

The Benefits Of Massage

Massage or manual bodywork comes under the category of complementary or allied health in Australia. Within our physiotherapy and massage practice, both physiotherapy and massage work together, complement each other and act as stand-alone modalities. For example, you don't need to receive physiotherapy in order to benefit from massage.

Massage is used for a multitude of conditions such as headaches, stress, muscle tension, lymphatic congestion and improves the overall function of the body systems. Massage treatments are tailored to an individual's needs and will benefit everybody including young children.

Massage is no longer considered just a luxury item. Many people see massage as an essential part of their wellness routine, like regular visits to the doctor or dentist. You don't have to be in pain to seek treatment. Ideally, your regular massage will prevent ailments arising.

The multitude of benefits received from massage has prompted health insurance companies to include it in their cover. They recognise that supporting complementary medicine can in fact prevent possible more serious health issues, therefore preventing larger health claims.

To ensure you receive quality and specialised treatment, it is important your massage therapist has qualifications at diploma level or above. Receiving a treatment from a diploma level therapist also gives you the opportunity to claim back on your private health insurance.

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Ingrown Toenails



It's impossible to talk about ingrown nails without mentioning surgery. The surgical removal of the whole nail or part thereof, is usually the last option in a list of more conservative measures to treat this painful condition. Ingrown nails are caused by a variety of reasons, but not limited to incorrect nail cutting, nail trauma, ill-fitting shoes and structural or functional problems with the foot. An ingrown nail, as the term suggests, often turns inward and irritates the skin causing redness, pain and swelling. If left untreated, the skin can eventually break, resulting in a bacterial infection.

Conservative treatment includes removing the offending nail particle (non-surgically), cleaning and draining the area, oral antibiotics if required and advising on correct nail cutting technique. This involves cutting the nail to the natural curve of the end of the toe and resisting

the temptation to cut down the corner of the nail. Basic foot hygiene practices and shoe fitting advice should also be addressed.

If the problem is recurrent in nature then your podiatrist will discuss nail surgery. This is usually performed in the podiatry clinic under local anaesthesia or for more complex or recalcitrant problems, a referral to a general surgeon will be organised. A basic nail wedge resection involves removing a portion of the nail and applying a chemical to kill off the cells from which the nail grows. This simple and safe procedure is effective in 95 per cent of cases to stop the problem nail from growing back. For the myth busters there is no evidence whatsoever to suggest that cutting a v shape in the nail will stop the nail from ingrowing.

Glen Evangelista

Chocolate And Easter?

With Easter just around the corner, many of us watching our weight may cringe at the thought of all chocolate that is around at this time of year. After clearing Christmas leftovers out the fridge, it seems that we are once again bombarded with chocolates.

So what are the health benefits of chocolate? Chocolate boasts very high levels of the nutrient called 'catechins', making chocolate a richer source of antioxidants than tea. Antioxidants protect the body against free radical damage and are contained in the cocoa powder. White chocolate does not contain any cocoa powder and so does not contain any antioxidants. Drinking chocolate (made from cocoa powder) is the best option, followed by dark chocolate, then milk chocolate, with white chocolate coming in as the least healthy chocolate choice. Dark chocolate also has the added benefit of having a much stronger flavour than milk chocolate, making it less likely to over-consume.

When consuming chocolate, the key is moderation. Remember that fruits and vegetables contain large amounts of antioxidants and should be a major component of your diet as well as a major source of antioxidants in your diet. If chocolate is something you really love, then it is ok to consume small amounts over the Easter period.

There are also plenty of other healthier ways to get your antioxidants, such as fresh fruits and vegetables which give you the antioxidants without the high sugar and fat content that goes with chocolate.

Enjoy your chocolate as a treat and as part of a balanced diet, which includes plenty of fresh fruits and vegetables.

Sarah Tallis

