

BROMLEY LAWN OSTEOPATHS

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BROMLEY LAWN TENNIS CLUB, SANDFORD ROAD, KENT, BR2 9AN

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QUARTERLY NEWS LETTER

ISSUE THREE



PRACTICE NEWS

As you will see above, we have launched a new practice logo, so all future advertising and stationary will incorporate this.

Those interested in the Atlantic Rowing Team that we sponsored for injury prevention and post-race fatigue, will be pleased to hear they arrived safely in Antigua on the 5th of February, raising £65,603.30 for Cystic Fibrosis.

Practice Hours

Tuesday	9 am - 7pm
Thursday	8.30 am - 7pm
Friday	10 am - 7pm

Please be reminded that home visits are available to the house bound and those in acute pain. A surcharge is applicable for these visits.

(If you would like to be removed from the mailing list, please email tomcornishuk@yahoo.co.uk or call the practice on 07736319823.

RESEARCH

Thyroid Stimulating Hormone (TSH) and the bone loss cycle

New work has been presented in the *Proceedings of the National Academy of Sciences*, examining the effects of TSH on bone loss. Rats were used, whereby their ovaries had been removed, to reproduce the type of osteoporotic symptoms present with increasing age and menopause in humans. Injections of TSH were administered, and produced the effect of increasing bone strength. Further work is required to look at the safety and efficacy in humans.

NSAIDs may help reduce risk of Breast Cancer

In this study, the authors examined data concerning the relationship between non-steroidal anti-inflammatories (NSAIDs) and the risk of breast cancer. Examination of all identified epidemiological data suggested that the risk of breast cancer may be reduced by 20%. The feasibility, type, dose and duration of NSAID usage are undetermined, but the study suggests a role for NSAIDs in the care of breast cancer patients when used in combination with other therapies.

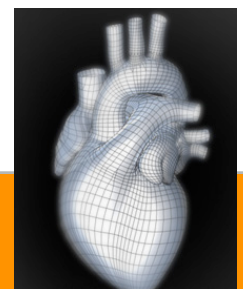
(References available on request)

INJURIES IN THE NEWS

Tiger Woods has undergone arthroscopic surgery on his left knee for a second time. As before, he is having benign cysts removed from the cartilage. Although Tiger keeps himself extremely fit, the power of his swing puts extreme torque onto his left knee. He hopes to be fit for the US Open in June.

Two points from defeat, tennis player Mikhail Youzhny, in a fit of rage hit himself over the head repeatedly with his racquet, and was forced to call the trainer when he noticed blood seep from a cut to his forehead. After having the wound dressed, the Russian came back and won 7 points in a row starting with a forehand return which he ripped down the line for a clean winner. He went on to win the match.

Jonny Wilkinson is expected to miss England's tour to New Zealand in June because he needs a shoulder operation. Wilkinson will enter hospital as soon as possible for what is described as minor surgery to clear out debris and scar tissue from previous injuries, whilst repairing the cartilage.



MEDICAL MYTH - YOUR HEART STOPS FOR AN INSTANT WHEN YOU SNEEZE - When a person sneezes, they increase their intrathoracic pressure and can decrease venous blood flow back to the heart, The heart may compensate for this by a slight change in its beating rate, but the heart and its electrical activity should not stop during a sneeze.

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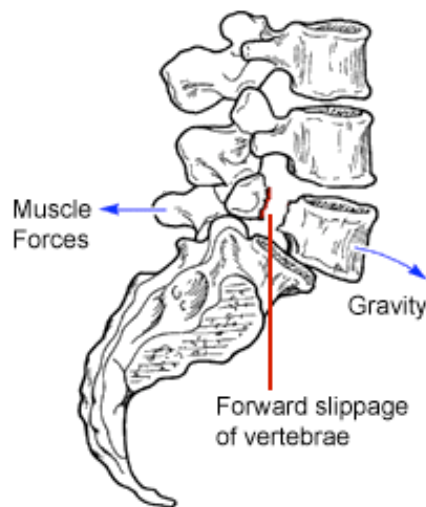
CONDITION IN FOCUS - SPONDYLOLISTHESIS

Spondylolisthesis, describes the forward (anterior) displacement of a vertebra or the vertebral column in relation to the vertebrae below. It was first described in 1782 by a Belgian obstetrician, Dr. Herbinaux.

The slippage can be due to a number of different processes.

A small fracture site can develop, between the front and back of the vertebrae (pars interarticularis). This type is often present from a young age whereby their structure has always been weak, and increased stress from growth will tip it over the edge. This may be asymptomatic. The body of the vertebra slips forwards, whilst the rest is left behind (as in the picture). There is a small amount of evidence to suggest a genetic link to thin vertebral bone, making this type of fracture more likely.

Another cause, also usually a birth defect, occurs because the lowest joints in



the lumbar spine are not at the correct angle. This will allow the vertebrae to slip forwards, usually without fracture.

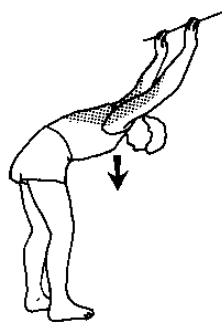
The final type is degenerate. As the small facet joints of the spine wear, they change shape and direction, this can allow a small slip to occur.

People may notice a small 'step' or 'ledge' in their low back, that is particularly painful when leaning back. This may or may not be accompanied by leg pains and pins and needles.

Treatment is usually symptomatic with Osteopathy, core stabilisation and anti-inflammatories. Although some surgeons will now operate on these.

If you have a concern, or know someone that would like to be evaluated, please contact the practice.

STRETCHING - SHOULDERS



These stretches should be performed statically for 15 to 20 seconds, and repeated daily to get results. To make stretching more interesting, you may consider Proprioceptive Neuromuscular Facilitation (PNF) stretching with a partner.
See <http://www.sport-fitness-advisor.com/pnfstretching.html> for more details.