

"NZSOPA BULLETIN"

October 2008

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

Membership: 416

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/>

Free Online to NZSOPA Members



www.jospt.org

Login: <your email address>

Password: nzsopa2008

CURRENT ISSUE: October 2008, Volume 38, No. 10

[RESEARCH REPORT]

Changes in Deep Abdominal Muscle Thickness During Common Trunk-Strengthening Exercises Using Ultrasound Imaging

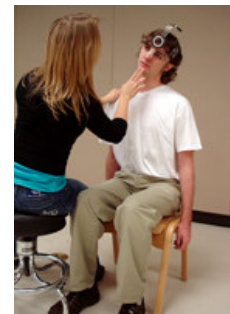
Deydre S. Teyhen, Jennifer L. Rieger, Richard B. Westrick, Amy C. Miller, Joseph M. Molloy, Maj John D. Childs



[RESEARCH REPORT]

Intrarater Reliability of CROM Measurement of Cervical Spine Active Range of Motion in Persons With and Without Neck Pain

James P. Fletcher, William D. Bandy



[RESEARCH REPORT]

The Time Course of Musculotendinous Stiffness Responses Following Different Durations of Passive Stretching

Eric D. Ryan, Travis W. Beck, Trent J. Herda, Holly R. Hull, Michael J. Hartman, Pablo B. Costa, Jason M. DeFreitas, Jeffery R. Stout, Joel T. Cramer

[View Abstract](#)

[EDITORIAL]

How Should We Interpret Measures of Patients' Fear of Movement, Injury, or Reinjury in Physical Therapy Practice?

Todd E. Davenport

[View Abstract](#)

[MUSCULOSKELETAL IMAGING]

Chiari Malformation in a Patient Presenting With Knee Pain

Matthew Walk

[View Abstract](#)

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

JOSPT Special Issues & Features

The JOSPT website homepage contains a link to “**JOSPT Special Issues & Features**”, including those listed below.

- **Clinical Practice Guidelines: Heel Pain**
- **Clinical Practice Guidelines: Neck Pain**
- **Rehabilitative Ultrasound Imaging I**
- **Rehabilitative Ultrasound Imaging II**
- **Articular Cartilage and Meniscal Lesions**
- **Patellofemoral Joint Dysfunction**

In this NZSOPA Bulletin, we profile.....

“Rehabilitative Ultrasound Imaging” .

JOSPT dedicated 2 of their previous issues entirely to the subject of “Rehabilitative Ultrasound Imaging”.

Rehabilitative Ultrasound Imaging I: August 2007, Volume 37, No. 8

Rehabilitative Ultrasound Imaging II: October 2007, Volume 37, No. 10

NZSOPA Members can access these journals by clicking on the links above, or go to the JOSPT website www.jospt.org and click the link on “Special Issues & Features”. Articles include:

Rehabilitative Ultrasound Imaging: Understanding the Technology and Its Applications

Jackie L. Whittaker, James M. Elliott, Katy Cook, Helene M. Langevin, Haldis H. Dahl, Maria Stokes, Deydre S. Teyhen

[View Abstract](#) 

Rehabilitative Ultrasound Imaging of the Abdominal Muscles

Norman W. Gill, Julie A. Hides, Jackie L. Whittaker, Sharon M. Henry, Deydre S. Teyhen, Paul W. Hodges

[View Abstract](#) 

Ultrasound Imaging Assessment of Abdominal Muscle Function During Drawing-in of the Abdominal Wall: An Intrarater Reliability Study

Carolyn A. Richardson, Tanja Miokovic, Daniel L. Belavý, Warren R. Stanton, Julie A. Hides

[View Abstract](#) 

Rehabilitative Ultrasound Imaging: When Is a Picture Necessary?

Deydre S. Teyhen, Maj John D. Childs, Timothy W. Flynn

[View Abstract](#) 

A Comparison of Select Trunk Muscle Thickness Change Between Subjects With Low Back Pain Classified in the Treatment-Based Classification System and Asymptomatic Controls

Kyle B. Kiesel, Arthur J. Nitz, Terry R. Malone, Frank B. Underwood, Carl G. Mattacola

[View Abstract](#) 

AND MANY MORE CAN BE FOUND IN THESE ISSUES.....

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

McGraw-Hill Book Discount

20% DISCOUNT on ALL McGRAW-HILL BOOKS

****NZSOPA Members only****

www.mcgraw-hill.com.au

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

APA Sports Physio Magazine



distributed quarterly to NZSOPA members

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

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

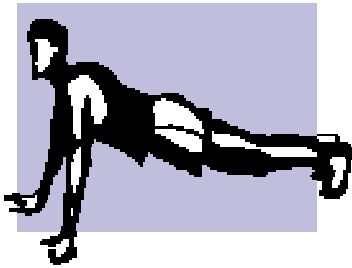
NZSOPA EDUCATIONAL COURSES

Advancing Exercise Prescription “Progressing Exercise without Equipment”

Dr John Cronin

Only a few places remaining!!

Auckland 25/26 October



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 training. Attendance at John’s first course is NOT a pre-requisite.

COST

NZSOPA Members	\$300
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>



NOTICE of NZSOPA AGM 2008

NOTICE OF ANNUAL GENERAL MEETING

Notice is hereby given that the Annual General Meeting of the **NEW ZEALAND SPORTS AND ORTHOPAEDIC PHYSIOTHERAPY ASSOCIATION (NZSOPA)** will be held at 12:45pm, Saturday 15th November, Dunedin Town Hall (The Dunedin Centre), Dunedin, New Zealand

AGENDA

- 1.** Welcome by NZSOPA President
- 2.** Apologies
- 3.** Proxies
- 4.** Minutes of the 2007 Annual General Meeting
- 5.** Matters arising from the minutes not already on the agenda
- 6.** Statement of Accounts – 1 Jul 2007 to 30 Jun 2008
- 7.** Reports
- 8.** Notices of Motion
- 9.** Election of Officers (Present Office bearers with their availability for re-election, are shown below)
 - A. President
 - B. Vice President
 - C. Secretary
 - D. Treasurer
 - E. NZCP Delegate
 - F. Newsletter Editor
 - G. Executive Committee
- 10.** General Business

Nominations for all office bearers are to be received by the Secretary, 26 Vine Street, Saint Marys Bay, Auckland no later than 5.00pm on Wednesday 12th November 2008.

Nomination forms can be found on the "Latest News" page of the NZSOPA website www.nzsopa.org.nz.

Email sent forms are acceptable but paper form must also be sent if for nomination for office bearer

Present Members of NZSOPA

President/NZCP Delegate	Mr. Tony Schneiders*
Vice President/ Secretary	Mr. Michael Borich*
Treasurer	Mr Mark Cartman*
Newsletter Editor	Ms. Angela Cadogan*
Executive Committee	Mr Graeme Nuttridge*
Education Officer	Mr Mal Shivnan*
Website	Mr Hamish Ashton*

- Indicates willingness to stand for re-election.

MOVEMENT COMPETENCY SCREENING FOR ATHLETES.

You are invited to participate in an important research project.

PhD Candidate **Matt Kritz** from Auckland University of Technology, winner of the STAR SPORT ALLIANCE Scholarship, and Strength and Conditioning Coach for the NZ Academy of Sport is developing a **Movement Competency Screen (MCS)** for strength and conditioning professionals.

The screen will hope to provide strength and conditioning professionals with a means to identify faulty strategies of movement related to fundamental or 'primal' movement patterns (i.e. squat, lunge, upper body push, upper body pull, bend, twist, and gait). An initial survey was conducted to ascertain from 120 strength and conditioning, physiotherapist, and biomechanics professionals from around the world what movements should be involved in this type of screen.

The survey you are being asked to participate in involves you agreeing or disagreeing with the movements that have been chosen to make up the MCS. The survey is a web-based and will take approximately 15-20 minutes of your time. You can access the survey by going to:

<http://www.strengthforsport.com/MCABLogin/CreateAccount.aspx>

If you have questions please contact mattk@nzasni.org.nz.

"CaVie Sportif" (A Sporting Life) – by Terry Stone.

Terry is a member of NZSOPA. Former Wellington Lions, and Wellington Hurricanes physiotherapist, Terry is currently beginning his second season with French Rugby Club Toulonnais. Terry has provided with this entertaining insight into life in France and the sports medicine and sports science set-up at the Toulonnais Rugby Club

An excerpt is printed below, but the entire article can be viewed on our website in the "Members Only" Section - "Reports" link. www.nzsopa.org.nz/html/members_only.html.

"It is hard communicating when you don't parlez Francais. Yet, here I am starting my second season in the South of France with Rugby Club Toulonnais and still talking Antipodean Franglais – "Bonjour Mate!", "Ca va Mick?"

Previously in Toulon daily heavy contact and intensive load sessions were favoured over controlled conditioning, individual skill development and injured players would either be totally rested for a few weeks or be referred to state rehab hospitals for long periods for prescriptive programs thereby losing all contact with their team-mates and rugby specific rehabilitation.

Injury rehabilitation progression relies on diagnostic scanning, Cybex testing results and prescribed protocols from medical specialists (a similar system to that seen when I qualified in late 80's in NZ)."

The entire article can be viewed on our website in the "Members Only" Section - "Reports" link. www.nzsopa.org.nz/html/members_only.html.

CLASSIFIEDS

Clinic Positions

Auckland - Sports Physio (NZ) Ltd

Sports Physio (NZ) Ltd requires new Physios due to our expanding client base.

New or recent graduates are welcome to apply.

Senior and managerial opportunities are also available.

Flexible hours, excellent remuneration package including financial incentives, financial support for post-graduate study, gym membership, and representative and international team sport opportunities.

Salary, waged, self-employed options to be negotiated

We have:

- an in-service programme and ongoing mentoring available
- fully computerized
- practice manager
- fully-equipped gym
- large, private treatment rooms
- expanding client base
- excellent contacts with local doctors, specialists, radiology
- Contracts with many rugby and league clubs

Sports Physio is a friendly, busy, dynamic and supportive clinic.

We look forward to hearing from you.

Please contact Tanya Browne in the strictest confidence.

09 846 9977 (wk), 027 499 0539 mobile, 09 810 8594 (a/h).



NZSOPA WEBSITE

www.nzsopa.org.nz/

Members Only Section

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

Login: **olympic**

Password: **physio**

- 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

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)

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