

essential physio



DECEMBER 2019

Five Shortcuts to Improve Your Health

ESSENTIAL PHYSIOTHERAPY

Better health isn't only about looking better. Being more active can also help you to feel stronger, increase flexibility, reduce pain and feel happier overall. If you're an inactive person, it can be challenging to change your lifestyle. Here are a few tips that might make it a bit easier.

1. Sign up for a race or event.

Fear is a powerful motivator, and having a challenge looming can create a sense of urgency to improve your fitness. You don't need to sign up for a marathon straight away, but something that lies just outside your current fitness level is a great place to start.

2. Join a team.

You may not feel committed to your exercise routine, but being part of a team can get you out of the house when you'd much rather be a couch potato. Joining a team can have added social benefits by increasing your sense of community and expanding your social circle.

3. Make it a habit.

Upgrade your daily exercise to be a non-negotiable part of your routine, increase the priority level and refuse to reschedule. In the long run, you'll be grateful that you have created a habit that's difficult to break. If you can also keep track of your attendance, set yourself the added challenge of not missing a day to put the habit in place.

4. Choose an activity you enjoy.

We all have different preferences when it comes to activity, and taking the time

to identify which sport is right for you can be the secret to long term success. If you're a thrill-seeker, you might find mountain biking infinitely more rewarding than an hour at the gym. For others, the peacefulness of a yoga session can be just what they need after a stressful workday. There are many options other than a gym membership, and many come with added benefits of improved self-esteem as you learn a new skill and are an easy way to make new friends.

5. Reward yourself.

Many of us respond better to positive reinforcement than punishment, or at least it is a nicer experience. For example, rather than restricting calories when you miss a day of exercise, reward yourself with a massage when you have reached a small goal. Choosing a reward that is also beneficial for your health can help avoid a boom/bust attitude towards your health.

Our physiotherapists are happy to provide you with ideas and tips for moving and exercising more. Feel free to have a chat about this on your next visit.



PHYSIOFACT.
RIGHT-HANDED
PEOPLE CHEW
MOST OF THEIR
FOOD ON THE
RIGHT SIDE
OF THEIR MOUTH.



Brain Teasers

1. I can be long or short, grown or bought. Painted or bare, round or square. What am I?
2. What are ten things you can always count on?
3. Every time you stand up you lose me. What am I?

Do Discs Slip?



While back pain can come from the soft discs that sit between vertebrae, they don't 'slip' and are most of the time very stable.

Focus On Osteoporosis

Osteoporosis is a widespread condition characterized by low bone mass or density. It is primarily a metabolic disorder related to age and general health with a variety of risk factors and causes. The most common and well-known consequence of osteoporosis is weakened bones that can break from small forces that would usually be harmless.

In osteoporosis, both the matrix of the bone (similar to scaffolding) and the density of the bone are affected. While bone seems like a static part of our body, bone is continuously laid down and removed by our bodies. In osteoporosis, there is an imbalance between the growth and reduction in the bone where the bone becomes progressively weaker. As such, it is a progressive disorder that worsens with age, and while the disease process might begin much earlier, symptoms are usually only noticed over the age of 50.

What are the signs and symptoms?

Often called a silent disease, many people with osteoporosis will have no idea that they have the disease, as there are no visible symptoms. Sometimes the first sign that an individual has osteoporosis is when the first bone breaks; unfortunately,

these bones are also slower to heal than healthy bones which can lead to ongoing complications. Broken bones are not the only symptom of osteoporosis, as bones lose density and strength, they can also become compressed and develop wedge fractures under the weight of the body.

When the spine is affected by osteoporosis, people may develop a hunched or stooped posture, which can itself lead to respiratory issues and places pressure on the internal organs. Osteoporosis can severely impact a person's mobility and independence, which can have a distressing impact on their overall quality of life.

What causes it?

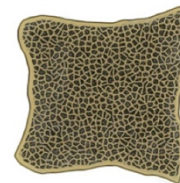
As a metabolic disorder, osteoporosis can be caused by any process that interferes with the body's ability to maintain bone density. This includes gastrointestinal conditions that prevent adequate absorption of calcium, required for bone growth, lack of dietary calcium or low levels of vitamin D, which are essential for the absorption of calcium. Some medications can contribute to bone loss as an unfortunate side effect, especially if they are taken for a long time or in high doses. A well-known example is the long-term use of steroids which are prescribed for long periods to reduce inflammation. Having a sedentary lifestyle or choosing activities with low

levels of impact can mean that without the weight-bearing stimulus to make bone, bones are less dense over time. Osteoporosis is a common issue for elite cyclists and swimmers, who are more likely to develop the condition if they don't also include weight-bearing activities such as jogging in their training program.

How can physiotherapy help?

Physiotherapy can help you to improve your overall bone health, avoid or recover from fractures. Physiotherapy exercises can direct you to safely increase your weight-bearing, which can help build bone mass. Balance training is also an important factor as this can reduce your risk of falls. Your physiotherapist can also help you to adjust your lifestyle, at home or at work, to protect your bones and improve your posture.

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



Healthy Bone



Osteoporosis

Answers:

1. Fingernails

2. Your fingers

3. Your lap

Red Lentil and Coconut Dahl



Ingredients

2 cups dry Red Lentils
2 Tins Whole or Diced Tomatoes
1 Tin Coconut Milk
2 Tbsp. Garam Masala
1 cup Vegetable Stock
½ tsp. Cinnamon
1 tsp. crushed Garlic
½ White Onion, Diced
½ tsp. paprika
1 Tbsp. Coconut Oil
1 tsp. Salt

Raita

½ cup Plain Yoghurt
1 tsp. Lime Juice
½ Cucumber, Diced
3-4 Fresh Mint Leaves, Diced

1. Heat a medium-sized saucepan to high temperature. Add oil, diced onion, garlic, paprika, garam masala, cinnamon and salt. Cook until onion begins to soften, stirring frequently and lower heat to medium
2. Rinse lentils with cold water, strain and add to the saucepan. Stir lentils until coated evenly by oil and spices.
3. Slowly add vegetable stock, stirring through lentils. Next, add tinned tomatoes and coconut milk. Stir thoroughly, reduce heat and allow to simmer for 15-20 minutes. Continue to stir occasionally until lentils are soft and liquid is absorbed.
4. Combine yoghurt, lime juice, diced cucumber and mint leaves in a small bowl and stir until mixed evenly.

Serve with rice and toasted garlic naan bread, add raita for taste.



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