

essential



physio

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## Can Poor Balance Lead To Ankle Sprains?

ESSENTIAL PHYSIOTHERAPY

**Ankle sprains are one of the most common sporting injuries and most people have experienced one at least once in their lifetime. While they are common, this doesn't lessen their negative impact. Surprisingly, having poor balance might be increasing your risk of ankle sprains. Here we discuss a few facts about balance and what you can do to reduce your risk of ankle injuries.**

### **Ankles are particularly vulnerable to injuries related to poor balance?**

Our ankles have to support our entire body weight when standing on one foot. To provide us with agility as well as stability, our ankles have the ability to move from side to side as well as back and forwards. There is a complicated process constantly operating to keep your foot in the correct position while supporting all this weight, particularly with quick changes of direction, activities done on tiptoes, jumping and landing. If the ankle rolls excessively inwards or outwards, the ligaments on the side of the ankle can be damaged and torn. Balance is an important part of keeping the ankle in the correct alignment and not twisting too far to either side during challenging activities.

A study of high school basketball players by Timothy McGuine et al. in 2010 showed that students with poor balance were up to seven times more likely to sprain their ankle than students with good balance. Other studies have shown that balance training is an effective way of preventing falls in elderly populations.

### **One leg can have better balance than the other.**

Most of us favour one side of our body for all activities. This is more obvious in

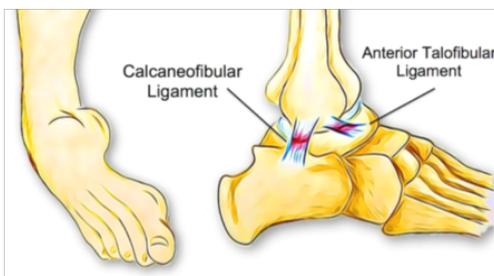
the upper body, with most of us identifying as either left or right handed. The same is also true for our lower body, with each of us favouring one leg over the other for balance activities. This can mean that one leg has better balance and strength than the other, leaving the other leg more vulnerable to injury.

Reduced balance can mean your body has to work harder to perform activities, with muscles activating in a less coordinated way. Improving your balance can also improve your body's efficiency of movement, which can, in turn, improve your overall performance without actually improving your muscle strength.

### **Balance can be trained rapidly.**

Balance is one of the most overlooked dimensions of physical health however, the good news is that it can be improved relatively quickly. Do a quick check to see if you can stand on each leg for two minutes with your eyes closed. If this is difficult you might find that improving your balance is a great next step in your training program.

**Your physiotherapist is able to identify any deficits in your balance and is able to develop a training program for you to improve your balance. Come and see us for an appointment to see how we can help.**



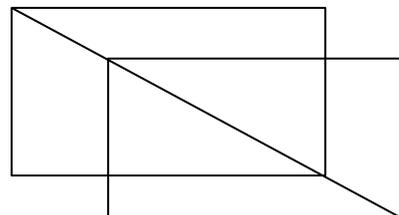
## Brain Teasers

- 1. In a remote part of a world is a small island in the middle of a lake. There is no bridge to this island and there never has been. There is a tractor on the island that was not brought there by air or boat. How did it get to the island?*
- 2. What do the numbers 1961 and 1881 have in common?*

### Work It Out

Trace the pattern without taking your pencil off the paper. You must make one continuous line.

You are not allowed to cross the line, or go over any part of it twice.



### PhysioTip

Your body is always capable of change, no matter what your age is.

# Olecranon Bursitis

## What is it?

Bursae are small sacs of fluid found throughout the body. These bursae produce synovial fluid and act to reduce friction between muscles, tendons, ligaments and bones as they move over each other. Bursae are located at strategic points, typically where there are higher points of stress. If a bursa is injured or irritated, it can become inflamed, painful, red and swollen and this condition is referred to as bursitis.

One bursa that is commonly affected is the olecranon bursa, which sits just over the hard bony process at the base of the elbow. Olecranon bursitis refers to inflammation of the bursa at this point and is a common condition, particularly in men between the ages of 30-60.

## What causes it?

Olecranon bursitis has a few different causes including trauma, overuse and infection. A sharp blow to the elbow, through a fall or hit, might damage the bursa leading to bursitis. In other cases, the bursa can be infected by bacteria, which enter the body through a small skin tear. Bursitis can also develop slowly through friction of the nearby

muscles that cause the bursa to become irritated and inflamed.

## What are the symptoms?

The hallmark of this condition is a painful, red, swollen elbow. Typically pain is worst when resting on the tip of the elbow and/or with elbow movements, particularly when bending or straightening the elbow fully. The pain often lasts a few months and may not go away on its own. The pain may build up gradually, or come on suddenly, depending on the cause. Bursitis caused by infection (septic bursitis) may also be associated with general feelings of illness such as fatigue, fever and body aches.

## What is the treatment?

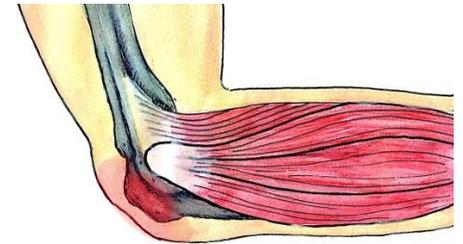
As there are many different causes of this condition, accurate diagnosis is essential. Your physiotherapist is able to distinguish between olecranon bursitis and similar conditions such as rheumatoid arthritis or fibromyalgia. Septic bursitis will need to be treated by a medical professional who will determine the best course of action.

Bursitis is treated initially with a RICE protocol to reduce pain and swelling (Rest, ice, compression and elevation). Mechanical causes of bursitis can require more in-depth identification of the factors that may have led to the development of this condition.

Common contributing factors are throwing technique, muscle tightness and/or weakness and training frequency. Your physiotherapist is able to address these factors plus provide taping support to unload the bursa along with manual therapy and an exercise program.

In most cases, conservative or non-surgical treatment is attempted as the first line of treatment. If this is unsuccessful, cortisone injections are often used to reduce pain and inflammation. In severe cases where the pain persists despite all other attempts at treatment, the bursa can be surgically removed in a procedure called a bursectomy. Once the pain has subsided your physiotherapist is also able to help prevent any further recurrence.

**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. It was driven to the island over winter, when the lake was frozen.

2. They are the same upside down

## Haloumi, Blueberry and Watermelon Salad

### Ingredients:

- 200g Fresh Haloumi
- ¼ Seedless Watermelon
- 100g Fresh Blueberries
- 1 Handful of Fresh Mint Leaves
- 2 Tbsp. Olive Oil
- 1 Tbsp. Balsamic Glaze



1. Place a frying pan on medium heat and add 1 Tbsp. of olive oil. Chop haloumi into thin slices and place on frying pan. Cook for 2-3 minutes and then turn. Haloumi pieces should be lightly browned and crispy on either side
2. Cut watermelon into large slices, removing skin and seeds. Increase heat to high and add watermelon pieces to frying pan. Drizzle watermelon pieces with balsamic vinegar and cook either side for 1-2 minutes. Remove from heat, add blueberries to pan and cook until soft.
3. Mix all cooked ingredients together gently in a large mixing bowl, drain excess liquid and allow to cool.

**Garnish with mint and serve as a healthy side dish.**

### Did You Know?

Muscles cannot push, they can only pull.



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