

# MDP On track

...helping you go the distance!

Menai District Physiotherapy & Sports Injury Centre  
(ILLAWONG) Newsletter Winter 2008



Included in this issue:

- **Ankle Sprains**

*Prevention is better than cure*

- **Hot Rock**

**Massage**

*Now available!*

- **New Sport Psychologist**

*Joel Curtis*

- **Community Gossip**

*Your achievements*

*Have you seen our bottles?*

*Shopping Centre update*

## Ankle Sprains – prevention is better than cure

Prevention of ankle injuries is a difficult process, especially in rigorous sports such as netball and all football categories.

Strapping or bracing is the most common form of preventing ankle sprains. Good ankle strength and balance may also be helpful in reducing the risk or severity of ankle injuries.

Practice Principal, Rob Wallis, has noted that early in every soccer season, several players will roll their ankle as they get used to twisting and turning on unlevel ground.

Some simple exercises that will help improve ankle strength and control are:

1. Stand on one leg - the goal is to balance using your ankle movement, rolling in and out. Don't use your arms or body and avoid holding your leg against the standing leg to stabilize yourself. Try to balance for up to 60 seconds, without rest, before moving on.
2. Making it harder - Work your ankle even harder by trying to put yourself off balance. Here are a few options:

- Slowly turn your head to the left and back to the middle. Then to the right and back to the middle. Pause between each turn and make your ankle work to control your balance.

- Throw a ball above your eye line from one hand to the other. Make sure your balance is 'under control' before you throw the ball another time.

- Bounce a ball against a wall and catch it. Vary the bounce so it is inconsistent to make it harder to balance.

- Hopping – in a small square; forward, backwards and sideways – land and control your balance without having to move your foot along the ground.

Note: Don't hop too far. Small hops are enough to put you off balance!!

If you feel your balance is poor or you sprain your ankle regularly, a physio assessment may help to pinpoint the reason why and help to prevent the problem from occurring.

In recent years, Menai District Physiotherapy has been involved in research regarding acute ankle sprains. All our physiotherapists have extensive training in the diagnosis and management of ankle sprains.

Please contact the clinic on 9543 0199 for further information.

## HOT ROCK MASSAGE NOW AVAILABLE



Sandra Briggs (Remedial Massage Therapist) has recently extended her services to include Hot Rock Massage. This form of massage has become extremely popular amongst clients seeking a massage with the ultimate in relaxation. Please advise receptionist when booking a Hot Rock Massage, as special preparation is required.

For that special gift, beautifully presented vouchers are available for purchase at the clinic.

Hot Rock Massage..... \$80  
1 hour Massage..... \$66  
1/2 hour Massage..... \$44

Menai District  
PHYSIOTHERAPY  
& Sports Injury Centre

Shop F6  
Illawong Village,  
Fowler Rd  
ILLAWONG  
NSW 2234

Ph (02) 9543 0199  
Fax (02) 9543 0411

## New Sport Psychologist at MDP

It is with much pleasure that MDP has welcomed **Joel Curtis (B.App.Psych. Grad.Dip. Sport Psych. M.Sport Psych)** to the team. Joel is an Registered Psychologist with a Masters Degree in Sport Psychology and over 9 years of clinical experience.

Sport Psychology focuses on performance enhancing skills and the teaching of cognitive strategies to overcome psychological problems. Sport Psychology takes a proactive approach with a focus on prevention strategies in assisting individuals and teams improve performance and maximise their potential. Sport Psychology services include:

- Performance enhancement
- Psychological testing
- Drug & alcohol counselling
- Player education programs
- Mental skills training.
- Team building
- Goal setting and time management
- Communication skills
- Media training
- Anxiety and stress management
- General counselling
- Injury rehabilitation



**Joel Curtis**  
B. App. Psych,  
Grad. Dip. Sport Psych  
M. Sport Psych

Joel Curtis is available for both general and sport psychology appointments. Please call the clinic on 9543 0199 to arrange an appointment.

If you are interested in organising Joel to attend your sporting club for a free motivational, team building night please contact the clinic.

## Community Gossip

### HAVE YOU SEEN OUR DRINK BOTTLES?

Menai District Physio proudly supports the local community. We proudly support:

- **Menai Hawks Netball**
- **Illawong Athletics**
- **Menai Fun Run**
- **Menai Hawks Soccer**
- **Bangor Tigers AFL**
- **Illawong Baseball**
- **Menai Basketball**
- **Aquinas Colts Rugby League**
- **Alfords Point School**

### Illawong Shopping Centre Update

### Your Achievements in Menai District

- **Ashlee Ankudinoff**—Austn Track Cycling Team
- **Jamie Bannister** - Austn All Schools 100m & 200m 2nd place
- **Kirsten Bannister** - Austn All Schools Triple Jump 2nd place
- **Ryan Bennett** - NSW Institute of Sports- Baseball
- **Guy Edmonds** - NSW Institute of Sports- Baseball
- **Brooke Giffen** - Little Athletics State Multigold medalist
- **Joanne Hosking**– National Sports Acrobatics 3rd place
- **Victoria Palmer** - U/14s NSW Blues Indoor Hockey Rep
- **Blake Sanford** - Australian Indoor Hockey Rep
- **Stephen Smith** - NSW Cricket Team
- **Michael Smyth** - NSW Open Golf Championship
- **Ryan Walsh** - Sydney FC (Soccer) - Pan Pacific Games in Hawaii
- **Sarah Whatley**– Austn Athletics C' ships/Olympic Trials Open Womens 100m Hurdles 4th place
- **Kevin Wild** - Melbourne & Canberra Marathons

The centre continues to undergo an amazing transformation. In recent weeks we have welcomed back **Cheryls Patisserie, Studio Nine Ladies Boutique, Blythe Real Estate.**

We also warmly welcome our new shops:

**Floratique Florist, Contours Ladies Gym, Go Vita Health Food Store**

In coming weeks we will see the return of **Jenies Dry Cleaners**, the relocation of the **Optometrist** and hopefully the opening of a new **Jeweller.**