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NEWS

Pride is crushed

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Married Without Children
with Katie Clift

citysouthnews.com.au

YUP, it was a sad DIY day for both Matt and I as we were literally shown up in our own backyard a few weeks ago.

We'd never call ourselves DIY experts or the next Don Burke (especially with Matt's lack of a bushy beard) but I will admit we've held a slight sense of pride about our reno efforts over the past 10 months.

Pride that was crushed in a matter of minutes by two bulky, robust, ocker Aussies.

We'd rid our lives of some hardwood timber on eBay – all for the conveniently auctioned price of \$90.

Because my husband used all his brute strength (and the strength of five of his friends) to try and lift the beams, but couldn't, we put a disclaimer on our item for the winner to remove it.

We expected a ute to show up with several ropes, a few muscular men piled in the back and some kind of crane to haul the beams on to an attached trailer. But alas, all that pulled into the driveway was two men with coloured caps and a tidy, tiny trailer.

Blog continues at www.citysouthnews.com.au.

Ease tennis elbow pain

TENNIS elbow, also known as lateral epicondylalgia, is a common and often recurrent overuse injury affecting the wrist extensor tendons near their attachment on to the outer aspect of the elbow.

While its name suggests that it is a common tennis ailment, it may occur with any repetitive forearm/wrist activities and is most prevalent in the 35-65 year age group.

For many of its sufferers it can be quite painful and can significantly interfere with work, sport or household activities.



JC173630

Ben Ward

Treatment options for tennis elbow are numerous but, from a physiotherapy perspective, a combination of specific hands-on techniques and strengthening exercises has been shown to be effective.

Physiotherapy can help get you back to your work or sport faster with less pain and less chance of recurrence when compared with seeking no treatment.

In the long-term, physiotherapy has also been shown to be superior to cortisone injections (another common treatment), which despite its effectiveness in the short-term for pain relief, is associated with higher recurrence rates and poorer outcomes down the track compared with both physiotherapy and no treatment.

Ben Ward is a physiotherapist at Performance Podiatry and Physiotherapy, West End. Healthy Performance blog continues at www.citysouthnews.com.au.

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