



"NZSOPA BULLETIN"

April 2008

Welcome to the April 2008 edition of NZSOPA Bulletin and a special welcome to new members.

Membership: 400

NZSOPA Executive

President: Tony Schneiders
Secretary: Mike Borich
Treasurer: Mark Cartman
Website: Hamish Ashton
Education: Mal Shivnan
Newsletter: Angela Cadogan
Executive: Graeme Nuttridge

Contact: mborich@ihug.co.nz

Foot Science Sponsorship



For a wide range of product information and information for patients and medical professionals, visit:

www.formthotics.co.nz

<http://www.nzsopa.org.nz/>

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Advertising

Deadlines: **15th of Jan, Mar, May, July, Sept, Nov** for publication the following month.

See website for conditions and costs:

<http://www.nzsopa.org.nz/html/advertising.html>

NZSOPA Bulletin

The Bulletin is published 2-monthly, and is a summarized version of our website. For more details on the contents of the Bulletin visit our website:

<http://www.nzsopa.org.nz/>

*****NEW*****

Free Online to NZSOPA Members



<http://www.jospt.org/>

Login: <your email address>

Password: **NZSOPA2008**

*If you have problems accessing JOSPT website –
contact Mike Borich mborich@ihug.co.nz*

- Download Full-text articles
- Set up your profile to receive email notification of articles of special interest to you
- Search journal collections by article type, subject and download audio, video and document files

and MORE....

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RESEARCH REPORT

Association Between Sonographic Morphology of Vastus Medialis Obliquus and Patellar Alignment in Patients With Patellofemoral Pain Syndrome

Yeong-Fwu Lin, Jiu-Jenq Lin, Cheng-Kung Cheng, Da-Hon Lin, Mei-Hwa Jan

RESEARCH REPORT

Three-Dimensional Acromioclavicular Joint Motions During Elevation of the Arm

Rachael M. Teece, Jason B. Lunden, Angela S. Lloyd, Andrew P. Kaiser, Cort J. Cieminski, Paula M. Ludewig

PRACTICE GUIDELINES

Heel Pain-Plantar Fasciitis

Thomas G. McPoil, RobRoy L. Martin, Mark W. Cornwall, Dane K. Wukich, James J. Irrgang, Joseph J. Godges

AND MORE....

Upcoming Issue: May 2008

RESEARCH REPORT

Feedforward Responses of Transversus Abdominis Are Directionally Specific and Act Asymmetrically: Implications for Core Stability Theories

Garry T. Allison, Sue L. Morris, Brendan Lay

CLINICAL COMMENTARY

Total Knee Arthroplasty: Muscle Impairments, Functional Limitations, and Recommended Rehabilitation Approaches

Whitney Meier, Ryan Mizner, Robin Marcus, Lee Dibble, Christopher Peters, Paul C. LaStayo

RESEARCH REPORT

The Relationship Between Passive Ankle Plantar Flexion Joint Torque and Gastrocnemius Muscle and Achilles Tendon Stiffness: Implications for Flexibility

Yasuo Kawakami, Hiroaki Kanehisa, Tetsuo Fukunaga And more.....

NZSOPA Membership Benefits

For a \$40 subscription, NZSOPA members currently receive:

- FREE Online access to JOSPT (value USD\$260)
- Funding Support for Conferences/Courses/Research (by application)
- 20% Discount on McGraw-Hill Publications
- Free Edition of the Quarterly APA "Sports Physio" Magazine
- Substantial discount, Advanced Notice and preferential placing on Educational Courses.
- Quality Sport-specific Educational Courses
- Access to website with clinical forums and relevant articles.
- A voice for Sports Physiotherapy in NZ.
- Bi-monthly NZSOPA Bulletin featuring Activity, Course and information updates.

New Members

See "**New Users**" section of the NZSOPA website for information on website content, and where to find information of interest to you.

http://www.nzsopa.org.nz/html/new_users.html

McGraw-Hill Book Discount

**20% DISCOUNT on ALL
McGRAW-HILL BOOKS**

****NZSOPA Members only****

<http://www.mcgraw-hill.com.au/>

Click on "**Professional**" to "**Medical**" and then "**Physical Therapy**" titles.

*(NZSOPA membership discount applies to **ANY** McGraw- Hill title not just Medical.)*

APA Sports Physio Magazine

SPORTSPhysio

distributed quarterly to NZSOPA members

Sports specific clinical articles and relevant professional information for Sports Physios.

Themes for 2008:

- **March: The Ankle**
- **June: Olympic Edition**
- **Sept: The Young Athlete**
- **Dec: TCB**

Article Request from APA – Sports Physio Magazine

The Editor of the **APA SportsPhysio** magazine has contacted NZSOPA and is interested in writing an article on a New Zealand athlete who is Beijing bound. As well they are interested in a piece from the physio involved with this athlete.

Have you been involved with the rehabilitation of an athlete competing in the 2008 Olympic Games? Write up your experience and send to mborich@ihug.co.nz

If you wish to be involved in this, and/or you require any further information, then please do not hesitate to contact Mike Borich at mborich@ihug.co.nz.

Indian Cricket League

Physiotherapists' Report - Indian Cricket League Experience

Angela Cadogan

The Eidleweiss Twenty/20 tournament was the second official tournament of the ICL, the first being held in India during November 2007. It comprised 8 teams, with 2 new teams being added since the November tournament. The games were held in 3 locations in India, Chandigarh, Delhi and Hyderabad from 29th Feb to 8th April 2008. Several prominent NZ cricketers were involved in the tournament including Shane Bond, Chris Cairns, Nathan Astle, Lou Vincent, Chris Harris, Andre Adams, Darryl Tuffey, Craig McMillan, Adam Parore.

Because of the politics between the ICL and IPL, players in this competition are no longer eligible to play international cricket, and even as we speak the ICC and national cricketing bodies are still trying to determine the rules surrounding player eligibility, for the long-term future of international cricket. The same "ban" currently applies to all those involved in the ICL, including coaches, umpires, and support staff. How sustainable this is from a contractual point of view is still being determined through the courts. As I said – politics galore!

Read the full report from a Physiotherapists' perspective on the website

http://www.nzsopa.org.nz/html/members_only.html link to "Reports"

NZSOPA Educational Courses 2008

Upcoming Courses in 2008:

Dr John Cronin

"Muscle Mechanics, Assessment and Training – Part 2"

A follow-on from John's popular courses run by NZSOPA in 2007.

Steve Saunders

"The Art of Treating the Lumbopelvic Region"

Details of these courses are still being finalized and will be advised.

NZSOPA members will receive advanced notification and discounts on these courses.

UPDATE YOUR EMAIL ADDRESS!!

Remember to update your email address with the [NZSP](#) to continue to receive NZSOPA Bulletin, password login to JOSPT and advanced notifications of NZSOPA Educational Courses

NZSOPA Website

Members Only Section

www.nzsopa.org.nz/html/members.html

Login: ****

Password: ****

- **NZSOPA Forums**
Back Injury in a Young Female
- **Calendar of Events**
- **Committee Contacts**
- **Education Grant Application and Information**
- **Jobs/Classifieds**
- **Book Reviews and Order Forms**
- **Member Notices**
- **Resources/Articles**
- **Archives**

Snippets

- Useful clinical tips -

<http://www.nzsopa.org.nz/html/snippets.html>

Send us your 'snippets' of information to help@nzsopa.org.nz.

Currently on the website:

- Hepatitis B Risk
- Nutritional Intake of Overtrained Athletes May Be Insufficient
- A New Test for Detecting Subscapularis Muscle Tears
- Swollen ankles-recalcitrant paratendon effusion (achilles/patella etc.)-post total knee surgery effusion

Resources

www.nzsopa.org.nz/html/members.html

Go to Members Only page of NZSOPA Website, enter login and password (above) to view articles for members. Latest articles include:

- Adaptations to strength training. Morphological and Neurological Contributions to Increased Strength
- Quantification of tension in Thera-Band® and Cando® tubing at different strains and starting lengths
- Reductions in pre-season training loads reduce training injury rates in rugby league players
- The relationship between isometric contraction durations during hold-relax stretching and improvement of hamstring flexibility
- Biomechanical analysis of the single-leg decline squat. (Article Review)
- The early management of muscle strains in the elite athlete
- Medical problems on Tour
- Does Cryotherapy Hasten Return to Participation

Executive Activities

- JOSPT and journal subscriptions
- Educational Courses
- Sports Physio Magazine – facilitating local content and contributions
- Advanced Practitioner Working Party submission
- Limited Prescribing Rights - submission
- ACC Overseas Treatment Submission
- Physiotherapy Specialisation Submission
- NZSOPA Website – development and maintenance
- NZSOPA Bulletin
- International Federation of Sports Physiotherapy representation
- Professional Submissions:
 - Partnership Charter with ACC
 - NZ Physiotherapy Board Consultation Paper – Certification of Overseas Physiotherapists with Limited Scope of Practice.
 - Physiotherapy Specialisation Submission

NZSOPA Education Fund

Need funding assistance to attend or present at a conference, attend a course, or conduct research relevant to Sports & Orthopaedic Physiotherapy? Apply to:

NZSOPA Education Fund

Deadlines for Applications:

31st March 2008

31st August 2008

See Members only section of website for more details:

http://www.nzsopa.org.nz/html/members_only.html