



Clinical Weekly - 134th Edition

#JOURNALTUESDAY - by Abi Peck

Treatment and prevention of acute and recurrent ankle sprain: an overview of systematic reviews with meta-analysis

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1. What are the best treatment methods for acute or reoccurring ankle sprains?
2. Do patients with ankle sprains benefit from manual therapy?
3. Should more physiotherapists advocate taping/bracing for reoccurring and/or acute ankle sprains?
4. Were complimentary therapies and electrophysical agents (ice,compression etc) considered to be effective for acute ankle sprains?
5. Is surgery better than conservative management for acute/reoccurring ankle sprains?

#CLINICALSKILLSFRIDAY - by Jess Miller

#CLINICALSKILLSFRIDAY by Jess Miller– Adductor Reflex

The adductor reflex is innervated by the obturator nerve through the nerve roots L2-4.

The patient lies in supine with the hip at approximately 45° flexion and slight abduction. The leg is supported by the clinician. Locate the insertion of the short adductors and place your second and third fingers over the insertion. Strike your own fingers.

A positive response is hip adduction—you should be able to see or palpate a response.

For the next #CLINICALSKILLSFRIDAY– Abdominal reflex
Any pictures, suggestions or comments to
Jessica.z.miller@ahpsuffolk-cic.nhs.uk



Picture from Gary Rogerson and Steven Young course 'The Spine'





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#NEWSOFTHEWEEK - by Liz Wright

1. A myth buster to overcome fears of activity.

In the wider population, it is the lower lumbar IVDs that are most commonly affected by degeneration. Furthermore, repetitive loading of the spine is considered to be a contributory factor to the development of IVD degeneration. Despite repetitive loading of the spine during running, the exercise groups of the current study did not show any detrimental effects at these segments. In contrast, the long-distance runners showed evidence of better IVD hydration and glycosaminoglycan content in the lower lumbar spine than those that did not perform sport.

However, in this design it is not possible to completely rule out other confounding factors, such as differences in muscle function and nutrition. To definitively determine that the mechanical loading from specific exercise forms result in positive adaptations in the IVD, randomised controlled exercise trials are necessary.

<https://www.nature.com/articles/srep45975>

2. Is lower hip ROM a risk factor for groin pain?

A systematic review found that the smaller the total rotational hip rom (<85 degrees and when assessed with hip and knee flexion at 90 degrees) is the most consistent risk factor for the development of groin pain and differentiates athletes with groin pain and those without. Therefore improving total rotational range of both hips should be considered as part of treatment. However, as the differences found were only small this should not be the only intervention, and it is also difficult to determine which patients may benefit.

<http://bjsm.bmj.com/content/bjsports/early/2017/04/21/bjsports-2016-096619.full.pdf>

3. 'Effective but not intrusive' - New blog -Tom Goom

Discusses management of the 'runner' and how we should as therapists aim to keep our treatments as non-intrusive as possible to a patients lifestyle while remaining effective. We provide our patients with a 'tool box' of options to manage their pain, however we don't particularly want this to be a huge 'cumbersome' box, instead we want to select the most relevant 'tools' which should be seen as the priorities to management. Considerations of the PITA factor is recommended. Read the blog to solve the abbreviation.....

<http://bit.ly/2pSTayE>



#TWEETOFTHEWEEK – There are 6 sections of myths and misconceptions: assessment, treatment, clinical reasoning, condition-specific, exercise, pain science, and evidence based practice.

<http://bit.ly/2oBDCoj>





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#VITAMINOFTHETWEEK BY SAM ACKERLEY

Vitamin C / Ascorbic acid / L-ascorbic acid

Function

Vitamin C is required for the synthesis of collagen integral to muscles, vascular tissues, bones, tendons and ligaments. In combination with zinc it is also important for the healing of wounds.

-It helps improve absorption of iron from the diet.

-Acts as an inhibitor of histamine which is released during allergic reactions.

-Is a powerful antioxidant which can neutralize free radicals and can also regenerate other antioxidants such as vitamin E.

-Part of this antioxidant role which is a crucial factor in the eye's ability to deal with oxidative stress and plays a protective role in eye care.

-Evidence does not support use in the general population for the prevention of the common cold.



Top 10 sources (Per 100 grams)

- Guavas 228.3mg (381%)
- Peppers (Yellow Bell Peppers) 183.5mg (306%)
- Dark Green Leafy Vegetables (Kale) 120mg (200%)
- Kiwifruit (Green) 92.7mg (155%)
- Broccoli 89.2mg (149%)
- Papaya 60.9mg (102%)
- Peas (Mange Tout) 60mg (100%)
- Berries (Strawberries) 58.8mg (98%)
- Citrus Fruits (Oranges) 53.2mg (89%)
- Tomatoes (Cooked) 22.8mg (38%)



Deficiency

Scurvy infamously known for its effects on sailors and more importantly pirates is a severe condition caused by long term vitamin C deficiency. Deficiency causes the production of unstable and poor performing collagen which presents as; brown spots (largely around the legs which can open and fester) on the skin, spongy gums (subsequent teeth loss), and bleeding from all mucous membranes. Other symptoms also include pale features, feeling depressed, and being partially immobilized.

Scurvy was 1st given scientific basis by a ship's surgeon in the British Royal Navy, James Lind. He carried out what is considered the first occurrence of a controlled experiment where he provided some crew members with two oranges and one lemon per day, in addition to normal rations, while others continued on cider, vinegar, sulfuric acid or seawater, along with their normal rations. The results conclusively showed that citrus fruits prevented the disease.

Vitamin C's protective role in the eye means that deficient can predispose age-related macular degeneration, vision-loss and cataracts.

Resources: https://en.wikipedia.org/wiki/Vitamin_C

