

essential



physio

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How To Create Your Own At Home Gym

Staying active at home can be challenging especially when many of us don't have access to our local gym. Physical health and wellbeing are equally important both mental health and with this in mind, we're offering a few suggestions for how to use everyday home objects to stay in shape. Even if you don't have access to a single piece of gym equipment, there are many items in your home that can be used to keep you active.

Water bottles, soup cans or jug of laundry detergent – these things are substitutes for dumbbells. The size or weight of the bottles or cans will depend on how heavy you can lift. If you have empty water bottles just sitting around in your garage, fill them with sand or rocks for a heavier load.

Chair – choose the most stable chair in your house then you can start doing triceps dips and push-ups. When you do these exercises, you're using your own body weight, thus, eliminating the need for other equipment.

Towels – these can be used to strengthen and stretch your muscles. For example, place each of your hands on the ends of the towel. Bring your arms over your head and then, pull the towel on both sides. Doing so can tone your arm muscles. For stretching, hold one end of the towel and position one arm as if you're doing a triceps curl. Place your other arm behind your lower back and hold the towel. Pull the towel downwards until you feel a stretch on your triceps. Hold that position for 30 seconds and do that for five repetitions. Repeat this on your other arm.

Wall – if you're having a hard time perfecting your squats, standing with your back against the wall can help as it promotes the proper alignment of your body when doing squats.

Stairs – going up and down the stairs will boost your cardio level. To challenge yourself further, run up and down the stairs a couple of times a day. You can also strengthen your calves on the first step of the stairs by doing toe lifts.

Paper plates – a good replacement for gliders are paper plates (and towels too!). These are helpful for abs and leg workouts.

Pillows – you can use pillows to make an incline when doing abdominal crunches and dumbbell bench press.

Basketball, volleyball or soccer ball – use any of these balls as a medicine ball alternative. These would be great for thigh and leg squeezes. You can also use the balls if you want to improve your balance.

Backpack – get your backpack and fill it with anything you want. Just make sure you'll be able to carry it. When you're ready, do some squats, lunges and push-ups. The added weight on your backpack maximizes your workout by engaging your muscles better and getting your heart rate up faster.

Working out at home can require a little more creativity but can be done! Speak to one of our physiotherapists for more tips for keeping active at home.

Ankle Sprains



Ankle sprains are one of the most common sporting injuries. While most sprains heal on their own, the risk of spraining the ankle again are often higher without full rehabilitation.



Brain Teasers

Unscramble these anagrams to find the hidden animals.

1. SHORE
2. BRAZE
3. FLOW
4. DOING
5. PAROLED



Trochanteric Bursitis

What is Trochanteric Bursitis?

The muscles that surround the hips have a complicated role to play. They work to keep the pelvis level and control one of the most flexible joints of the body. They are organized in layers, and the deeper muscles are separated from the outer muscles by sheets of connective tissue, to allow easy gliding, as they interact with each other.

With all the layers of muscles working together, some points in the body are more prone to experiencing tension and friction during movement. Small sacs called bursa release a natural lubricant to allow gliding and sliding of different muscular layers and are scattered around the body at points of increased stress.

They are found all over the body and usually are quite inconspicuous, which is why most people have never heard of them. However, occasionally something goes wrong, and they become irritated and painful.

This will usually happen in a few typical places in the body and one of them this over the greater trochanter, the bony part of the outer hip.

What Are The Symptoms?

The most common symptoms of trochanteric bursitis are a sharp, superficial pain on the outside of your hip, which may radiate down to the knee. You can experience pain with a number of activities such as walking, jogging, climbing stairs and cycling or simply lying on the affected side.

How Does It Happen?

The most common cause for this is a combination poor biomechanics and overuse. When you have poor biomechanics, the structures around the bursa become tighter and can begin to irritate the bursa. Some things that contribute to poor biomechanics around the hip are weak, uncontrolled muscles, tight muscles, flat feet with unsupportive footwear, a difference in leg length, incorrect equipment settings and scoliosis. These can all lead to irritation of the bursa around the hip.

How Can Physiotherapy Help?

As there are many other conditions that can cause pain at the outer hip, correct diagnosis is essential. Once diagnosis is confirmed, the first phase of treatment is to reduce pain and irritation. This can be done with muscle release techniques, rest, orthotics and advice for modification to your lifestyle. Your physiotherapist will also evaluate the causes of the irritation and prescribe a suitable rehabilitation program. Serious cases can be treated with corticosteroid injection or even surgery, but with thorough physiotherapy treatment, you can usually get back into action within six weeks.

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



Answers:

1. HORSE

2. ZEBRA

3. WOLF

4. DINGO

5. LEOPARD



Hearty Chorizo and Tomato Soup

1. In a medium-sized saucepan, sauté olive oil, diced onion, chilli, fennel, garlic, salt and pepper, and chorizo. Cook on medium heat until onions have softened and chorizo is cooked. Lower heat and cover.
2. Add two tins of whole tomatoes to the saucepan and bring to boil. Cover and reduce heat to medium. Add vegetarian stock and continue to simmer.
3. Add 1 cup of red lentils. Allow soup to simmer for 20-30 minutes, stirring occasionally. Add one clove of star anise.
4. Once lentils are soft blend with a food processor to even out consistency.

Serve with fresh basil and pepper for garnish.

Ingredients

3 Tbsp. Olive Oil
2 Garlic Cloves, diced
½ Spanish Onion, diced
2 tins Whole Tomatoes
1 Cup Vegetarian Stock
1 Cup Red Lentils
1 Chorizo Sausage, sliced
¼ Cup Fresh Basil
1 tsp. Fennel Seeds
½ tsp. Fresh Chilli, diced
Salt and Pepper



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