



NZSOPA

NEW ZEALAND SPORTS AND ORTHOPAEDIC PHYSIOTHERAPY ASSOCIATION

"NZSOPA BULLETIN"

June 2008

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

Membership: 394

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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NOTE Change to [Members Only](#) webpage [Login & Password](#) pg 7

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/>

JOSPT

Journal of Orthopaedic & Sports Physical Therapy

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....**

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

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RESEARCH REPORT

Lateral Hip Pain: Findings from Magnetic Resonance Imaging and Clinical Examination.

S Woodley, H Nicholson, V Livingstone, T Doyle, G Meikle, J Macintosh, S Mercer

RESEARCH REPORT

Interrater Reliability of a Movement Impairment-Based Classification System for Lumbar Spine Syndromes in Patients with Chronic Low Back Pain.

E Trudelle-Jackson, S Sarvaiya-Shah, S Wang

LITERATURE REVIEW

Diagnostic Accuracy of Clinical Tests for Superior Labral Anterior Posterior Lesions

W Dessaur, M Magarey

CLINICAL COMMENTARY

Current Understanding of Lumbar Intervertebral Disc Degeneration: A Review With Emphasis Upon Etiology, Pathophysiology, and Lumbar Magnetic Resonance Imaging Findings – with online video

P Beattie

AND MORE....

Upcoming Issue: July 2008

RESEARCH REPORT

The Clinical Efficacy of Kinesio Tap for Shoulder Pain: A Randomized, Double-Blinded, Clinical Trial

Mark D. Thelen, James A. Dauber, Paul D. Stoneman

RESEARCH REPORT

Comparison of Patellar Mobility in Female Adults With and Without Patellofemoral Pain

Susumu Ota, Takeshi Nakashima, Ayako Morisaka, Kunio Ida, Morio Kawamura

RESEARCH REPORT

Swing Kinematics in Skilled Male Golfers Following Putting Practice

Kerrie Evans, Kathryn M. Refshauge, Roger Adams, Rod Barrett

MUSCULOSKELETAL IMAGING

Isolated Rupture of the Teres Major Muscle

Katsumi Takase



NZSOPA MEMBERSHIP BENEFITS

NZSOPA Subscriptions

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

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**

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

CLINICAL TIPS & INFORMATION

ACL Prevention Programme



This prevention program consists of a warm-up, stretching, strengthening, plyometrics, and sport specific agilities to address potential deficits in the strength and coordination of the stabilizing muscles around the knee joint.

Follow link to view and download this programme including specific exercises and drills:

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

Case Study: Open Labral Hip Repair

- by Andrew Abakhan -

Thanks to Andrew for sending in this case study. Labral hip surgery is becoming increasingly common and this case study of concurrent lumbar spine and hip pain in a firefighter gives us a good insight into both the surgical procedure, and an example of early-stage rehabilitation including detailed explanations of the exercises included in the Functional Reactivation Programme..

"John had the recent MRI's available, initial MRI viewing detail the reduced anterior slope of the Left Femoral neck, facilitating the increased incidence of femoral acetabular impingement (FAI). An open approach was favoured due to the difficulty in visualizing the entire acetabulum and neck. From the surgeon's experience, the arthroscopic approach presents difficulty assessing the entire surface area of the femoral head/ neck for wear/pathology, even with considerable distraction".

To view the entire case study, go to:

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

...login, and select link to "Resources"

Snippets

- Useful clinical tips -

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

- 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

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

Resources

- MUSCLE INJURY, PREVENTION & REHABILITATION -

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

See the following articles in the "Resources" section of the website. Go to "Members Only" page, login, and select Resources link:

- The early management of muscle strains in the elite athlete
- Alternating hot and cold water immersion for athlete recovery: a review
- The relationship between isometric contraction durations during hold-relax stretching and improvement of hamstring flexibility
- Adaptations to strength training. Morphological and Neurological Contributions to Increased Strength
- Reductions in pre-season training loads reduce training injury rates in rugby league players

---NEW ARTICLES---

- 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*

NZSOPA EDUCATIONAL COURSES 2008

Upcoming Courses in 2008:

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

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 to members by email, and in the next edition of NZSOPA Bulletin.

POST-GRADUATE EDUCATION 2008



Advance your skills in resistance strength training and exercise prescription

The AUT Postgraduate Diploma Health Science in Physical Conditioning will enhance your physical conditioning knowledge, giving you an understanding of the mechanics and physiology of resistance strength training and improving exercise prescription. Topics include: Enhancing Muscular Performance, Applied Human Movement Studies and Practicum in Physical Conditioning. A range of study options, including online will be available for 2008 and 2009.

PHYSICAL
CONDITIONING

To find out more
0800 AUT UNI
www.healthpostgraduate.aut.ac.nz
courseinfo@aut.ac.nz

AUT
UNIVERSITY



NZSOPA ACTIVITIES 2008

NZSOPA Website Members Only Section

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

Login: *****

Password: *****

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

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