

Welcome Deidre Tempany, Musculoskeletal Physiotherapist to Peak MSK

Deirdre now consults at our clinic and we are grateful to have her expertise alongside myself and Will Cohen. She is a musculoskeletal physiotherapist with an honours degree in Physiotherapy from Trinity College Dublin and a Masters in Manual Therapy from UWA in Perth. Her full bio is attached overleaf.



Movement Patterns and Low Back Pain (LBP)

We promote self management strategies in our management and often over bracing the abdomen and difficulty sitting are key limiting factors to a person's function.

Patients often hold strong beliefs regarding their back condition. One of the most common is that increasing trunk stiffness is key to success in back pain rehabilitation. However recent research indicates that increased cocontraction and hyperactivity of the trunk muscles (referred to as the 'core' in lay terms), guarded movement and inability to relax has been linked to higher disability^{1,2,3}.

There is no demonstrable relationship between trunk muscle activation and either baseline pain & disability scores, or the degree of change in pain and disability

after rehabilitation⁴, therefore we are very cautious about who we instruct regarding abdominal training.

Recent research^{5,6} (Jayce was an investigator) illustrated that aberrant movement patterns are present in low back pain, and that the upper and lower lumbar spine have biomechanical differences⁷. Retraining movement patterns may be beneficial. A pilot study⁶ of individualised movement retraining using motion-sensor biofeedback resulted in significant and sustained reduction in pain and improvements in function that persisted after treatment finished.

Elsewhere, in a group of low back pain sufferers, low back discomfort was modifiable with sitting behaviour⁷. Subjects responded positively to sitting posture education, facilitating the avoidance of end range sitting postures. This considered interaction between the upper and lower lumbar spine as different biomechanical entities⁸.

Please email our clinic if you would like to receive our newsletter via email or subscribe via issuu.com/peakmskphysiotherapy

Will Cohen

Doctor of Physio, B.Ex.Sc.
Physiotherapist & Ex. Scientist

Jayce Gilbert, FACP

M.Manip.Ther., B.Sc.(Physio)
Specialist Musculoskeletal Physiotherapist
Conferred by Fellowship of the Australian College of Physiotherapists in 2010

Deirdre Tempany

M.Man.Ther., B.Sc.(Physio)(Hons)
Musculoskeletal Physiotherapist

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New Staff

Research Participation

Evidence Summaries

References

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Will Cohen

Doctor of Physio., B.Ex.Sc.
Physiotherapist & Ex. Scientist

Jayne Gilbert, FACP

M.Manip. Ther., B.Sc.(Physio)
Specialist Musculoskeletal Physiotherapist
Conferred by Fellowship of the Australian College of Physiotherapists in 2010

Deirdre Tempany

M.Man. Ther., B.Sc.(Physio)(Hons)
Musculoskeletal Physiotherapist