
During the XII Commonwealth Games held in Brisbane in 1982, Australian physiotherapists provided a host service which treated nearly one thousand competitors and officials. This service, which was offered at both Games villages and sporting venues, required extensive planning over a two and a half year period. Appropriate staffing, equipment and space allocation was needed to cater for the wide variety of expected injuries. The services were well utilised which justified the efforts of the organisers and physiotherapists involved in the host team.

Keywords: *Athletic Injuries; Sports Medicine; Physical Therapy*


At the XII Commonwealth Games held in Brisbane in 1982, Australian physiotherapists as members of the host nation's medical division, treated the injuries of competitors from the ten sports contested. The nature and incidence of the injuries treated by the host physiotherapists is tabulated and comment is made regarding several significant features. Implications for the management skills of physiotherapists required either to travel with teams or work as host physiotherapists are made. Furthermore, the utilisation of equipment is indicated. Overall the paper provides a resource to assist in future planning for such events in respect to physiotherapy manpower, expertise and equipment needs.

Keywords: *Athletic Injuries; Sports Medicine; Physical Therapy*


Student evaluations of a simulated case conference in a rehabilitation setting were discussed and analysed, on the basis of the proposition that role-playing and simulated gaming are educational techniques of value in the training of health professionals. Eighteen fourth-year physiotherapy students responded positively in terms of insights gained from participation in a simulated group exercise. Students expressed interest in similar exercises to enable them to gain further insights into specific situations of relevance to their future professional lives.

Keywords: *Education, medical; Rehabilitation; Students, health occupations*


Following early diagnosis of Adolescent Idiopathic Scoliosis (AIS) it is very difficult to predict whether the curve will continue to increase and to what extent.

A cross-sectional study was conducted to investigate the implications of depth and width dimensions of individual vertebral bodies in adolescents with mild and severely progressive scoliosis. Results revealed a tendency for depth/width ratios in severe AIS to increase, and those with mild scoliosis to decrease from 13 to 15 years of age. This was proposed as a basis for an additional tool for diagnosis of severely progressive AIS.

Keywords: *Scoliosis; Spinal Diseases; Spine*

The term stress can be used to refer to a generalised somatic response, involving hormonal activity, which renders an individual ready to react to a wide range of events. With continued stress there can result a wide range of pathological developments, including physical and psychological symptoms. This paper will review the social and psychological factors which appear to increase the stress response and will also examine some of the physical consequences of exposure to stress-inducing agents. Emphasis will be given to the possibilities that stress may result from common experiences of living in modern complex society. Individual differences need to be considered as moderators of stress, and also the means whereby people may be taught to cope with stress.

Keywords: Activities of Daily Living; Psychology; Stress


This paper describes a survey of childbirth practices in Melbourne hospitals. Information was collected from 27 of Melbourne's 34 hospitals with obstetric beds. The survey concentrated on aspects of the management of labour and the newborn where patients could expect to exercise a degree of choice.

The survey found large variations in the degrees of choice offered to patients in different categories of hospital on more than half the questionnaire items. Patients in large public hospitals were in general given the largest range of choice, followed by private hospital patients. Patient choice was very restricted in most small public hospitals.

Keywords: Infant, newborn; Labor; Obstetrics; Prenatal Care


The transient and variable nature of abnormal or deviant neuro-developmental signs during the early post-term months of `high risk’ infants, has been recognised. Careful longitudinal follow-up of these children is indicated. This study investigates the neuro-sensory-motor and general developmental progress over four years, of a group of children who were identified as `dystonic’ at the adjusted age of four months.

The developmental performance of these 15 children was compared with a matched group of children. The results indicated that at four years of age the `dystonic’ group of children were developmentally less competent and more variable in all areas assessed than their `non-dystonic’ peers. Only one child was ultimately diagnosed as cerebral palsy indicating the transient nature of quite marked early signs. The implications for possible problems at school emphasise the need for continued follow-up of this group of children.

Keywords: Child Development; Infants; Pediatrics; Psychomotor Performance


In transcutaneous nerve stimulation current is supplied to the patient using surface electrodes which make electrical contact via wetted sponges or a conductive gel. This paper reports measurements of
the electrical characteristics of ten commercially available gels. Five are recommended by the manufacturers as being suitable for electrode coupling only, three are recommended for ultrasound coupling only and two are designated 'dual purpose'. Marked differences in electrical conductivity are found. Both the dual purpose and ultrasound gels are found to be electrically inferior to 'electrode only' gels. The results are discussed in relation to different electrode types and in comparison with saline moistened sponges.

Keywords: Electric Stimulation Therapy; Transcutaneous Electric Nerve Stimulation


To evaluate the areas of labour-related anxiety and so more precisely direct child-birth training, women attending the ante-natal classes at Moorabbin Hospital were requested to rank an anxiety questionnaire. Two hundred of these anxiety lists, 100 of primigravida and 100 of multigravida women, were submitted to Analysis of Variance. Prime concern for all women was shown to be the welfare of the baby. On the items of self-concern, significant differences were indicated on the basis of parity. Separate training for the two parity groups is suggested. Behaviour modification techniques for inclusion in the training classes are discussed.

Keywords: Anxiety; Obstetrics; Pregnancy; Prenatal Care


The maximum flexor and extensor peak torques about the knee joint of 17 male and 17 female subjects were determined using a Cybex isokinetic dynamometer. These values were used to evaluate the influence of changing joint angular-velocity and the ratio of peak hamstrings torque to peak quadriceps torque. Additionally, an assessment of the influence of gravity on the recorded peak torques, and thus the ratio, was made. Values for the flexion-extension ratio corrected for gravity were found not significantly different at the measured joint angular-velocities whereas the values of the ratio not corrected for gravity were found significantly different at increasing joint angular-velocities. It is necessary that the physiotherapist recognise the importance of the influence of gravity when recording forces developed in the vertical plane.

Keywords: Exercise; Kinetics; Muscles


Commercially produced cold packs, which may be refrigerated to simulate ice packs, are preferred by many physiotherapists for cooling treatments. In the experiments described here, the efficiency of cold packs and ice packs was determined by measuring their effects on skin temperature and the conduction velocity of motor nerve fibres. Although the commercially available cold pack did alter the measured physiological variables, ice was found to be the more effective method of cooling superficial and possibly deep tissue.

Keywords: Cold; Ice; Skin

Increasing age is usually associated with a decline in the amount of habitual exercise activity of an individual in western society. While this reflects a decline in physical capacity, it is in large part due to socio-cultural pressures and expectations. The preservation of any function, intellectual or physical, is dependent upon the use that is made of that function, and the physiotherapist with a unique background in human movement and pathology has a vital role in the prescription and supervision of exercise with the elderly. Exercise has demonstrable effects on skeletal health and bone maintenance, muscle bulk and strength, the ranges of movements of joints, cartilage compliance, soft tissue extensibility, neuronal efficiency and cardiopulmonary fitness. This paper considers some of the physical aspects of ageing on body tissues together with the actual and potential role of physiotherapy in the health education and treatment of elderly people.

Keywords: Aged; Exercise; Movement


A quality continuing education program may be seen as one which is of a high standard, relevant and viable. Efforts made to ensure the quality of continuing education should be directed towards these three ends. Where possible learners should be involved in program planning, implementation and evaluation and should be encouraged to put their learning into practice. This paper explores the issues and practicalities involved in attempts to ensure the quality of educational activities provided for qualified professionals by groups or bodies who are concerned with the professionals by groups or bodies who are concerned with the professional development and quality of service of both individuals and professional groups.

Keywords: Education, medical, continuing; Students, health occupations


The lay public's medical knowledge is acquired from three sources: the lay consultation and referral service, the media and the practitioner, Satisfaction with and continued utilisation of a health care service may depend on congruence between patients' beliefs about the cause of illness and practitioners' conditions of care. The results of a recent survey indicate that the information to which patients with spinal pain had access, was inadequate for them to acquire accurate knowledge of the basis for their pain and physiotherapists' conditions of care. It is suggested that more accurate information on the mechanisms of spinal pain, volunteered by physiotherapist during the encounter, would be in the interests of the lay public and the physiotherapy profession.

Keywords: Pain; Professional-Patient Relations; Spine


Responses to a questionnaire by 71 private practitioners indicated that the average practitioner was aged 38.6, graduated in 1967, had worked professionally for 14.8 years of which 8.8 years were spent in private practice. Some respondents (19 percent) owned multiple practices, 48 per cent employed other therapists and 30 per cent had specialised practices. The average practice treated 93 patients a week in 40 minute consultations. The average respondent used 2.5 techniques from other areas of health care and owned 8 machines. Doctors referred 88 per cent of patients but 47.5 per cent of practitioners reported good effects from first contact status. Membership of professional associations was high. Female therapists were more likely to practice part-time and had less
affiliations with community groups.

Keywords: Career Choice; Private Practice; Professional Practice; Questionnaire


This paper concerns wheeled mobility aids, or “Chariots of Freedom”. Wheelchairs are the most commonly used wheeled mobility aids. The rationale for mobility management at Regency Park Centre for Young Disabled is based on the research findings of others, research at the Centre into seating for children with cerebral palsy and children with Duchenne muscular dystrophy, and our development of a Skill Evacuator and Trainer, and a crashworthy restraint for wheelchair occupants in motor vehicles. In summary, wheeled mobility aids, and wheelchairs in particular, while entailing responsibilities, present a form of liberation from dependence for disabled children.

Keywords: Handicapped; Movement; Psychomotor Disorders


The gerontology course taught in the Physical and Occupational Therapy Program, McGill University, was scrutinised using a) knowledge identified by researchers as necessary for professionals tending the aged and b) the results of a questionnaire administered to graduates working with the aged. Researchers revealed that professionals should be able to provide support for the aged and their families, frequently evaluate their problems, encourage their independence and avoid stereotyping them. Results of the questionnaire showed that graduates prioritised the amount of time they spent on various tasks in this order; listening, talking to clients, consulting with team members and lastly performing physiotherapeutic tasks. An approach to multidisciplinary services is described which would ensure quality care for the aged and enhanced the accessibility of these services.

Keywords: Aged; Geriatrics; Questionnaire


This study investigated the first five years of developmental progress of a group of pre-term infants. Of an initial group of 136 surviving infants born five or more weeks before term in Brisbane in 1975, more than 82 per cent were assessed regularly through their pre-school years. Results indicated that a normal sequence of development was followed by the majority of the children. Although the incidence of cerebral palsy, speech difficulties and minor motor incoordination was higher than average, all but two children were ready to enter school with their peers. Except for a small group of neurologically related signs, factors predicative of development at five years generally differed with age. Regular comprehensive developmental assessment is recommended for identification of age related problems.

Keywords: Child Development; Infant, premature; Pediatrics