

essential



physio

MARCH 2020

Four Surprising Reasons To See Your Physiotherapist

When you tear a muscle or wake up with a stiff neck, your physiotherapist is often the first person you think to call. While aches and pains are indeed the bread and butter of physiotherapists, there are many conditions that your physiotherapist can help with that you may not be aware of. Physiotherapists have a broad skill set that encompasses many areas of healthcare from childhood to old age. Here are a few surprising conditions physiotherapists can assess and treat.

1. Vertigo

The dizziness and spinning sensations created by vertigo can drive you to distraction. There are specific kinds of vertigo that respond very well to physiotherapy treatment.

Benign Paroxysmal Positional Vertigo is a type of vertigo caused by small loose crystals in the inner ear, resulting in dizziness when the head is turned in different positions. Your physiotherapist can give you exercises to relocate these crystals and regain your balance.

Physiotherapists can also help with habituation exercises for other types of vertigo. If in doubt, have a quick chat with one of our therapists to see if they might be able to help you.

2. Neurological Conditions

Strokes, cerebral palsy, multiple sclerosis, spinal cord injuries and head injuries are all conditions that

your physiotherapist has been trained to treat. In the private practice setting, they are particularly helpful at stretching the tight muscles affected and providing specially tailored strengthening exercises.

3. Incontinence

Pregnancy and childbirth can cause significant damage and stress for the pelvic floor and pelvic organs. Incontinence can have a huge impact on quality of life and cause substantial emotional distress. Fortunately, with treatment, many people see significant improvements. Physiotherapists who have specialised in women's health can assess and provide education, support and treatment for a range of women's and men's pelvic floor issues.

Balance and falls prevention.

Falls are one of the leading causes of injury, especially as we age, our bone density begins to decrease, and our ability to prevent falls gradually declines. Physiotherapists can detect reductions in balance that can predict your falls risk and help you to regain your confidence through balance and strength training.



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WANT TO IMPROVE YOUR HEALTH BUT DON'T HAVE TIME TO EXERCISE?

SET YOURSELF A CHALLENGE TO WALK 50 EXTRA STEPS PER DAY.



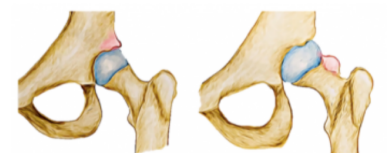
Brain Teasers

1. There are many different ways of telling the time, a sundial has the least number of moving parts. Which type has the most?

2. You are about to cross the finish line in a running race and pass the person who is in second place. What place do you finish?

Hip Impingement

Hip pain and stiffness with running, squatting and prolonged sitting can be a sign of hip impingement. Your physiotherapist can help diagnose this and guide your treatment.



Pincer Impingement Cam Impingement

Muscular Trigger Points

What Are They?

Muscular trigger points are better known to most of us as muscle knots and can feel like painful, hard lumps located inside muscles. These knots can both be painful to touch and refer pain in surrounding areas. It is thought that trigger points form when a portion of muscle contracts abnormally, compressing the blood supply to this area, which, in turn, causes this part of the muscle to become extra sensitive. Trigger points are a common source of pain around the neck, shoulders, hips and lower back.

What Causes Trigger Points?

Many factors can cause trigger points to develop; repeated stress, injuries, overuse and excessive loads are common examples. Inflammation, stress, nutritional deficiencies and prolonged unhealthy postures may also contribute to the formation of these painful areas. Generally speaking, muscular overload, where

the demands placed on the muscle mean that the fibres are unable to function optimally, is thought to be the primary cause of trigger points. This is why you might notice trigger points in weaker muscles or after starting a new training program.

Signs and Symptoms

Pain caused by trigger points can often be mistaken for joint or nerve-related pain as it is often felt in a different location to the site of the trigger point. Trigger points feel like hard lumps in the muscles and may cause stiffness, heaviness, aching pain and general discomfort. They often cause the length of the affected tissues to shorten, which may be why trigger points can increase the symptoms of arthritis, tennis elbow, tendonitis and bursitis.

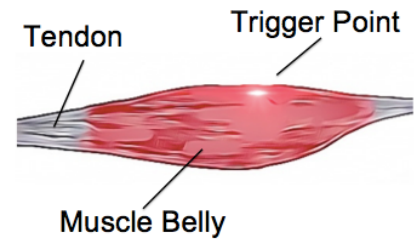
How Can Physiotherapy Help?

Your physiotherapist will first assess and diagnose trigger points as the source of your pain. If they feel that treatment will be beneficial, there are a variety of techniques that can help, including dry needling, manual

therapy, electrical stimulation, mechanical vibration, stretching and strengthening exercises. While these techniques may be effective in treating trigger points, it is important to address any biomechanical faults that contribute to their development.

Your physiotherapist is able to identify causative factors such as poor training technique, posture and biomechanics and will prescribe an exercise program to address any muscle weaknesses and imbalances. If you have any questions about how trigger points might be affecting you, don't hesitate to ask your physiotherapist.

The information in this newsletter is not a replacement for proper medical advice. Always see a medical professional for an assessment of your condition.



Answers:

1. An hourglass – with thousands of grains of sand

2. You finish in second place



Honey, Date & Sesame Brittle

1. Combine sugar, honey, cardamom, cinnamon and water into a medium-sized saucepan. Bring to medium heat and stir until all ingredients are mixed together.
2. Add sesame seeds, chia seeds and dates and stir often until the mixture is an even consistency and begins to brown slightly. Keep on heat for 5-10 minutes, if you have a candy thermometer, the mixture should reach 150 °C.
3. Remove mixture from heat and stir vanilla extract and butter through. When the butter has completely melted, add baking soda and stir.
4. Spread mixture onto a greased baking tray and allow to cool. Once the mixture has hardened, use a spatula to separate from the tray and break into pieces.

Ingredients

1 cup Raw Sesame Seeds
2 Tbsp. Chia Seeds
6 Medjool Dates, diced
¼ cup. Honey
¾ cup. Brown Sugar
2 tsp. Butter
1 Tbsp. Water
¼ tsp. Baking Soda
½ tsp. Vanilla Extract
¼ tsp. Cardamom
¼ tsp. Cinnamon



18 Olivedale St
BIRDWOOD SA, 5234

4 George Street
WILLIAMSTOWN SA, 5351

91 Main Street,
LOBETHAL 5241

For Appointments Book
through Our Website At
www.essentialphysio.com.au

Call (08) 8568 5455

Text 0413597417

admin@essentialphysio.com.au