back on track, you just correct where a couple of the lines are going.

So, Chinese medicine aids the body's internal communication processes & ensures it has access to all the building blocks it needs to carry out repairs. You deserve to feel better. Minimising your pain & discomfort by comparing it to that of others doesn't actually help you feel any better.

So, what are you doing to feel better? You could start by having a chat with Jay about customizing a treatment plan for you...



LEARNING TREE SPEECH PATHOLOGY

By Abi

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Reading to your child

We are all told to read to our children because it's so good for them. With three children to get to bed each night, in the rush for some post 'lights out' peace and quiet, in our house we sometimes forget to talk about the books we are reading and to have fun with the stories.

Research tells us that reading is important for developing a child's vocabulary and awareness of print and speech sounds, all vital for learning to read and spell. Dr Marion Blank, a developmental psychologist with years of research into early language development, developed "Levels of Questioning" aimed at guiding parents and therapists in developing a child's oral language and thinking skills through asking questions about materials, including books. These questions are hierarchical and split into four levels of increasing abstraction. Choose the level you think is most appropriate for your child's understanding and try some of these questions next story time:

Level one- Asking about things on the page.

What's that? Who is that? Find one the same as this. What's the man doing?

Level two- Looking at the objects in more detail

What's happening? What is in the box? What colour is the ball?

Level three- More subtle questions/comments about objects that may or may not be present.

What will happen next? What do you do with a...? (eg. fork) How are these pictures the same/different?

Level 4- Using reasoning, inferencing and problem-solving skills.

What would you do if....? What should he/she do? How can we tell that....?

But most of all have fun and enjoy reading together!