

Spine Tingles

Newsletter of the Scoliosis Support Group of Qld Inc.

February, 2003

Picnic Map



**Bullocky Rest, Joyner
Sunday February 16
Details on page 3**

Scoliosis Support Group of Queensland Inc

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Submissions for either the newsletter or the web site may be made to the above address or by e-mail to:
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This newsletter is published quarterly. Picnics and meetings are normally held during January, April, July and October.

Warning:

Information published in this newsletter represents views of the authors and is not to be seen as a recommendation or views of the Society. We aim to inform our members of as many options as possible - It is the decision of individual patients to decide on their treatment in consultation with their doctor.

Happy New Year to our members!

Do you have any ideas about raising public awareness of scoliosis in general and our support group in particular? Any ideas regarding

TV, local newspapers, hospital liaison, community radio, etc would be welcome.

If you would like to be involved in get-togethers other than picnics (dinners, coffee, movies, car rallies???) please give us a call and we will try to arrange something.

Guest speakers ready, willing and able!

Do you belong to an organisation that could invite our support group to speak at a meeting or function? Any group that is concerned with families and young people would be suitable, e.g.

- P&C Associations
- Church groups
- Scouts & Guides
- Service clubs
- Teaching staff
- Sporting groups

Bill has put together a PowerPoint presentation on the theme "the importance of early detection and treatment of scoliosis". Allowing time for questions at the end, the presentation takes about 45 minutes.

We have a booking in September for a Mothers Union function, and can easily do a couple more before that time! We will consider any invitation from within South-East Queensland. For members outside the South-East, we are happy to supply the PowerPoint presentation (on disc or overhead transparencies), background notes and brochures for them to do their own presentation.

Membership registration

Please fill out and return the registration form included in this mail out

- It is a while since the register was updated
- We are obliged to maintain a membership register (Office of Fair Trading)
- Each member must state "I have an interest in scoliosis" (association rules)
- If you are willing to be contacted by other members, please tick "yes" at point 3 and supply some details at point 4. In this way you are contributing to a network of support for scoliosis sufferers within Queensland
- It is not a problem if you prefer not to be contacted
- Membership is free
- If you no longer wish to be on our mailing list, you may return the form with a note to that effect
- We will compile a new mailing list from returned forms. If your form does not come back to us, you will not be on the new mailing list!

Books distributed

We purchased 45 copies of the first edition of "Stopping Scoliosis" by Nancy Schommer, and distributed them to the public libraries listed below, that responded to our offer. Including postage, each copy cost \$22.76 to supply.

- Atherton
- Ayr
- Biloela
- Blackwater
- Boyne Island
- Burketown
- Charleville
- Charters Towers
- Chinchilla
- Cleveland
- Crows Nest
- Dalby
- Emerald
- Georgetown
- Gladstone
- Gympie
- Hervey Bay
- Ingham
- Innisfail
- Laidley
- Longreach
- Mareeba
- Maryborough
- Miles
- Miriam Vale
- Monto
- Mornington Is.
- Mt Isa (3 copies)
- Murgon
- Nanango
- Oakey
- Pine Rivers
- Pittsworth
- Proserpine
- Proston
- Rockhampton
- Stanthorpe
- Surat
- Tully
- Yepoon

Financial matters

Our group's service agreement with Queensland Health extends to 30 June 2004. It provides funding of \$5,177.00 for this financial year (2002/2003) and the same amount for next financial year (2003/2004). Funds are paid into our account in quarterly instalments. Payment is contingent on us providing financial reports for the previous quarter and half-yearly activity reports. Spending must conform to the annual budget submitted by us and approved by the Community Self Care Funding Program. Our budget for 2002/2003 is as follows:

Budget items

| | |
|--|-------|
| Audit/accounting fees | 165 |
| Auspicung fees (to Office of Fair Trading) | 65 |
| Photocopier and other equipment maintenance | 300 |
| Meeting expenses (including newspaper advertisements) | 1,000 |
| Office suppliers | 100 |
| Postage | 500 |
| Printing (brochures, posters, bookmarks etc) | 1,100 |
| Purchase of publications (donated to public libraries) | 850 |
| Telephone | 897 |
| Web site hosting | 200 |

Total: 5,177

Next Picnic

Bullocky Rest

Forgan Rd

Joyner

Sunday February 16

11.00am

Map Reference:

UBD Map 97 M4

Look for the Support Group
Banner

Electric BBQs available

Please support the Group and
attend the Picnic

**There will be a notice on
4KQ if the picnic is
rained out.**

Another picnic is proposed for
Monday May 5 at
Daisy Hill State Forest

Controlling scoliosis curves with visual bio-feedback

Effect of using prismatic eye lenses on the posture of patients with adolescent idiopathic scoliosis / M.S. Wong and others.

Prosthetics and orthotics international (Hong Kong) 26 (2002): 139-153

This is a preliminary investigation to detect the body sway and postural changes of patients with AIS under different spatial images.

Two pairs of low-power prismatic eye lenses (Fresnel prisms) with 5 dioptre and 10 dioptre were used. In the laboratory test, the apices of the prisms were oriented randomly to test changes in body sway and posture.

Four female patients between the ages of 10 and 14 years were recruited. All had progressive AIS, Cobb's angles of between 25° and 35°, and right thoracic curves with left compensatory lumbar curves. They had no previous spinal curve treatment, were in normal health and without strabismus (an eye condition).

Results of the experiment showed that the low-power prisms at specific orientations could cause positive postural changes (2.1° - 2.7° reduction of angle of trunk misalignment).

An optoelectronic system was used for three-dimensional motion capture and analysis.

This technique might be used for controlling scoliotic curves by induced visual biofeedback.

A longitudinal study is necessary to investigate the long-term effect of the prisms at different powers and orientations (under both static and dynamic situations) on the patient's posture, spinal muscular activities, vision, eye-hand coordination, psychological state and other daily activities before it becomes an alternative management of adolescent idiopathic scoliosis.

We will provide a copy of the article upon request.

This information on **biofeedback** has been extracted from *Encyclopaedia Britannica 2001*:

Biofeedback is the technique by which information is supplied instantaneously about an individual's own physiological processes. Data concerning a person's cardiovascular activity, temperature, brain waves, or muscle tension is monitored electronically and returned, or "fed back", to that person by a gauge on a meter, a light, or a sound.

Though the activity of the autonomic nervous system was once thought to be beyond an individual's control, it has been shown that an individual can be taught to use the data to learn how to voluntarily control the body's reactions to stress or "outside-the-skin" events. An individual learns through biofeedback training to detect his physical reactions (inside-the-skin events) and establish control over them.

Biofeedback training is a type of behaviour therapy that attempts to change learned responses to stressors. It can be very successful in alleviating the symptoms, like pain and muscle tension, of a disorder, and its effects can be especially lasting if used in combination with psychotherapy to help the patient understand his reactions to stress.

Complaints that have been treated by biofeedback training include migraine headaches, gastrointestinal cramping (e.g. colitis), high blood pressure, tics, and the frequency and severity of epileptic seizures.