

# BROMLEY LAWN OSTEOPATHS

TOM CORNISH B. OST AND HANNAH SHEATH B. OST

## QUARTERLY NEWS LETTER

This is the first, of what we hope will be a useful and informative resource for our patients, their friends and their families. The launch coincides with National BackCare Awareness Week, October 8th-12th.

Each issue we will bring you up to date research, injury news, stretching advice, as well as a named condition in depth.

ISSUE NO. 1      OCT 2007

### Practice News

Since 15th July 2007 Bromley Lawn Osteopathic Practice has officially been open one year.

Since last July the practice has seen a decorative makeover and the joining of a new and experienced Osteopath Hannah Sheath.

Practice Hours have now expanded -

Tuesdays      8.30am - 7.00pm

Thursday      9.00am - 7.00pm

Friday      10.00am - 7.30pm

We have also been involved in the proud sponsorship of a team of Atlantic Rowers in aid of Cystic Fibrosis.

The team of 5 (4 plus one sub) are all from the Metropolitan Police Services and have been training for the 2900 mile transatlantic row from the Canary Islands to the West Indies in November this year.

They plan to raise huge amounts for Cystic Fibrosis. To follow their progress, find out more, or to sponsor the team please visit [www.4row4cf.co.uk](http://www.4row4cf.co.uk)

Osteopathically we have worked closely with the team, with emphasis on injury prevention during the intense training, and patching up any 'niggles' that arise along the training schedule.

If you have any queries or questions about anything written in this newsletter, or would like to be taken off the mailing list. Please contact Tom on the number below.

### Research

#### *High Blood Pressure*

The stroke association is urging the public to have their blood pressure checked to reduce the risk of stroke, the UK's third biggest killer.

The charity's statistics show that almost 25% of the UK population is unaware that they are suffering high blood pressure, the single biggest risk factor for stroke.

Please pop in to see Hannah or Tom to have your blood pressure taken during practice hours for free.

#### *Gender Difference in Knee Arthritis*

Osteoarthritic changes in the knee joint are 2-3 times more common in females than males.

The main factors affecting this are differences in strength, gait patterns and angles formed by the thigh and lower leg, says research in Clinical Biomechanics this year.

#### *Electric Blankets link with Endometrial Cancer*

Electric blanket use is associated with a 15% higher incidence of endometrial cancer compared with never using an electric blanket. Use of an electric blanket for 20 years or more was associated with 36% higher prevalence according to research published this year in the European Journal of Cancer Prevention.

(References available on request).

### Injury News

Now Wimbledon has come and gone, the concern over Andy Murray's wrist has subsided somewhat.

Andy injured the tendon sheath in his wrist. The sheath, in effect provides smooth running through an area of complexity and little space. When compromised the potential tunnel like space is reduced with inflammation, and it can no longer run smoothly without catching and causing pain.

Even the best medical teams the LTA have don't seem to be able to say with conviction exactly what has happened. But there is a consensus, that the lead tape he uses in the top of his racket to make it heavier, make him more vulnerable, as does the wrist position he uses in his forehand to generate more racket head speed.

Any rugby fans will know that **Steve Thompson**, the England international and Northampton hooker retired towards the end of the 2006/07 season, at the age of 28.

This was due to a recurring neck injury, sustained after repetitive heavy loading in the scrum. Huge forces have damaged the shock absorbing discs to the extent, even after surgery, that new bony growth was so close to the spinal cord, the neck impact may have caused paralysis.

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BROMLEY LAWN TENNIS CLUB, SANDFORD ROAD

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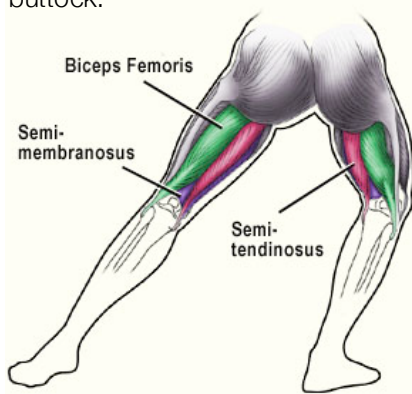
## QUARTERLY NEWS LETTER

### Stretching - Hamstrings

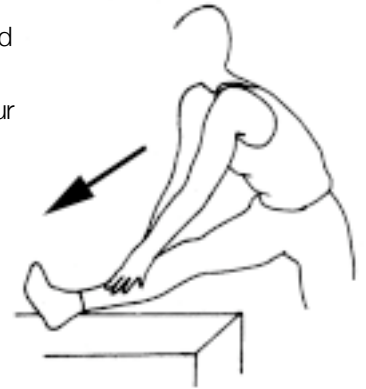
Your hamstrings are the large group of 3 muscles each side that make up the back of your thighs. They attach on your sitting bones (ischial tuberosities) and go on to the knee where they attach either side, two on the inside and one outside onto the lower leg (tibia).

From the outside of your leg in, they are called biceps femoris, semitendinosus and semimembranosus.

They have a dual action, to pull the hip backwards and also to bring your foot to your buttock.



You can use both of these stretches to lengthen your hamstrings, as both are kind to your back. Hold for 20-25 secs repeat 3 times. Try both stretches with leg almost straight and with a 20 degree bend (to stretch lower portion).



Bend standing leg to increase stretch. Use higher bench/ table if you are flexible.

To stretch lower portion you may need to transfer your weight backwards.

### Pain in focus - The Slipped Disc

This is a fairly poor description for a pathology that affects the spine. A more accurate name is a prolapsed or a herniated disc.

The disc is the spongy, gel like substance that lies in between each vertebrae (except the top joint in the neck), all the way down to the sacrum, the triangular shaped bone at the base of our spine. Its role is to shock absorb and to provide space in between each vertebrae for nerves to pass as they exit the spinal cord.

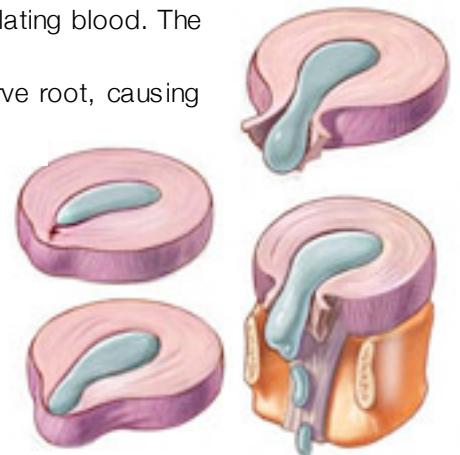
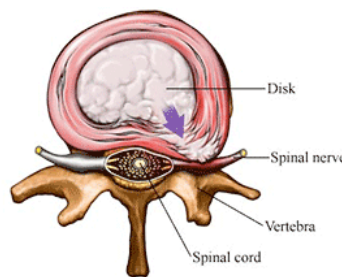
As we put strain through a disc - during lifting or prolonged sitting - the centre 'ball bearing' like portion of the gel which is slightly tougher than the outside, pushes to the boundaries of the disc. In this process it gradually tears through the layers (laminae) until it finally breaches the outer-most part, at this point, it is prolapsed. A gel like mass protrudes from the disc. Usually this happens to one side at the back of the disc, as shown in the pictures.

The body treats this as foreign material, since it has never been in contact with circulating blood. The body attacks it, causing massive inflammation.

This alone is enough to be painful, but it is also likely to press on the nearby nerve root, causing deep limb pain, and often pins, needles and numbness.

Disc prolapses are most common in the low back, but frequently occur in the neck. There are many other causes for low back pain and tingling sensations in the limbs. Because of this it is vital to get prompt diagnosis to prevent further complications.

Sensible advice for helping to prevent disc herniation, is to maintain a healthy flexible back. Hamstring stretching (above), general aerobic exercise (for weight control), large water intake (to keep the discs hydrated) and good posture in all activities are paramount.



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