



Clinical Weekly - 132nd Edition

#JOURNALTUESDAY - by Abi Peck

Intraarticular injections (corticosteroid, hyaluronic acid, platelet rich plasma) for the knee osteoarthritis

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1. What was the aim of this paper?
2. What does each injection aim to do?
3. What is the evidence in NICE guidelines for using injections in the treatment of OA?
4. Based on the evidence presented in this paper do the benefits outweigh the risks?
5. What does the AHP pathway suggest for knee OA?
6. Based on this paper should we be referring people to ESPs for injections?

#CLINICALSKILLSFRIDAY - by Jess Miller

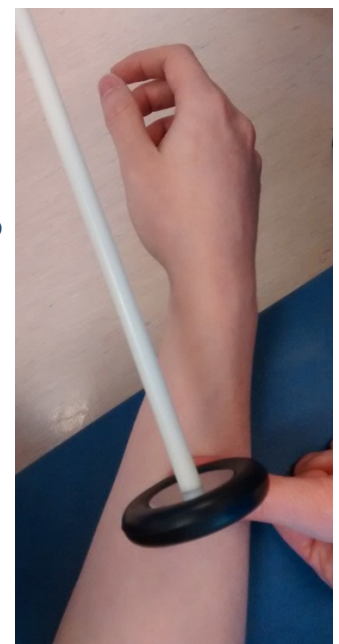
#CLINICALSKILLSFRIDAY by Jess Miller- Brachioradialis Reflex

The brachioradialis reflex is innervated by the radial nerve (C6).

Support the patient's forearm in a neutral position and allow the wrist to fall into ulnar deviation. Strike the brachioradialis tendon with the reflex hammer at approximately 4-8cm proximal to the radial styloid process.

A positive response is reproducing slight wrist extension and/or radial deviation, supination and elbow flexion.

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



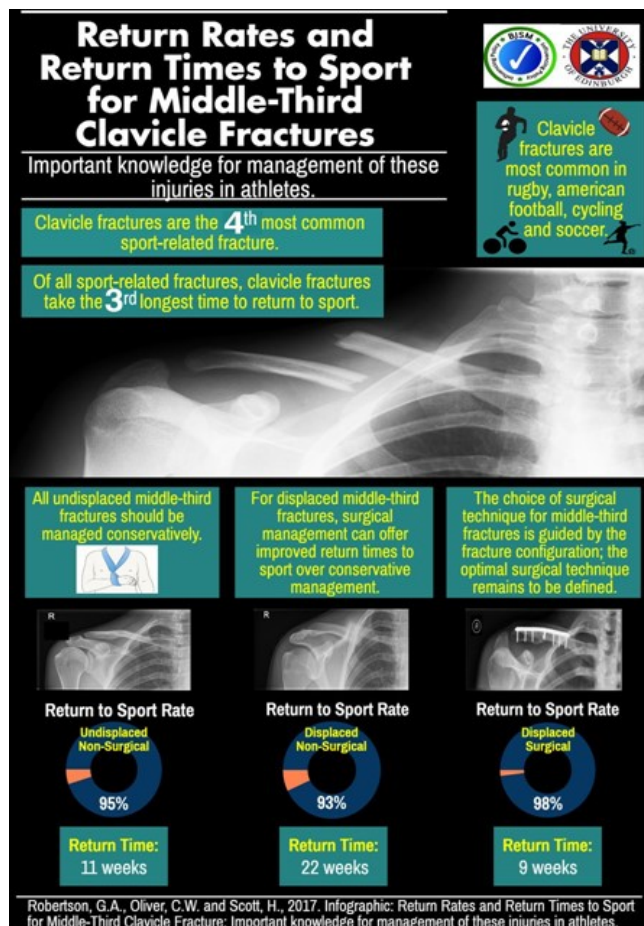


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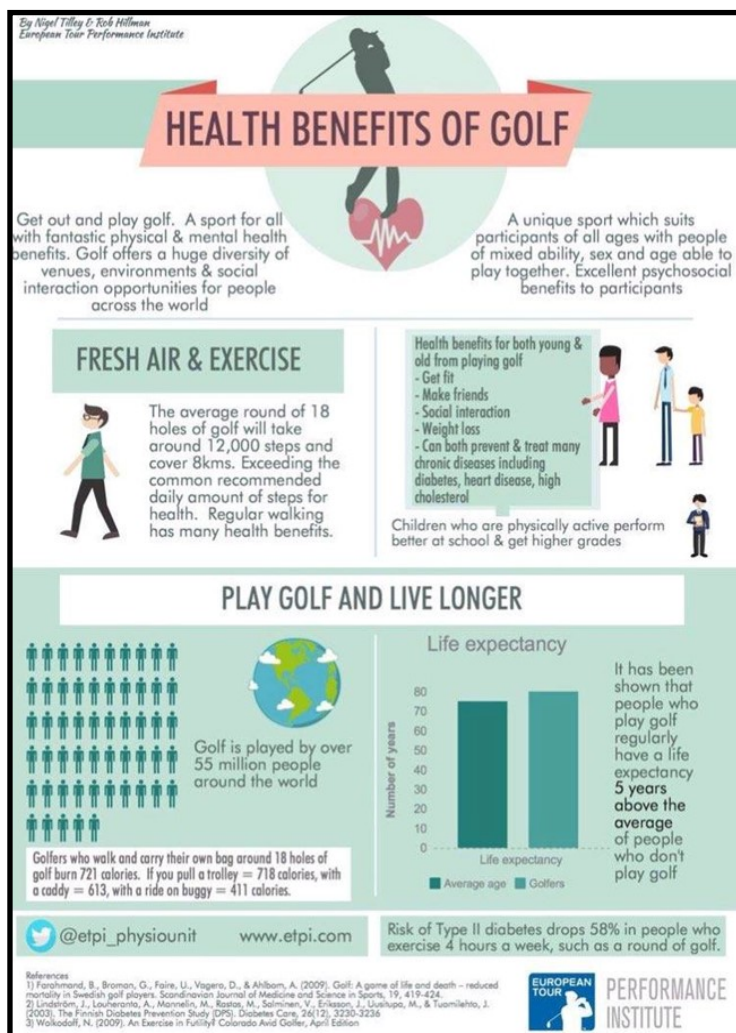
#NEWSOFTHEWEEK - by Rob Walker

1. Robsy loves an infographic. Really interesting piece from BJSM regarding return rates to sport for middle-third clavicle fractures. Had a couple of rugby players in clinic since Christmas, one surgical and one conservative. <http://bjsm.bmj.com/content/early/2017/04/11/bjsports-2016-097445>

2. An interesting Q&A with Dr Darren Beales and Prof Peter O'Sullivan regarding the assessment and management of pelvic girdle pain. They touch on the use of manual therapy, differentiation between PGP and LBP, and how they would treat a chronic case of PGP. Tricky patients! <http://www.pain-ed.com/wp-content/uploads/2013/08/SIJ-pelvis-In-Touch-Beales-Osullivan.pdf>



3. Finally after a great Masters tournament last week, a golf inspired infographic from the European Tour Performance Institute and Physio Unit discussing the health benefits of playing regularly. A whopping 5 extra years of life expectancy if you play regularly! Alongside a great social benefit. Lets hope we get more and more staff playing in our annual AHP Thomas Cup.





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#VITAMINOFTHETWEEK BY SAM ACKERLEY

Biotin

Biotin is a water-soluble B-vitamin, also called vitamin B7 and formerly known as vitamin H or coenzyme R. The "H" in vitamin H represents Haar und Haut, German words for "hair and skin". There are two forms of biotin found in living cells: free and protein-bound.

Function

Biotin is necessary for cell growth, the production of fatty acids, and the metabolism of fats and proteins. Biotin assists in various metabolic reactions involving the transfer of carbon dioxide.

As biotin is necessary for hormone production it is also thought to be a contributor in maintaining a steady blood sugar level.

Biotin is used as a dietary supplement for strengthening hair and nails however evidence support this is poor.

Top 10 sources (Per 100 grams)

Brewer's yeast: 188.8 mcg

Soybeans: 179.4 mcg

Beef liver: 113.3 mcg

Butter: 94.3 mcg

Split peas: 77.7 mcg

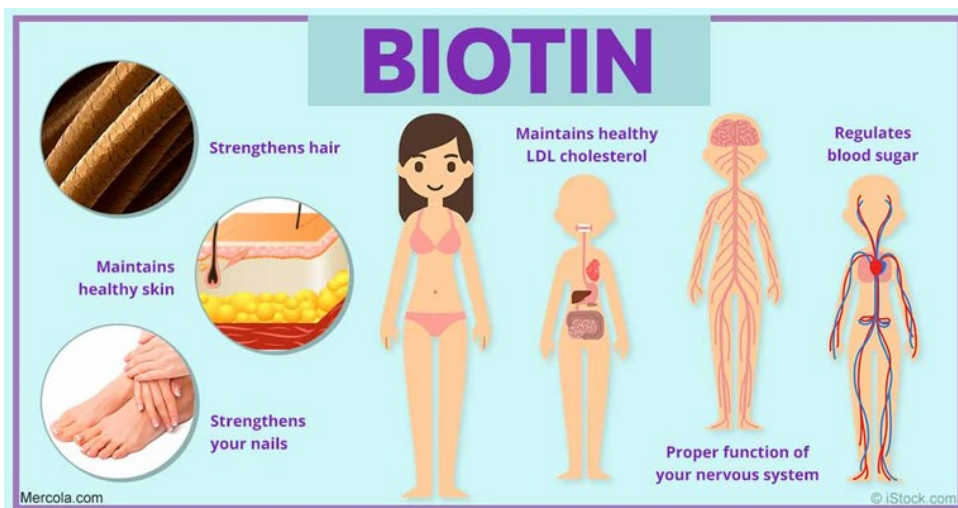
Sunflower seeds: 66 mcg

Green peas/lentils: 40 mcg

Peanuts/walnuts: 37.5 mcg

Pecans: 27.75 mcg

Eggs: 18.9 mcg



Deficiency

Biotin deficiency is rare as it is required in relatively small amounts. Furthermore a wide range of foods contain biotin, and intestinal bacteria synthesize biotin, which then can be absorbed.

Raw egg whites contain a protein (avidin) that blocks the absorption of biotin, so people who regularly consume a large number of eggs may become biotin-deficient.

The vitamin is crucial for normal fetal development and a deficiency during pregnancy can result in birth defects such as cleft palate.

Symptoms of biotin deficiency include brittle nails, hair loss, muscle pain, nausea, fatigue, anemia, and dry skin.

Resources:

<https://en.wikipedia.org/wiki/Biotin>

http://www.health.harvard.edu/staying-healthy/listing_of_vitamins

<http://www.globalhealingcenter.com/natural-health/top-foods-high-biotin>

<https://media.mercola.com/ImageServer/Public/2016/November/signs-symptoms-biotin-deficiency2-fb.jpg>

