



Tips For Helping Kids of Today Stay Active

ESSENTIAL PHYSIOTHERAPY

Research shows that many children today are struggling to meet their daily-recommended targets for physical activity. We know that inactivity is a risk factor for a multitude of chronic diseases and many of the habits that shape our adult lives are set in childhood. Physical activity is important for a growing body as movement and weight bearing have a large impact on bone strength, muscle and tendon health. Here are some tips to make sure your child is staying as active as possible.

1. Find an activity that suits your child's personality and abilities.

Children who are very coordinated and excel in competition may find team sports both increase their self-esteem as well as keep them fit. For other children, being a part of a team can cause embarrassment and they may say they dislike exercise, when in fact what they dislike is feeling like a failure and letting down the team.

These children may prefer a sport where success measured by improving on their own performance, rather than being compared to other children. Surfing, yoga, martial arts, dancing or gymnastics may be activities that suit your child if competitive and team sports cause them to be discouraged.

2. Do get injuries checked out by a professional and invest in proper rehabilitation.

While children do bounce back quickly from injuries, they also may have difficulty expressing themselves and their worries when they have pain. A niggling pain that won't go away may cause your child to say "I don't like

sport" rather than mentioning that they are in pain.

Some children may retain worries that they will hurt themselves again because of a previous injury and avoid exercise because they don't feel completely confident. Your physiotherapist can help to identify any issues that your child is having and help to resolve them.

3. Set fun and challenging goals for them to complete during their daily routine.

As less children are walking and riding to school, try to find ways to fit extra activities into the day. Have a daily long jump competition in the back yard at the same time each day or have bed making time trials. Have a routine before bed of age appropriate exercises, such as star jumps, hopping, balancing and running on the spot. You can make this part of the night or morning ritual, just like brushing your teeth.

Talk to your physiotherapist for more tips on how to increase your child's activity levels. Finding an activity that matches your child's age level is key to keeping them engaged and active.



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Did You Know?
A human baby has over 90 more bones when it is born than an adult does.



Brain Teasers

1. Solve these body related anagrams. *They get harder as you go along.

- phi
- enke
- wlebo
- gresfni
- ldoruehs

2. What does this say?

Friendsmisunderstandingfriends

3. Think



PhysioTip

Increasing your activity levels is easier if you know exactly how much you are doing . Just start by monitoring the number of steps you do and see if you can increase the number by as little as 500 each day.

Lumbar Disc Degeneration

What is it?

The discs of the spine sit between the vertebral bodies and act as shock absorbers for the spine. In the lumbar spine the outer part of the disc is made up of thick fibrous rings called the annulus fibrosus and the inner part is a soft jelly like substance called the nucleus pulposus. The discs in the spine also move to allow flexibility and movement of the spine, particularly in the lumbar spine where they are the largest.

As we age, our discs begin to dehydrate, losing height, elasticity, and flexibility. The result is a spine that can feel stiffer, less flexible and a bit sore with certain movements. While almost everyone will have some degree of degeneration into their later years, not everyone will experience symptoms.

What are the Symptoms?

The most commonly felt symptoms of disc degeneration are stiffness and pain in the lower back. The pain is usually felt over the spine where the

disc degeneration has occurred, but also often radiates into the buttock region. In severe cases of disc degeneration, increased wear and tear can cause bony spurs to develop on the vertebral body. These spurs can cause muscle weakness, numbness and tingling sensations in the leg and foot if they place pressure on the nerves around the spine.

How does this happen?

Disc degeneration usually affects people over the age of 50, however symptoms can begin in your 30s. As we age, all of our tissues gradually lose collagen and elastin, in the spinal discs this process results in smaller, less flexible discs. Repetitive activities like bending on the waist to lift heavy objects and prolonged sitting also cause additional wear and tear of the discs and amplify the degenerative process.

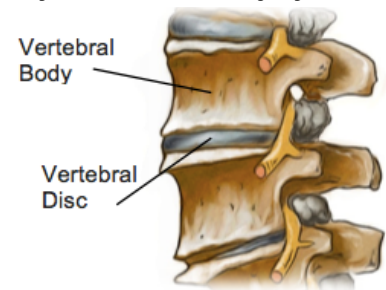
How Can Physiotherapy Help?

Imaging such as MRI and XRAY can help determine the level of degeneration that has occurred with increasing accuracy, however in recent years research has shown that the level of degeneration that can be seen

In imaging cannot reliably predict the amount of pain a person will experience. This can be confusing for patients and having scans that show large amounts of degeneration can be a distressing experience, regardless of symptoms, making patients feel helpless.

Physiotherapy can help patients return to their normal activities as soon as possible and regain optimal function for their individual presentation. In addition, physiotherapy helps patients to manage their pain by helping them understand their pathology and, strengthen trunk stabilizers to prevent recurrence of any injury.

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.



Answers: 1. Hip, knee, elbow, fingers, shoulder 2. Misunderstanding between friends Think outside the square

Breakfast Quesadilla

Ingredients:

- 4 large fresh flour Tortillas
- 400g tin Red Kidney Beans
- 1 cup of grated Cheddar Cheese
- ½ White Onion, diced
- 400g tin of whole Tomatoes
- 1 tsp. Chilli Powder
- 1 tsp. Ground Cumin
- pinch of Salt and Pepper

Garnish:

- 1 fresh Lime
- fresh Coriander
- 2 Eggs



1. Heat a medium sized frying pan and add oil, diced onion, salt and pepper. Cook on medium heat for 3 minutes or until onion becomes soft and clear. Add kidney beans, tomatoes, cumin and chili powder and cook for a further 10 minutes. Cover and continue to simmer on low heat.
2. Heat a separate medium sized frying pan to medium and add a splash of oil. Place one tortilla on the pan and cover with ½ cup of cheese and ½ cup of tomato bean mixture. Place another flour tortilla on top (or fold your tortilla in half, depending on the size).
3. Cook for 2-3 minutes and flip tortillas over and cook the other side. Once the cheese has melted, remove tortilla from heat and repeat with process.
4. Fry two eggs and place on top of tortillas. Garnish with lime and coriander.

Serves 2



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