

Our Facilities

For information on all types of injuries visit:
<http://www.cssphysio.com.au/forpatients.html>

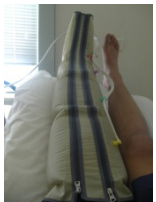


Compression Therapy

Compression therapy is applied to treat swelling in the arm or leg. The swelling can arise due to trauma, sports injury, after surgery, or due to chronic disease.

Intermittent Cycled Compressive Therapy

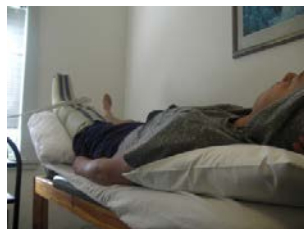
At Concord Sport & Spine we frequently use our Medomer Compression Therapy unit. It is a fabulous machine that applied cycled, progressive compression by use of an air cuff. This inflates around the limb, and cycles



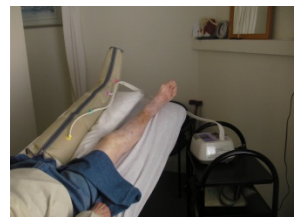
from foot to hip, or from hand to shoulder. This allows moderately high pressure inflation, but is comfortable and relaxing. In fact it is one of our patient's favorite devices.

Common conditions that require management of swelling include:

- Ankle sprain
- Knee ligament injury
- Arthritis
- Calf tears
- Post-surgery
 - Ankle reconstruction
 - Knee (ACL) reconstruction
 - Total knee replacement
 - Breast surgery



- Wrist injuries and fractures
- Elbow injuries
- Chronic circulatory disorders



Compression materials

At CSS Physio we still believe in traditional compression bandages. When applied correctly they allow even and consistent compression. For convenience, we also use Tubigrip, but there are certain



applications when this can be counter-productive. Caution needs to be exercised when compressing around the knee, and a compression bandage is a better choice.



For information on all types of injuries visit:
<http://www.cssphysio.com.au/forpatients.html>

Concord Sport & Spine Physiotherapy
202 Concord Road
Concord West, NSW 2138
Sydney, Australia.
Ph (02) 97361092

© Paul Monaro, CSSPhysio.