

**Australian physical Activity Guidelines for Teenagers, 12-18y**

- At least 60mins moderate to vigorous physical activity everyday
- Max 2hrs/day surfing internet, TV, Computer games.

**So get the aches and pains sorted and get out there!**

Get your body sorted with a comprehensive

**Muscle Balance Assessment**



**Strapping Tape and Undertape \$10.00 per roll.**



**Sports Rub, (Small) \$10.00**

# Teenagers - Why they're Different!

I recently attended a great Symposium and one of the speakers was a physiotherapist from Melbourne, who specializes in treating adolescents. You might ask why? How are they different from adults? Most of us who have to deal or live with teenagers realize they are different, psychologically anyway. They are also different musculoskeletally.

The statistics I have are from Australia, but will be similar in New Zealand.

-53% of teens have musculoskeletal pain at least once a week. The incidence and severity increases at or around puberty.

-13-19 year olds, make

up 48% of all Emergency Department injuries.

-Teenagers have injuries/complications that are unique to teens.

-Specific gender issues emerge, particularly at the knee.

Boys tend to sustain contact injuries, while girls sustain non-contact injuries. There is not an awful lot we can do about contact injuries, except provide the appropriate care at the time. However non-contact injuries can often be prevented or addressed when they first emerge. At puberty girls generally show an increase in laxity (flexibility) this can mean they are more susceptible to things like ACL (anterior cruciate

ligament) rupture in the knee. They also get biomechanical changes which can increase the likelihood of pain around the kneecap, unfortunately this has been linked with arthritis later in life. Boys tend to get problems at the growth plates especially at the front of the knee (Osgood-Schlatters disease) and at the heel (Sever's Disease).

Teenagers are also susceptible to back problems, which can occasionally carry on into later life.

Although this all sounds a bit depressing, the good news is that there is a lot that can be done in the way of exercise programmes and simple interventions if these problems are caught

## Physiotherapist Profile: Caroline Williamson

Caroline graduated from AUT with a Bachelor of Health Science (physiotherapy) in 2004, she then completed a post-graduate certificate in Western Acupuncture in 2008. She is currently doing a course on the

neck, which will credit towards a Masters degree. After graduating Caroline worked at Waikato hospital where she enjoyed hand therapy and plastics work. She then did her big OE, based in the UK. On her return to she came to

Hillcrest Physiotherapy, where she has been since. Caroline is our early morning physio and is available from a bright and early 7 am for appointments. Caroline is a dedicated, valuable member of our team and a great physio.