



NEWSLETTER

Summer 2017/18

CLINIC NEWS:

We would like to wish everyone a Happy and Safe Christmas / Chanukah and New Year. We hope the new year is filled with health and happiness and we look forward in sharing it with you.

Christmas and New Year Opening Hours:

The Clinic will be open over Christmas and New Years. We will be closed on the main public holidays. If you are needing an appointment please call or email the clinic.

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EXCITING BABY NEWS

Our lovely Osteopath Bridie McNutly, will be off on maternity leave after Christmas. We would like to wish her all the best for the pending arrival of her baby in February 2018 and we can't wait to hear the news! Bridie will be aiming to return back in June 2018 (depending on bub of course!!).

ALL THE BEST BRIDIE!!!



Physiotherapy and Mastitis

Mastitis is a condition that usually occurs in breastfeeding mothers. It is defined as inflammation of the breast, and characterized by symptoms that include redness, breast pain, swelling and flu like symptoms. Mastitis can occur with or without infection. It is impossible to determine from the signs and symptoms alone whether an infection is present. The only way to determine whether an infection is present is to take a milk culture. Mastitis is the most common reason to wean from breastfeeding within the first 12 weeks of the birth of your baby.

Other conditions which may present in a similar way are blocked ducts, breast abscess and white spot. A blocked duct can lead to mastitis if not cleared.

So what triggers the inflammation? It is thought that the pressure within the milk ducts becomes greater than the pressure of the surrounding tissue. This could occur if the volume of milk produced is much greater than the volume of milk removed from the breast, or if the duct is blocked. This increased pressure within the duct then causes milk to leak into the surrounding glandular tissue, which triggers an inflammatory response.

Risk factors for developing mastitis include interrupted or erratic feeding patterns, a sudden change in the number of feeds, skipped feeds, positioning and attachment problems, wearing tight bras or garments, rough handling of breasts, trauma, and previous episodes of mastitis.

How can Physiotherapy help?

- Treatment modalities such as therapeutic ultrasound
- Advice regarding positioning of the baby while feeding
- Heat/cold
- Gentle massage techniques to aid lymphatic drainage
- Taping techniques

Mastitis is a condition that can come on very quickly. It is best to seek help as soon as you notice any symptoms, i.e pain, redness, swelling of the breast. If treated early mastitis can resolve quickly.



Shanee Fleischer, Physiotherapist



This time of year wouldn't be the same without RECIPES!

SUMMER SALAD RECIPE

- 2/3 cup extra virgin olive oil
- 1/3 cup apple cider vinegar
- 1 tsp Dijon mustard
- 1 tsp Manuka honey (can use rice malt/maple syrup or stevia as alternatives)
- 1/4 tsp dried oregano
- 1/4 tsp dried basil
- 1 clove of minced fresh garlic or 1/2 tsp garlic powder
- A pinch of Pink of Himalayan fine salt (optional)
- Pinch of freshly ground pepper (optional)

SUMMER FUN!



COCONUT YOGHURT ICE POPS

- 670ml coconut cream
- 1/4 cup boiling water
- 1-2 tbs honey or maple syrup (to taste)
- 1 tsp vanilla extract
- 2 x probiotic capsules (we suggest Ultra Pure GG)
- 1x tbs gelatine (dissolved in another 1/4 cup boiling water)

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Genya Fleischer & Galia Atteslander, Naturopath/Acupuncturist



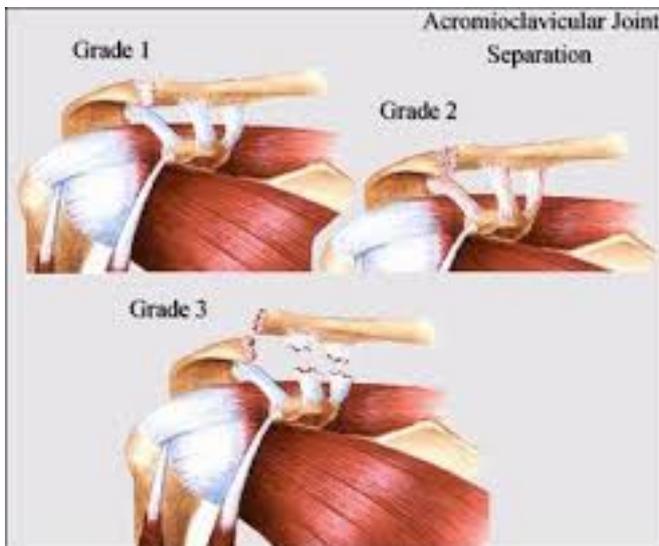
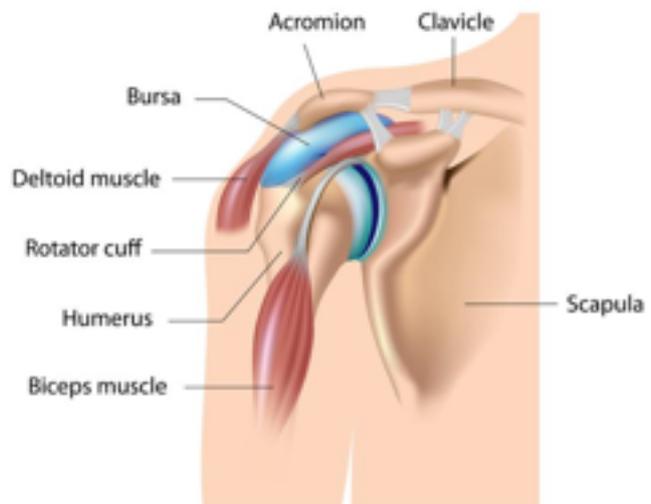
The Acromioclavicular (AC) Joint

The AC joint is made up of the clavicle (collar bone) and the acromion (part of the shoulder blade). It is commonly injured in contact sports or falls on the shoulder. It can also be subject to injury through repetitive strain (eg. having arms above head constantly).

Pain of the AC joint is quite distinctive with pain over the AC joint site as well as sometimes referral along the top of the shoulder, half way down the arm, biceps and up the neck. People experience pain with elevating the arm and moving arm across their bodies as well as sleeping on their shoulder.

AC joint injuries are classified as grade I, II, III. Grade I is a strain of the ligaments, grade II is rupture of the deltoid ligament and grade III is rupture of the deltoid and coracoclavicular ligament.

Treatment for all injuries are usually conservative as studies have shown there is minimal difference in strength and function if surgery is performed.



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Daniella Zampierollo, Osteopath