

# Neurospace

Where Circumstance = Opportunity



## Cold weather effects

Each person reacts differently to changes in temperature depending on their age, fitness and underlying disease.

- Arthritic joint pain can increase. Pain is speculated to result with changes in air pressure and humidity. The synovial (lubricating) fluid in the joints becomes thicker. The muscles stiffen to support an arthritic joint to prevent pain of movement, but can add further to the aches.

-Circulation (especially to the hands and feet) is reduced due to constriction of blood vessels and increase in the thickness of the blood. Getting the muscles working becomes more difficult.

-Nerve conduction may be slowed down. Many of our clients with increased muscle tone, notice this gets worse with the cold. The ability to feel feet sensation reduces. You might feel less certain of where you are putting your feet, and slower to move, thus feeling more unsteady.

Getting motivated to move is hard but movement is the best thing to reverse the pain. Make a time to get exercising. This may help get the joints moving, blood pumping, muscles stretching and alleviate the negative effects of cold.

As always, when exercising make sure that you pay attention to what your body is telling you and rest if required.

Carina Salvemini & Deborah Carrera

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### Brain changes

Everything changes, and every change activates neural pathways that can be shaped negatively or positively. Your experiences now, matter beyond this moment and what you feel. The experience makes enduring changes in the physical tissues of your brain which affect your well-being, functioning, and relationships. Based on science, this is a reason to be kind to yourself, cultivate wholesome experiences and enjoy them.

Adapted from "Buddha's Brain: The practical neuroscience of, happiness, love and wisdom" by Rick Hanson, 2009.

**Today is a great day to ring your physiotherapist and have a review of your current exercise program.**

# Arafura Games...a warm week for Deborah!



Guy H, throwing discus. He has only been competing for a few months and was identified as a potential competitor following Paralympic Talent Search Day.

Contact Neurospace if you'd like more info on Paralympics.

The race to the finish line was a scramble, but defiantly worthwhile. Deborah was invited to attend a Paralympics Classification Course at the Oceania Paralympics, May 4-11 and was excited to be able to see how her assessment skills, might be used to help people with disabilities to achieve awesome things.

The Arafura Games is a weeklong event incorporating the Oceania Paralympics championships. It is a major competition held biennially in Darwin, NT Australia, with over 40 countries represented in 27 different sports . Sports with paralympians included athletics, swimming, table tennis, and power lifting.

As a potential assessor Deborah learnt about the classification system for Athletes with a Disability (AWD) to compete in athletics.

Assessing is about establishing that the athlete meets minimal disability criteria – i.e. what disability the athlete has that will affect their ability to participate in an athletic event. When minimal disability is established, then what class the athlete should be allocated to participate in the event is decided. The events were broadly grouped as running, jumping and field (javelin, shot-put and discus). Additionally, Deborah learnt about modifications and equipment adaptations, e.g. a throwing chair, that helps to improve an athlete's ability to participate.

A highlight for Deborah was the Arafura games opening on Saturday night. Athletes of all abilities came out together under their country banners (45 countries). It was very inspiring. There were also quirky moments such as walking to the outside of athletics field and seeing a leg resting against the fence. The owner was off in a wheelchair racing around the track.



## Neurospace takes the Lead on Laser Therapy

We have entered the world of Low Level Laser therapy and the results are amazing. We have been trialing the 'Power Laser' for treating acute, chronic and neuropathic pain, reducing muscle tone, minimising bruising and reducing congestion around the ears. The uses go much further in the literature including treating larger areas, for edemas, hematomas, sports injuries, and muscle pain.

**LASER** is an acronym for Light Amplification by Stimulated Emission of Radiation. Laser is light that is monochromatic and coherent. In more layman's terms, this means that the light is very pure and very precisely organized. These properties enable the laser light to penetrate deep into the tissue (if it is the right wavelength), much deeper than Light Emitting Diodes (LED's). Clients have commented that the feeling is a little like acupuncture.

If you are interested hearing about the benefits of laser therapy, please speak with us.

**The appropriateness of Laser therapy is determined with your therapist and used in conjunction with other management things such as movement retraining and exercise.**

### NATIONAL DISABILITY SCHEME

This is a proposed insurance scheme to help all people with chronic disabilities. This needs maximum support from you to get the scheme to be implemented. There are a number of things you can do to register your support for this scheme.

Go to <http://everyaustraliancounts.com.au/> for more information, and register your support and add a story about yourself or family member.

*The truth is that all of us  
Attain the greatest success and happiness possible in this life  
Whenever we use our native capacities  
To their greatest extent.*

Dr Smiley Blanton

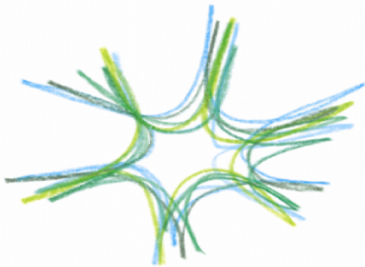
## NEW STAFF AT NEUROSPACE

**Michelle Elmitt (Physiotherapist)** – has joined us 1 day a week. Michelle brings extensive knowledge and experience working with children with Therapy ACT and previous work in Victoria. In addition, her diverse work experience and skills give her a capacity to tackle all the challenges presented at Neurospace. She recently completed her 10<sup>th</sup> Iron Man competition, and in addition manages a busy home with 4 children, 1 of which has special needs, and is completing studies in the area of communication.

**Colbey Van Leeuwen (Physiotherapist)** – is joining us 3.5 days a week. He is rapidly gaining knowledge and skills in managing the interesting problems that our clients request help in solving. He also is helping to manage our aquatic therapy program. Colbey is a keen footballer and brings great enthusiasm to all he does.

**Sarah Toohey (Receptionist)**- has joined us 2 days a week in Chifley. Sarah is well known and appreciated in her local school community for volunteer work. She comes with extensive and diverse experience, and most recently focused on raising her family of 3 boys. We are really pleased to have her join the team.

**PLEASE NOTE THE CLINIC WILL BE CLOSED Friday 10 June - Monday 13 June 2011**



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