



## “NZSOPA BULLETIN”

### August 2008

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

**Membership: 404**

#### 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](mailto: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.formthotics.co.nz)

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

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#### Advertising

Deadlines: **15<sup>th</sup> 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/>

## Free Online to NZSOPA Members



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

**Login:** <your email address>

**Password:** nzsopa2008

**Problems logging on to website?** Check you are using the email address the **NZSP** have on file for you, or contact [mborich@ihug.co.nz](mailto:mborich@ihug.co.nz)

### **August 2008, Vol 38, No 8**

#### **RESEARCH REPORT**

Proximal and Distal Influences on Hip and Knee Kinematics in Runners With Patellofemoral Pain During a Prolonged Run  
*T. A. Dierks, K.T. Manal, J. Hamill, I. S. Davis*

#### **RESEARCH REPORT**

Strength Deficits Identified With Concentric Action of the Hip Extensors and Eccentric Action of the Hamstrings Predispose to Hamstring Injury in Elite Sprinters  
*Y. Sugiura, T. Saito, K. Sakuraba, K. Sakuma, E. Suzuki*

#### **CLINICAL COMMENTARY**

A Primer on Selected Aspects of Evidence-Based Practice Relating to Questions of Treatment, Part I: Asking Questions, Finding Evidence, and Determining Validity  
*J. A. Cleland, J. T. Noteboom, J. M. Whitman, S. C. Allison*

#### **CLINICAL COMMENTARY**

A Primer on Selected Aspects of Evidence-Based Practice Relating to Questions of Treatment, Part II: Interpreting Results, Application to Clinical Practice, and Self-Evaluation  
*J. T. Noteboom, S. C. Allison, J.A. Cleland, J.M. Whitman*

#### **CASE REPORT**

Decreased Quadriceps Activation Measured Hours Prior to a Noncontact Anterior Cruciate Ligament Tear  
*T.L. Grindstaff, K. R. Jackson, J. C. Garrison, D. R. Diduch, C.D Ingersoll, J. H. Gieck*

### **Upcoming Issue: Sept 2008**

#### **RESEARCH REPORT**

Development of a Clinical Prediction Rule for Diagnosing Hip Osteoarthritis in Individuals With Unilateral Hip Pain  
*T G. Sutlive, H P. Lopez, D E. Schnitker, S E. Yawn, R J. Halle, L T. Mansfield, R E. Boyles, J D. Childs*

#### **RESIDENT'S CASE PROBLEM**

Identification of Abnormal Hip Motion Associated With Acetabular Labral Pathology: A Resident's Case Problem  
*A B. Austin, R B. Souza, J L. Meyer, C M. Powers*

#### **RESEARCH REPORT**

Isokinetic Work Profile of Shoulder Flexors and Extensors in Sport Climbers and Nonclimbers  
*e K.L. Wong, G Y.F. Ng*

#### **MUSCULOSKELETAL IMAGING**

Femoral Neck Fracture in a Military Trainee  
*Charles G. Blake, Michael D. Ross*

#### **CLINICAL GUIDELINES**

Neck Pain  
*J D. Childs, J A. Cleland, J M. Elliott, D S. Teyhen, R S. Wainner, J M. Whitman, B J. Sopky, J J. Godges, T W. Flynn*

....and more

## MEMBER 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.
- 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](http://www.nzsopa.org.nz/html/new_users.html)

### McGraw-Hill Book Discount

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

**\*\*NZSOPA Members only\*\***

[www.mcgraw-hill.com.au](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



**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: TBC**

### 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:

**31<sup>st</sup> March 2008**

**31<sup>st</sup> August 2008**

See Members only section of website for more details:

[http://www.nzsopa.org.nz/html/members\\_only.html](http://www.nzsopa.org.nz/html/members_only.html)

## NZSOPA EDUCATIONAL COURSES

# Advancing Exercise Prescription “Progressing Exercise without Equipment”

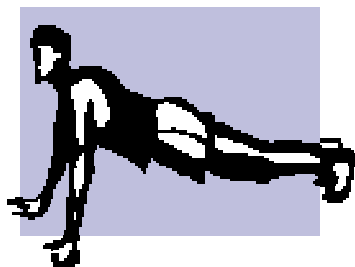
Dr John Cronin

Christchurch 23/24 August

Tauranga 11/12 October

Auckland 25/26 October

Wellington 8/9 November



Due to popular demand, NZSOPA presents the second John Cronin Exercise Prescription course:

## “Advancing Exercise Prescription – Progressing Exercise without Equipment”.

This course will include a brief review of exercise training principals from John’s first course, as well as cover body-weight resistance training, eccentric training and plyometric/jump ptraining. Attendance at John’s first course is NOT a pre-requisite.

### COST

NZSOPA Members	<b>\$300</b>
Non NZSOPA Members (NZSP rate)	\$375
Non NZSP Members	\$450

Cost includes; Course, course-manual/reading list, morning/afternoon teas (excludes lunch)

**\*\*NZSOPA Members will enjoy a \$75:00 course fee reduction for these courses!\*\***

More Course Information and Registration Form available at:

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

## POST-GRADUATE EDUCATION 2008



# Postgraduate Study in Physiotherapy in New Zealand



Enrolments for 2009 are being accepted for postgraduate study in:

Manipulative Physiotherapy  
Sports Physiotherapy  
Neurorehabilitation  
Occupational Health Physiotherapy  
Cardiopulmonary Physiotherapy  
Acupuncture  
Research

Clinical and research options are available, as well as new Distance Postgraduate Programme commencing 2009



Domestic fees for German students



FOR FURTHER INFORMATION CONTACT US NOW

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[www.otago.ac.nz/physiotherapy](http://www.otago.ac.nz/physiotherapy)



## SPORTS TEAM POSITIONS



Auckland City Football Club (ACFC) is seeking a **Physiotherapist** to work with the ACFC Premier and Academy **Medical team**.

Auckland City Football Club are National League Champions 2005, 2006, 2007

The Physiotherapist will be responsible for **shared provision and management of physiotherapist** services including assessment, treatment and rehabilitation programmes.

You will be required to attend 2 training sessions a week and most of the away games across NZ major centres.

Applicants must have:

- A qualification in Physiotherapy.
- Membership with the New Zealand Society of Physiotherapists, holding a current New Zealand Registration.
- Experience/ **enthusiasm** working with elite athletes or football players and a good understanding of the issues facing high performance athletes or teams.
- An ability to work effectively and efficiently in a dynamic team environment.
- An interest in football would help.

ACFC National League season starts October 2008, and season runs November through to end of April 2009. The logistics of the position and remuneration will be agreed with the successful applicant.

For expressions of interest or further information please contact **Katherine Ludbrook** by email, [kateludbrook@gmail.com](mailto:kateludbrook@gmail.com) by August 31st, 2008

## CLINIC POSITIONS

### Tauranga

Physiotherapist wanted - **Rehab PhysioCentre @ Fitco Gym**

Wanted a motivated sports / musculoskeletal physiotherapist who likes a flexible and rewarding job.

Based in the biggest gym in Tauranga our fully accredited physio clinic needs a fun loving team player to join our existing team of 5 experienced physiotherapists based at 3 clinics. We hold EPN and ABP contracts and have a musculoskeletal and sports medicine focus. We also deliver GRTW,

Work-site assessments, AFP's, CPA's and multidisciplinary pain management. We hold regular inservices and aim to provide a stimulating work and learning environment. Excellent remuneration, free gym membership and flexible hours are available. If you want a position that is about lifestyle and life balance then this is it.

Apply in confidence to: Carla Forster ph 021 716 818 , 07-5755546 a/h or [physio@rehabphysio.co.nz](mailto:physio@rehabphysio.co.nz).

# NZSOPA WEBSITE

[www.nzsopa.org.nz/](http://www.nzsopa.org.nz/)

## Members Only Section

[www.nzsopa.org.nz/html/members.html](http://www.nzsopa.org.nz/html/members.html)

Login: \*\*\*\*\*

Password: \*\*\*\*\*

### - NZSOPA Forums –

Join the Forum: Information requests and clinical questions

### - Education Grant Application and Information

Request Funding for conferences or research

### - Job Vacancies/Classifieds -

Sports Team and Clinic Positions

### - Reports -

NZSOPA submissions on a range of professional issues

### - Resources/Articles -

Articles, Clinical Tips and Information

### - Book Reviews and Order Forms -

### - Archives –

Meeting reports and minutes

## Clinical Tips and Information

### "SNIPPETS"

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

### CASE STUDIES

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

- click on link to 'Resources'.

### ACL Prevention Programmes

<http://aclprevent.com/pepprogram.htm>

## Resources

### - MUSCLE INJURY, PREVENTION & REHABILITATION -

[www.nzsopa.org.nz/html/members.html](http://www.nzsopa.org.nz/html/members.html)

Go to "Members Only" page, login, and click link to "Resources"

For a range of articles relevant to Sports and Orthopaedic Physiotherapy, visit the Resources Link on the Members Page. Recent additions include:

- Warm-up and Stretching in the Prevention of Muscular Injury. *Sports Med* (2007); 37 (12); 1089-1099
- What are the Risk Factors for Groin Strain Injury in Sport. *Sports Med* (2007); 37 (10); 881-894
- Physiotherapists' use of information in identifying a concussion: an extended Delphi approach. *British Journal of Sports Medicine*. *British Journal of Sports Medicine* 2008;42:175-177 (see abstract below)

## Physiotherapists' Use of Information in Identifying Concussion

The following paper has recently been published in the **British Journal of Sports Medicine**. *British Journal of Sports Medicine* 2008;42:175-177

There were 21 sports physiotherapists from around the country that participated in this research and many of them were members of **NZSOPA**. We would like to thank them all for contributing and offering their valuable opinion on the subject of sports-related concussion. Their involvement in the research process strengthens and adds value to the Physiotherapy profession and Sports Medicine community. We hope that you can continue to be involved in Physiotherapy research in the future.

Abstract below. A copy of the full article is on our website

[www.nzsopa.org.nz/html/members.html](http://www.nzsopa.org.nz/html/members.html) (Resources Link)

### Physiotherapists' use of information in identifying a concussion: an extended Delphi approach

S J Sullivan, A G Schneiders, P McCrory, A Gray

**Objective:** To determine the relative importance of signs and symptoms that a selected cohort of sports physiotherapists use to identify a sports concussion.

**Methods:** A two-round Delphi methodology was used to achieve consensus in a cohort of 21 sports physiotherapists. A subsequent round involving an educational intervention provided the participants with an opportunity to modify their knowledge base through the provision of a relevant resource article.

**Results:** Participants provided 123 responses, which were grouped into eight descriptive categories with consensus (>80%) being reached for the importance of: cognition/orientation, memory, motor dysfunction and state of consciousness. The category "state of consciousness" remained the most important information source at the completion of the study.

**Conclusion:** Participants placed considerable importance on the player's level of consciousness in their decision making. This would appear to be in conflict with recent trends to place greater importance on the role of symptoms in identifying a concussion.

## LIMITED PRESCRIBING RIGHTS - Update

Update to Members of the New Zealand Society of Physiotherapists

### Limited Prescribing Right Working Party (LPRWP)

The NZSP set up a Working Party in 2005 to investigate the ability of physiotherapists to have limited prescribing rights. The current Working Party comprises a cross-section of members who represent the interests of the NZSP Special Interest Groups and the Schools of Physiotherapy, including **NZSOPA** representative, Mike Borich:

To date the group has had three face to face meetings and has undertaken the following surveys:

- i. A survey sent to individual NZSP members to gather information on their views on the need for physiotherapists to have prescribing rights, areas of practice where this may be applicable and classes of medication they might need to prescribe.
- ii. A survey sent to special interest groups of the NZSP to gain information on SIG's consensus opinion on the potential areas of practice where limited prescribing rights may be sought and the classes and types of medications that may be included.

The responses from these surveys have given the Working Party sufficient feedback to warrant proceeding further along the pathway towards the preparation of an application for limited prescribing rights. However the Working Party has also noted that the preferred option would be to follow a pathway which enabled physiotherapists to participate in collaborative prescribing. It is envisaged that collaborative prescribing may be the end point for a number of physiotherapists whereas a smaller group may wish to extend their scope of practice to include limited prescribing rights.

**A copy of the full report can be found on the NZSOPA website:**  
<http://www.nzsopa.org.nz/html/members.html> (Reports Link)

## NZSOPA ACTIVITIES 2008

- Educational Courses – John Cronin –Exercise Prescription Courses
- Sports Physio Magazine – facilitating local content and contributions
- Professional review and consultation documents:
  - Advanced Practitioner Working Party submission
  - Limited Prescribing Rights -submission
  - ACC Overseas Treatment Submission
  - Physiotherapy Specialisation Submission
  - Physiotherapy General Scope of Practice – consultation paper
  - Draft Guidelines Primary Care Management Distal Upper Limb Musculoskeletal Conditions
- NZSOPA Website – development and maintenance
- NZSOPA Bulletin
- International Federation of Sports Physiotherapy representation