



JULY 2016

Finding Time for Incidental Exercise

ESSENTIAL PHYSIOTHERAPY

What is Incidental Exercise?

The difference between an office job and a labouring job is quite obvious: the office worker sits in a cubicle for 8 hours per day while the labourer is constantly moving, walking up and down ladders or stairs, and carrying heavy loads.

The labourer is performing what is known as “incidental exercise”: exercise that occurs just because he is moving. Incidental exercise typically is unplanned exercise that occurs during your normal daily routine.

In today's society, there is an increasing percentage of people with disease associated with sedentary lifestyle. The good news is that including incidental exercise into normal daily life can help reduce the risk of developing disease.

Here are a few ideas...

- If you live within 5km of your workplace, walk or cycle to work.
- If you drive, park 1km or more away from work and walk.
- At every opportunity take the stairs, instead of the elevator.
- Walk your kids home from school and have quality chats together.
- Have a short indoor exercise routine that you do every time you wait for the kettle to boil.

If you work in an office...

- Take all phone calls standing up.
- Swap your chair for a fitball.
- Walk to your colleague's office instead of calling them, or ask to speak while you leave the building for coffee runs or lunch-time walks.

At home...

- Put on some music and be more active while cleaning, gardening or hanging out the washing.
- Make your daily family time active: play a game out back or go for a ride through the park.

It's important to note that incidental exercise does not replace that hour at the gym or of sport. However, incidental exercise will make the benefits of that hour last longer and help you feel better through the day.



Brain Teasers

1. Difficulty Level - Easy

You are in a house during a power failure. You have one match on you. What do you light first, the newspaper, the lamp, the candle or the fire?

2. Difficulty Level - Genius

You have two ropes and a lighter. Each rope has the following property; If you light the end of the rope it will take one hour to burn to the other end. However, the ropes don't burn at the same speed all the way along.

Using just the ropes and a lighter, how can you measure 45 minutes?

PhysioTip

Falls can be a major cause of injury at any age. Be sure to invest in proper footwear and remove trip hazards around your home.

Runner's Knee

(Patellofemoral Pain Syndrome)

What is it?

Runners' knee is a common disorder characterized by pain at the front of the knee during activities that require frequent and repetitive bending of the knee.

The knee joint is composed of the thigh bone, (femur) and leg bone (tibia) and a small floating bone at the front, commonly known as the kneecap (patella). The interaction between these bones allows for smooth movement of the knee as it bends and straightens.

During movement, the kneecap sits in a groove at the front of the knee and acts as a mechanical see-saw. This protects the knee joint and improves the efficiency of the muscles working to move it.

If the kneecap does not move within its groove normally. This can cause irritation and pain of the underlying tissues, creating what is known as patello-femoral pain syndrome.

What causes it?

The quadriceps muscle straightens the knee and is made up of 4 individual muscles, all of which share a common attachment to the kneecap.

The quadriceps work together as a group, with some pulling to the left and others to the right as they straighten the knee. If one side of the quadriceps is over or under developed compared to the rest of the group, their pull on the patella changes, causing the patella to move out of place as it pulled along in its groove. Over time this can damage the bony surfaces underneath the kneecap, causing irritation and pain.

How can physiotherapy help?

After examination your physiotherapist can determine the cause of the pain. They may perform some muscle releases and advise you of specific stretches to perform. If there is a strength imbalance, you will be given specific exercises aimed at strengthening the appropriate muscle to reducing any imbalance.

Muscular imbalance at the hips or lower back, or poor biomechanics of the lower limb and foot can contribute to the dysfunction in the quadriceps muscle

and is an important part of any successful treatment. Your physiotherapist may suggest you change your footwear or add an orthotic to your shoe to improve the support of your foot and lower limb. This may be a permanent or temporary change.

Other strategies your physiotherapist may try include patella strapping, dry needling, or trigger point therapy. Surgery is considered a last resort following a period of physiotherapy management.

None of the information in this newsletter is a replacement for proper medical advice. Always see a medical professional for advice on your individual injury.



Ingredients

3/4 cup plain flour
50g butter, melted
2 cups milk
1 onion, sliced
1/2 cup cheese, grated
6 bacon strips, sliced and lightly pan fried
2 tomatoes, sliced
2 sheets of puff pastry

Easy Tomato and Bacon Quiche

1. Preheat oven to 180d c. Grease a quiche dish and line evenly with puff pastry sheets.
2. Whisk butter, flour, eggs and milk together and pour into dish.
3. Combine the rest of the ingredients together and spoon into egg mixture.
4. Bake for 1 hour

Brain Teaser Answers:

1. The match!

2. Begin by lighting both ends of one rope and just one end of the other. After 30 minutes the first rope will be finished burning and there will be 30 minutes of the other rope left. Now light the other end of the second rope, after 15 minutes it should be finished burning. Taking 45 minutes in total.

Act FAST to recognise the signs of stroke

F FACE DROOPING	A ARM WEAKNESS
S TROUBLE SPEAKING	T TIME TO CALL FOR HELP



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