

essential



physio

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How Do I Know When My Injury Will Heal?

When injury strikes, the first thing that most of us want to know is 'how long will this take to heal?' Unfortunately, the answer to this can be complicated and requires at least a little understanding of how the different tissues of the body heal. Each of the tissues of the body, including muscles, tendons, ligaments and bone, heal at different speeds and each individual will have some variation on those times as a result of their individual health history and circumstances.

There are some guidelines that can be followed when predicting how long an injury will take to heal based on the tissue type affected. Muscles are full of small capillaries, giving them a rich blood supply, and as such, they have a comparatively fast healing time with 2-4 weeks for minor tears. This time will be extended for larger tears and more complicated presentations.

Ligaments and tendons have less access to blood supply and injury to these tissues generally take longer to heal. Larger or complete tears of all soft tissues, may not be able to heal themselves and in rare cases, surgery may be required for complete healing to occur. Similarly, cartilage, the flexible connective tissue that lines the surface of joints is avascular, which means it has little or no blood supply. To heal, nutrients are supplied to the cartilage from the joint fluid that surrounds and lubricates the joint.

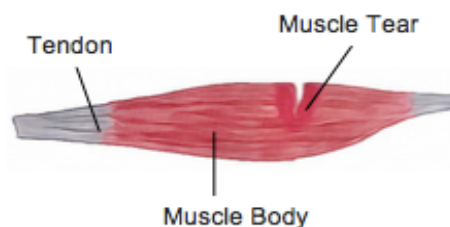
While the different tissues of the body all have varied healing times, they do follow a similar process of healing with three stages, the acute inflammatory phase, the proliferative stage and finally the remodelling stage.

The inflammatory stage occurs immediately after an injury and is the body's primary defence against injury. This stage is identifiable by heat, redness, swelling and pain around the injured area. During this phase, the body sends white blood cells to remove damaged tissue and reduce any further damage. This stage usually lasts for 3-5 days.

The proliferation stage is the phase where the body starts to produce new cells. Swelling and pain subside and scar tissue is formed that eventually becomes new tissue. This stage usually occurs around days 7-14 following an injury.

The final stage, known as the remodelling stage is when the body completes healing with the reorganization of scar tissue and the laying down of mature tissue. This stage usually occurs roughly two weeks after the initial injury is sustained.

At each stage of the healing process, a different treatment approach is required and your physiotherapist can help to guide you through your recovery. Ask your physiotherapist to explain how your injury can be managed best and what to expect in your recovery process.



Shoulder & Arm Pain



Pain that radiates into your shoulder and arm can be caused by dysfunction in the neck. Your physiotherapist can identify the true cause of your symptoms with a thorough assessment.



Trivia Questions

- What country invented tea?
- In which body part can you find the femur?
- Which two countries share the longest international border?



Shoulder Labral Tears

What is the labrum of the shoulder?

The shoulder is a remarkably mobile joint, however, this flexibility comes with the cost of less stability. The glenohumeral joint, where the upper arm meets with the shoulder blade is a ball and socket type joint. The surface area of the 'socket' part of the joint (the glenoid fossa) is much smaller than the ball part of the joint (the head of the humerus). A fibro-cartilaginous ring called a labrum surrounds the edge of the glenoid fossa which acts to increase both the depth and width of the fossa.

This labrum provides increased stability and is also the attachment for a part of the biceps muscle via a long tendon. The labrum can provide flexibility and stability that a larger glenoid fossa might not be able to, however being a soft structure it is prone to tearing which can be problematic.

What causes the labrum to tear?

The most common way the labrum is torn is through a fall onto an outstretched arm or through repetitive overhead activities such as throwing or painting as the repeated stress on the labrum can cause it to weaken and tear.

Suspected labral tears can be diagnosed in a clinic by your physiotherapist through a series of tests, however, an MRI is required to fully confirm the presence of a labral tear. Labral tears are classified into different grades, which are determined by their location and severity.

What are the symptoms of a labral tear?

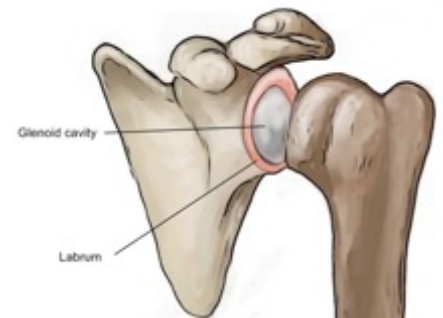
A labral tear is often associated with other injuries, such as rotator cuff tear, which can make the clinical picture a little confusing. Commonly there will be pain in the shoulder that is difficult to pinpoint and the pain will be aggravated by overhead and behind the back activities.

Severe labral tears can lead to instability and can also be related to dislocations of the shoulder.

How Can Physiotherapy Help?

The severity and grade of the labral tear will guide treatment. Smaller tears can be treated with physiotherapy that is aimed at increasing strength and control of the shoulder. Other tears may require surgical repair after which physiotherapy is an important part of treatment to rehabilitate the shoulder.

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



Answers: 1. China 2. Leg 3. Canada and the USA

Mango & Coconut Smoothie Bowl



Ingredients:

1 Cup frozen Mango
1 Frozen Banana
½ Cup frozen Blueberries
½ Tbsp. Honey
1 Cup Fresh Strawberries
2 Tbsp. Chia Seeds
1 Cup Plain Yoghurt
½ Cup Milk
½ Cup Coconut Flakes

1. Blend mango, banana, milk, yoghurt and honey in a blender on medium speed until smooth and creamy.
2. Pour mixture into two bowls.
3. Cut strawberries and top smoothie mix with coconut, chia, strawberries, mango and blueberries.

Serve immediately for a delicious dessert or healthy breakfast.



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