

essential



physio

NOVEMBER 2020

Achieving Wellness with Physiotherapy

While being healthy has always been promoted in society, in recent years, the shift towards wellness has been increasing. While the two concepts seem similar, there are some subtle differences between the two.

Health refers to the state of wellbeing in physical, mental and social terms, rather than just the absence of disease. **Wellness**, however, encompasses the ability of a person to experience personal growth in emotional, physical, psychological, spiritual, social and intellectual terms. It can be thought of as thriving rather than just surviving.

While you most certainly will notice when your health is failing, it can be harder to be aware that you've lost a little wellness. When it comes to physical wellness, this may mean that you have no pain, yet still feel a little stiff, or simply can't do as much as you would like to.

While in many ways, health can be measured objectively, wellness is a little more subjective. It is determined by your own goals and aspirations. If you are able to participate in activities you love, this can be vital to emotional and social wellness, not only physical health.

How can physiotherapy help improve wellness?

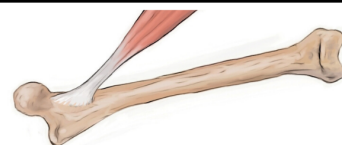
Your physiotherapist is able to work with you to set goals that are meaningful to you and develop a plan that makes these goals achievable.

Your physiotherapist can also help you to identify factors that may be holding you back from reaching these goals. In some cases, this could be a lack of balance, which reduces confidence in trying something new. Alternatively, an old injury that hasn't been fully rehabilitated may mean that you are subconsciously avoiding activity.

Little by little, you too can work towards the ultimate goal of total wellness and health. Speak to your physiotherapist about how you can improve your health and wellness.



Bone Health



Bones react to stress and tension the same way as muscles, by adapting and strengthening. Weight bearing activity is essential for maintaining bone mass throughout our lifetime.



Trivia Questions

- Who discovered Penicillin?
- What does BMW stand for?
- What is the common name for dried plums?
- Which body organ has four chambers?

PHYSIOTIP

BREATHING CAN BE DONE WRONG! YOUR STOMACH SHOULD EXPAND WHEN YOU BREATHE IN AND RELAX WHEN YOU BREATHE OUT.

CALL US FOR AN APPOINTMENT

Focus on ACL Reconstructions

A common injury of the knee is a tearing of the ACL (Anterior Cruciate Ligament). This ligament is very important for stability of the knee and often needs to be repaired surgically. The primary function of the ACL is to keep the bottom surface of the knee joint from sliding forwards during movement. An unrepaired knee may feel unstable or give way suddenly.

Not all ACL injuries require surgery and some may heal well with proper rehabilitation, however for those who do need surgery, there is a significant rehabilitation period afterwards.

What does the surgery consist of?

Every surgeon will have a slightly different technique for surgery. The most common approach is the arthroscopic approach, which uses a small camera and allows the

surgeon to make only small incisions into the knee. They will then replace the torn ligament with either a graft from a tendon or ligament at another part of the body or using a synthetic graft.

How long does rehabilitation take?

Full rehabilitation following surgery can take up to nine months and rehabilitation is divided into different stages. As all surgeons will have different protocols for their approaches to surgery, time frames will vary for everyone.

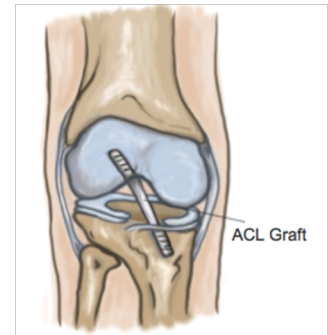
Initially, after surgery, the graft will be quite weak while a new blood supply is being established. It can take up to 12 weeks before the graft is at its strongest point and evidence shows that it may never have the strength of the original ligament.

In the early stages, rehabilitation will be focused on restoring movement to the joint and strengthening the muscles around the knee without putting any undue stress on the graft.

As the graft begins to heal and strengthen, rehabilitation can progress to include stability and control exercises and gradually build up to a complex program that prepares the knee for a full return to sport.

The path to full rehabilitation from a knee reconstruction can be a long and bumpy one, however, there are high success rates with this surgery, particularly when followed up with full physiotherapy rehabilitation.

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



Answers:

1. Alexander Fleming 2. Bavarian Motor Works 3. Prunes. 4. Heart

Coconut, Date & Apple Cake



Ingredients:

1 ½ cups Flour
1 Tsp. Baking Powder
1/2 cup Honey
1 Egg
1 tsp. Vanilla Extract
1 Cup Milk/Coconut Milk
2 Tbsp. Chia Seeds
1 Cup Dates, diced
2 Apples Sliced
½ Cup Coconut Flakes
125g Butter

1. Preheat oven to 180 degrees Celsius. Line a medium-sized cake tin with baking paper or grease with butter.
2. Pour flour, baking powder, chia seeds, coconut flakes into a large mixing bowl. Create a well in the centre and add egg, honey, vanilla extract, butter and milk. Whisk until a smooth mixture forms, add extra milk if the mixture is too thick.
3. Cut the apple into thin slices and remove the core. Fold dates, apples and frozen blueberries into the cake mixture. Pour into cake tin and place a few slices of apple and dates on top.
4. Place cake tin in the oven for 45 minutes. Allow to cool and serve with coconut cream or butter.



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