

essential



physio

APRIL 2020

Keeping Healthy While Working from Home

Over the next few months, many of us will be spending more time at home. For each of us, this will mean something different; however, regardless of your circumstances, there are a few things you can do to make your time at home a little easier and healthier.

Maintain a routine.

A new routine may take a while to develop and will depend on the demands placed on you by your work or children, however, some things can help with both mental and physical health when staying at home for long periods. Waking up and going to sleep at the same time every day can have a significant impact on wellness, ensuring that you have a better sleep and also feel more settled when you wake up.

Use screens thoughtfully.

Technology can help us to connect with those who are not there, yet can also take us away from things happening around us. Delete the apps that you find distracting, such as news or social media and schedule in quality catch-ups with friends and family via video.

Take time to adjust your home workstation.

If you will be spending hours at a time on your computer, it is essential to take the time to ensure your workstation is set up optimally to reduce stress on your body while working. You can chat with your physiotherapist for some tips on how

to set up your home office.

Stay in touch with your physio.

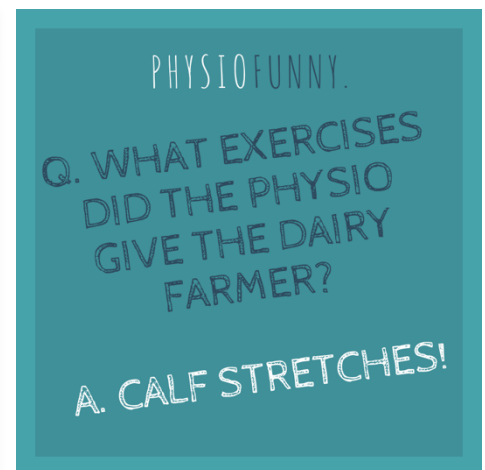
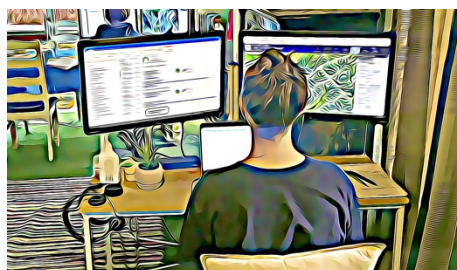
If you are struggling with pain at home, your physiotherapist can offer a variety of online treatment solutions, even if you can't make it to the clinic. Reach out to your physiotherapist if you are in pain either via email or telehealth sessions to see how they can help you – you might be surprised at how much they can help.

Join an online fitness group and workout with others.

Joining a daily online workout session is one way to keep active and also stick to a schedule. Many of the videos allow you to join in live, helping to increase commitment and a sense of community with your fellow athletes.

Stretch before bed.

Start with just three simple stretches, calf, hamstrings and triceps and slowly build up your repertoire. Stretching before bed can help to prepare your body for rest while also improving flexibility. Try to hold each stretch for at least 30 seconds for optimal effect.



Brain Teasers

Can you work out the correct sequence of numbers by following the clues?

- 682: One digit is correct and in the right order.
- 614: One digit is correct, but in the wrong order.
- 206: Two digits are correct, but both are in the wrong order.
- 738: All digits are incorrect.
- 380: One digit is right but in the wrong place.

=_ _ _?

Neck Pain



A common cause of neck pain is thoracic stiffness. Regular exercise that helps keep the spine flexible such as pilates can be extremely beneficial if you suffer from neck pain and headaches.

The Two Minute Workout Challenge

Keeping active while at home for long periods can be challenging. For many people, going out for a run or taking time to perform a full workout can be daunting, especially if this is not a part of their usual routine.

There are a few quick and easy ways to add some movement to your day, starting with something as simple as boiling the kettle. As the average kettle takes 2-3 minutes to boil, challenge yourself to see if you can complete these five exercises while waiting for your cup of tea. You can focus on one each day, or work through one different one each time.

1. Challenge your balance.

Standing on one leg is something many of us assume we can do, yet rarely take the time to check. This is an essential skill that can deteriorate without being noticed until everyday activities, such as getting dressed, are impacted. Being able to stand on one

leg is important for putting on shoes, trousers and reduced balance can be a risk factor for falls.

Start by seeing if you can stand on one leg with your eyes open for the entire time the kettle is boiling. Test both legs and if this is too difficult, make sure you are close to a bench that you can use to support yourself. To increase the difficulty, try balancing with your eyes closed, then progress to balancing on your tiptoes. If you can balance on your tiptoes, with your eyes closed, then you may need to ask your physio for more suggestions.

2. Heel Raises

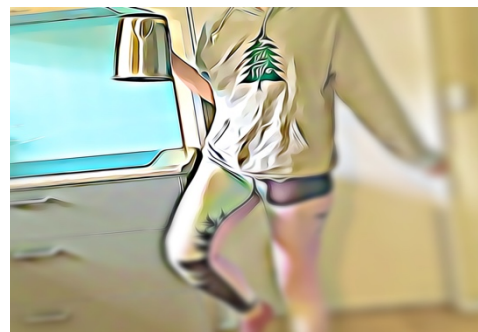
Start by keeping your knees slightly bent and lift both heels off the ground at the same time. You can begin with repetitions of 5, have a quick rest then repeat. Challenge yourself to increase the speed of your heel raises and see how many you can fit into your waiting time. As you bend your knees, aim to keep your knees over your second toe. If you feel this is a little too easy, you can progress to single-leg heel raises, which will also improve your balance!

You can start a daily competition with the people in your household to see who can complete the most.

3. Squats

Squats are a great exercise to keep your large muscles working. You can start with small squats and reps of 5, aiming to slowly increase your number and progressively squat to a lower position. As with heel raises, when you start to find squats to be less of a challenge, you can move to single-leg squats.

Don't hesitate to ask one of our physios for tips on how to stay active while at home. The information in this newsletter is not a replacement for proper medical advice.



Answers: 1. 042

Vegetarian Fettucine Carbonara

1. Bring a medium-sized saucepan of lightly salted water to boil. Add 1 Tbsp. of olive oil and cover.
2. In a medium-sized frying pan, add the rest of the olive oil, onion, garlic, salt and pepper, chilli, mushrooms and eggplant. Cook on medium heat until onions have softened. Lower temperature and cover.
3. Add fettuccine pasta to boiling water and cook while covered until past as al dente. Strain, rinse and set aside.
4. Separate two egg yolks and discard whites. Add to a small bowl and whisk with grated parmesan cheese briefly.
5. Add cooked fettuccine pasta to the frying pan and stir through ingredients. Remove from heat and allow to sit for 1-2 minutes. Add egg and parmesan mixture and stir through pasta until it is thoroughly covered.



Ingredients

Fettuccine Pasta
2 Eggs
2 Garlic Cloves, diced
½ Spanish Onion, sliced
200gm Fresh Mushrooms
½ Small Eggplant, Sliced
½ tsp. Fresh Chilli, diced
½ Cup Fresh Spinach
Leaves
50g. Parmesan Cheese
3 Tbsp. Olive Oil
Salt and Pepper



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