

**Special points of interest:**

Welcome to our first ever clinic newsletter.

Each month we will feature one condition

Profile one of our team

Inform you about products and services available.



**Obie Foam Rollers**

Made in NZ from recycled plastic.

A fantastic all round exercise tool.

**Functions:**

-self massage tool for tight muscles/tissue to increase flexibility

-reduces muscle soreness post exercise

-Improves posture

-helps prevent injuries and improves overall circulation around the body.

Available in different sizes (short and long) and different colours.

**Iliotibial Band Friction Syndrome (Runner's Knee)**

The Iliotibial band (ITB) is a sheath of thick, fibrous tissue which attaches at the top to the hip bone and then runs down the outside of the thigh and inserts into the outer surface of the shin bone.

As the ITB passes over the bony part on the outside of the knee it is prone to friction. This occurs at 20-30 degrees and is common in runners when the foot strikes the ground.

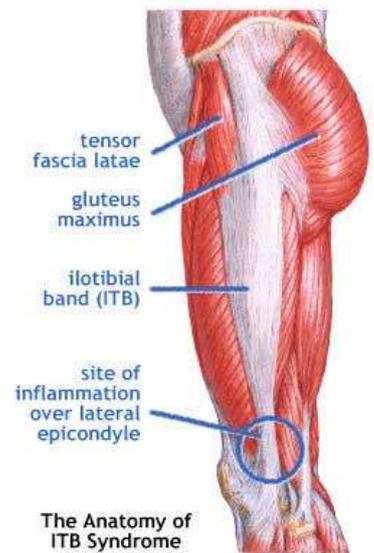
**Symptoms:** Pain on the outside of the knee; pain normally aggravated by running, particularly downhill; pain during bending and straightening of the knee, made worse by pressing in at the side of the knee over the sore part.

**Causes:** Inappropriate training (inadequate warm-up/ cool down); Abnormal biomechanics causing muscle imbalances; Training habits (such as excessive up/down hill running, running on banked surfaces, rowing, cycling)

**Treatment:** Physiotherapy management to settle down inflammation and pain:

Muscle balance assessment and correction of biomechanical issues; Soft tissue therapy such as massage and trigger point release; specific strengthening and stretching exercises; Education on strategies to continue self managing symptoms

eg Using an Obie Foam Roller, home exercise



The Anatomy of ITB Syndrome

programme and footwear advice.



**Physiotherapist Profile: Calie Gilbert**

Calie is one of our senior physiotherapists, who has a wide range of experience, from her time as a physiotherapist, both here and in Australia. Calie qualified with a Bachelor of Health Science (Physiotherapy) in 2000, she then moved to Australia, working in Sydney and Perth.

There she worked in private practice in the musculoskeletal field and also in workplace assessment and rehabilitation. Calie returned to New Zealand and went into a private practice in the city centre, working with top level rugby and cricket, before moving to the Hillcrest Physiother-

apy clinic. Calie is an enthusiastic and caring member of our team, and will go that extra mile for her clients. She is currently working towards her McKenzie Accreditation, specializing in treating spinal problems.