



Physiotherapy update - Do you have constant annoying hip pain?



by Robert Vander Kraats,
Sports and Exercise Physiotherapist

PAIN in the hip region is very common. There are many causes of hip pain, a frequent presentation is called Greater Trochanteric Pain Syndrome

(GTPS), or 'hip bursitis'. A University of Queensland study found that in 2022 in Australia alone the condition affected 1.8 per 1000 people. The report said "it has substantial negative impacts on function, sleep and quality of life". GTPS is most prevalent between the fourth and the sixth decades of life.

People often mention the pain is over the lateral aspect of the thigh, and it is often exacerbated with prolonged sitting, climbing stairs, high impact physical activity, or lying over the affected area.

There are many different causes for GTPS, hence the importance of a comprehensive assessment by a sports physiotherapist to correctly identify the cause, any contributing factors, and plan management.

One common cause is tightness of the lateral band (Iliotibial band), which can cause repetitive friction and compression to the bursa of the hip. This leads to inflammation of the bursa, known as bursitis.

A contributing factor that is often seen on assessment, is weakness

in one of the gluteal muscles. This muscle provides stability to the pelvis region and hip, so weakness in the area creates an unstable base whereas it should provide a strong foundation. As a consequence, the repetitive friction and the compression is accentuated.

There are many causes for hip pain, hence a thorough assessment by a sports physiotherapist is needed. Some conditions include: arthritis; referred pain from the back; acetabular labral tear; muscle strain or a

tear; sacroiliac joint dysfunction; snapping hip syndrome; femoral acetabular impingement; tendinopathy; inflammatory and metabolic disorders; infection and childhood disorders.

Patients often say: "I'll just get a hip replacement and my hip pain will go away". However, many people present after having a hip replacement and the pain is still exactly the same. There are many conditions of the hip and many potential contributing factors. A comprehensive assessment is needed to

consider the big picture.

Depending on the exact condition that is diagnosed, management is varied. The intervention is on a spectrum based on the severity, corrective exercises and foam rolling may be indicated initially, leading to injections, and ultimately surgery.

Robert Vander Kraats is a sports physiotherapist with 18 years of experience, book in with him at Greenwood on 9203 7771 or online on www.ngp.net.au for your comprehensive assessment.

Struggling to navigate the home care package application process?



ARE you considering a home care package but aren't sure where to start? Or have you started to apply and are confused about what comes next?

Latest statistics from OPAN (Older People Advocacy Network) show that in the eastern states alone, more than 9000 people gave up the application process before they had completed it as they found it too confusing. So you aren't alone in this, but with support and armed with the right information, it need not be so difficult.

CPE Group Home Care Providers now offer exactly this support with their new Navigation Assist Program. They can provide you with a personal navigator to answer all your questions

and to guide you through every step of the way from the first moment you decide to apply.

There is no charge for Navigation Assist and no commitment to choose CPE Group as your provider should you be awarded a home care package. They do not reference CPE Group or its services during the program nor do they later contact those who have taken part unless specifically asked to do so.

Navigation Assist explains the purpose of home care packages, who is eligible, what the funding can provide and most importantly how to apply. A Navigator can assist you in preparing to apply for an assessment, discuss with you what will happen during an assessment and how best to explain your needs to the assessor.

Those who have already used the service found that having an age care professional to answer their questions on a one to one basis and provide the information they needed, made the application process much less confusing.

In the words of one family: "...the way you explained a complex system made it all so much easier especially for mum. I couldn't give enough thanks and words will never accurately describe the positive impact you have made to my family."

If you would like more information about Navigation Assist or to book an appointment with one of their Navigators please call them on 1300 665 082 or contact them at info@cpegroup.biz and make sure you ask for Navigation Assist.



Norman 'Dot' Kitson and Louis Kelly

THE waves may not be as big as those he once rode and he's far from sure-footed, but Norman

'Dot' Kitson loves being back on a board after almost 50 years. The 72-year-old

Bethanie resident was a regular with the City Beach Surf Riders Club in the 1960s and 1970s,

Dot rides the waves once more

earning the nickname Dot for the large coloured circle a friend placed over his damaged surfboard.

"We used to go to Margaret River, which was really big surf; it was great," he says.

Norman hadn't surfed, however, since a serious car accident in Africa in 1974, which left one leg slightly shorter than the other.

Living with mobility issues, Norman thought his surfing days would remain in the past until he started talking to Bethanie case worker Beth O'Donnell about how much he'd

like to revisit them.

Beth arranged for Norman to meet Louis Kelly, a surf coach with Ocean Heroes, resulting in Dot being their first participant in the retirement age bracket.

"He's one of a kind for us," Louis says.

Norman was up for the challenge, too. "I thought, 'well why not, give it a go'," he says.

Louis said once Norman got on the board for that first lesson, he was like a 20-year-old again, paddling straight out to the waves.

"I had to hold the board

back so we didn't get dumped. I didn't think we'd make it beyond the break but we did and Norm set his mind on a wave and started paddling again. We managed to get a perfect little wave."

Beth was there to watch the joy unfold.

"He just loved it! He was like a fish to water again - he lay on the board and started paddling and was going much faster than I expected."

For Beth, the surfing safari is another way to help the Bethanie community reconnect with

their passions.

"It's about really listening to our clients and what's important to them," she says. "We have a lady who loved to play the piano and I found a music therapist who works with people with cognitive impairments - now she plays the keyboard and sings every week."

"Another woman just wanted to get back to the zoo because she loved animals, so we got a therapy assistant, her oxygen and she had a day out at the zoo. Nothing's impossible."

How stem cells therapy may help the symptoms of arthritis

ARTHRITIS is painful inflammation and stiffness of the joints. Inflammation is part of the body's natural response to protect joints from damaged cells; to remove irritants and infection and also to start the healing process.

The most common form of arthritis is osteoarthritis. This is a degenerative disease and often leads to the need for joint replacement surgery.

Osteoarthritis begins in the cartilage and eventually leads to two bone surfaces rubbing directly against each other. This is not only painful, but very restrictive on daily mobility and flexion.

Research now shows that the body heals itself via the migration of adult stem cells from the bone marrow. Providing they can get to the tissue, adult stem cells can become new bone cells, cartilage cells and have been linked with an increase of lubricin (a protein found in joint fluid that acts like a

shock absorber). As we age our stem cells migration naturally declines. By age 50 it has reduced by 50 per cent and by age 65 you only have about 10 per cent the number of stem cells you had in your bloodstream when you were 25. Stem cell nutrition encourages

your body to naturally release millions of new stem cells - which then replace damaged cells anywhere in the body. The more stem cells you have in your bloodstream the better. If you would like to find out more about how stem cell nutrition can transform your life phone Sandra Barnsley 0412 479 156.

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