



The Hidden Benefits Of Learning A New Skill

ESSENTIAL PHYSIOTHERAPY

When thinking about getting fit and exercising more, our first thoughts are usually that we should join a gym or start jogging. While these are both worthwhile activities, we know that if you dislike the activity you're doing, the long-term benefits are usually not enough to keep you committed. There are a few things that are often overlooked when talking about exercising more, particularly the fact that you can often improve your life in more than one way if you find the right activity.

Finding the right activity can boost your confidence and increase your daily activity levels.

We all have different tastes in food and the same is true for exercise. Some of us chase the thrill of learning a new skill; others prefer the challenge of pushing their limits of endurance while others love being surrounded by nature. Exercise is good for everyone, but finding the right activity for you is going to make it much easier to make it a committed part of your lifestyle.

We are also more likely to enjoy doing activities that we are good at. Some people have great balance, while others have great eye hand coordination and someone who is an excellent dancer might be a terrible runner. Consider what you are personally good at and try to choose your activity based on this. Finding something that suits your routine is also an important component to making a new activity a part of your lifestyle.

Sometimes it is simply a lack of imagination that fails to get us off the couch. Jogging is not for everyone, but one of these sports might be.

Here's a quick list of less common activities that you may not have thought of trying; rock-climbing, volleyball, soccer, hula-hooping, slack-lining, golf, mountain biking, hiking, standup paddle boarding, roller skating, skateboarding, dancing, Pilates and yoga, just to name a few.

Learning new skills can be good for your brain.

Many people think that as they get older, learning new skills becomes too hard. The truth is, that with a bit of patience, you can surprise yourself with your ability to learn new things at any age. The brain is capable of incredible change and adaptation to new stimulus. Learning new things can be a great source of confidence and exercise has been shown to improve your brain function overall.

Many activities can help you meet new people and open you up to new communities.

Even solo sports often have well connected communities of like-minded enthusiasts. Surfers have surf clubs, or often meet each other in the water, rock climbers are always looking for more people to take adventures with and people who wake up at 5am to do boot camp together become great friends. As we leave high school and university, it can be harder to create new social connections. Using exercise as a way to make new friends can have a significant impact on your overall wellbeing. In many activities, the communities are extremely supportive of beginners and you might be surprised at how friendly they are to newcomers.

Your physiotherapist is able to give you great advice on which activities might suit your ability level and they can give you some tips to ensure you stay injury free when starting your new hobby.



Brain Teasers

- 1. Which four-letter word can be written forwards, backwards, or upside down and still be read from left to right?*
- 2. If an ice cube sitting in a glass of water melts, will the level of the water rise, fall or stay the same?*
- 3. A truck driver needs to pass under a bridge but his truck is 3cm too tall. How can he pass under the bridge safely?*

Did You Know?

Your foot and your forearm are usually the same length.

Trying to prove this, however, can have you looking a little odd.

PhysioTip

Physiotherapy isn't just for getting rid of pain. We can help to improve your fitness, flexibility, overall health and wellbeing.

Patella Dislocations

What is it?

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. When the patella moves out of this groove it is called a subluxation. If the patella moves far enough out of this groove it becomes a dislocation.

What are the symptoms?

The first time the patella dislocates is usually the most traumatic and painful. The knee may give way, and a visible lump can be noticed where the patella has dislocated. There will often be bruising, swelling and the knee may feel unstable. First time dislocations may also cause a hemarthrosis or bleeding within the knee joint. If there is damage to the ligaments of the knee, subsequent dislocations can happen more easily, and from everyday activities, causing the knee to give way suddenly.

What are the causes?

First time dislocations often occur due to a traumatic event. The most common cause of patellar dislocation is a non-contact injury to the knee with a twist of the leg (the thigh bone rotates internally on a fixed leg and foot). In addition, a direct blow to the side of the knee can also dislocate the patella.

If there is some instability of the joint, dislocations can occur more regularly and from smaller forces. Dislocations usually occur when the knee is bent and the kneecap slips back into place when the knee is straightened again. While the kneecap can be dislocated in both directions, it usually dislocates towards the outside of the knee.

Certain factors can make dislocation more likely, including overall hyper-flexibility, damage to the ligaments of the knee and muscular imbalance of the quadriceps. The structure and angle of the knee joint itself can also make dislocation more likely. This can be seen in the increased prevalence of dislocations for women as they have a slightly different angle of femur compared to the tibia than men. A traumatic dislocation can cause instability that can lead to future dislocations.

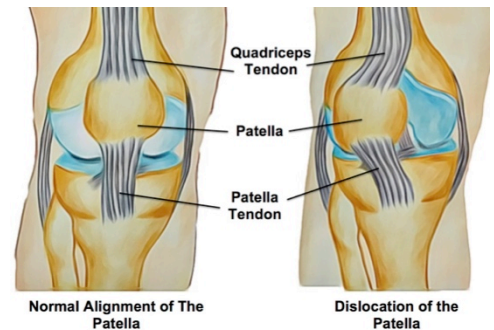
How can physiotherapy help?

An acute patellar dislocation should be treated like any traumatic injury and assessed by a medical professional to reduce pain and swelling, make an accurate diagnosis and check for fractures. While the kneecap may relocate itself quickly, ensuring that it is able

to heal correctly to prevent further dislocations may require immobilization for up to six weeks.

Your physiotherapist will be able to identify any factors that may predispose you to further dislocations and provide you with a personalized treatment program to address any stiffness, weakness or instability surrounding the knee. Balance and proprioception (your sense of where your body is in space) are often reduced following an injury and your physiotherapist will help to rehabilitate these. Your therapist may provide you with education and advice regarding bracing or taping. In severe cases of instability, surgery may be recommended to stabilize the knee however this is usually not considered unless there has been a fracture or until a full rehabilitation with physiotherapy has been completed.

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



Brain Teaser Answers: 1. NOON. 2. It stays the same (try this one at home) 3. He lets some air out of the tyres.

Cashew and Coconut Vegan Cheesecake

Ingredients:

Crust:

- 2/3 cup Pitted Dates
- 1 cup Almonds
- 1 tbsp. Coconut Oil
- 1 pinch of Salt

Filling:

- 1½ cups of Cashew Nuts
- Juice of 1 large Lemon
- 1/3 cup of Coconut Oil
- ½ cup Coconut Milk
- ½ cup of Maple Syrup
- Raspberry Coulis



1. Boil some water and soak cashew nuts for 15 minutes until soft. Strain excess water and set nuts aside.
2. Add the dates to a blender and mix into small pieces and place in a small bowl. Next add almonds and process into a very small meal. Add dates, coconut oil and salt into the almond meal and blend ingredients on high speed until a soft dough is formed.
3. Grease a muffin tin, and press the cheesecake base into the bottom of the muffin tin. Use a small glass to smooth out the base. Place this tin in the freezer when preparing the filling.
4. Add cashew nuts, lemon juice, coconut oil, coconut milk and maple syrup to a blender and mix until a smooth paste is created. Pour filling on top of the bases in the muffin tin.
5. Swirl raspberry coulis on top of the filling and place in a freezer to set, allow 2-3 hours for the cheesecake to set.

Garnish with mint and add extra coulis when ready to serve.



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