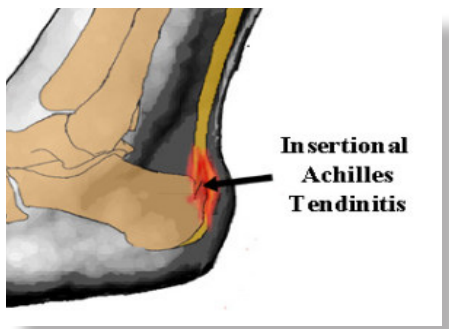


OrthomedPhysio

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Some Insertional Tendinopathies Fail with Conventional Calf Strengthening. Why?

Traditionally, achillies tendinopathies have been treated with eccentric strengthening exercises into dorsiflexion. However, many patients with an insertional achillies tendinopathy fail to respond well to this strengthening program. It has been found that lowering the heel into dorsiflexion produces a compressive force between the bone and the tendon at its insertion. Thus the take home message for an insertional achillies tendinopathy is that strengthening should not be performed on a step resulting in the ankle going into full dorsflexion. Perform the calf raises into end of range plantarflexion.

<http://bjsm.bmj.com/content/42/9/746.short>



Multifidus Size Corresponds with Lower Limb Football Injury

Reduced core strength is directly related to lower limb injury. Current research from Australian Football League (AFL) shows a correlation between reduced cross sectional area of the multifidus and rate of lower limb injury. This indicates that there is a direct correlation between core strength and lower limb injury. Thus, core strengthening should be included in all strengthening regime, for the lower limb.

<http://bjsm.bmj.com/content/48/7/607.2.abstract>



Calf Raises To Reduce Plantar Fascia Pain

High load, slow speed eccentric exercises of calf raises have been shown to effectively reduce plantar fascial pain. High load strength training is believed to stimulate an increase in collagen synthesis which helps to normalise tendon structure, increase load tolerability of the plantar fascia and thereby improve patient outcomes. Rehabilitation is started at 12 repetitive maximum for 3 sets, we increase the load by using backpack and weights.

<http://www.running-physio.com/pf-new-research/>



Simon Raftery

Head Physiotherapist of Singapore Netball Team

Qualifications:

Bachelor of Science, University of NSW;
Bachelor of Applied Science (Physiotherapy), University of Sydney;
Masters of Health Science (Sports Physiotherapy), University of Sydney;
APA Titled Sports Physiotherapist.

Experience:

He has been the Head Physiotherapist with Netball Singapore for five years and prior to that worked for some 14 years in Australia with both professional and amateur sporting teams.



Ian Gard

Head Physiotherapist Mens Water Polo Australia

Qualifications:

Bachelor of Applied Science (Physiotherapy), University of Sydney
Masters of Health Science (Sports Physiotherapy), University of Sydney
Olympic & APA Sports Physiotherapist

Experience:

Ian is the current Sports Medicine co-ordinator/senior physiotherapist for the Australian Men's Water Polo team and has been involved with them for over 7 years.



Claire Coltman

Consultant Physiotherapist in Performance Medicine, Armed Forces and Snow Sports.

Qualifications:

Bachelor of Applied Science (physiotherapy) – University of Sydney
Masters of Research (physiotherapy) – University of Sydney – current

Experience:

Claire has a wide variety of experience, from heading a performance medicine unit for Cirque Du Soleil's Touring show QUIDAM, to consulting for the Ministry of Defence and NATO forces, to working with Team GB developmental Boxing team, to travelling and treating various disciplines within the Australian Winter Olympic Institute.

She has over 15 years experience in physiotherapy and has specialised interested in spinal pain.



Ng Chuen Thye

Qualifications:

Bachelor of Science in Physiotherapy (Honours), National University of Malaysia

Experience:

Thye graduated from National University of Malaysia in 2009. He has been working in Singapore for 5 years.. He worked in an acute hospital and other private clinics before joining OrthomedPhysio.



Joy Walter

Consultant Sports and Musculoskeletal Physiotherapist (Rugby Specialty)

Qualifications:

Masters of Science (Sports Injury & Therapy), Manchester Metropolitan University
Graduate Diploma (Physiotherapy), NZ School of Physiotherapy, Dunedin

Experience:

Joy has over 25 years experience in treating musculoskeletal problems . She has established several physiotherapy and sport injury clinics in Hong Kong and London, as well as consulting in France.

OPENING HOURS:
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