

# essential physio



FEBRUARY 2021

## How Vitamin D Can Affect Your Health

With so much public education about the dangers of sun damage, the last thing you'll be expecting to here is that you're not getting enough sunshine. However, in some countries up to 30% of the population have inadequate vitamin D status, increasing to more than 50% in women during winter and spring.

### What does vitamin D have to do with sunshine?

Also known as the "sunshine vitamin", vitamin D is essential for your health. With a typical western diet, most people will get about 10% of their daily vitamin intake through food and the other 90% is processed by the body through exposure to sunshine.

### Why is it important?

Vitamin D is essential to maintain bone health and muscle function. Deficiencies in children can cause rickets, and over time it can cause osteoporosis in adults. It is also a predictor of falls, due to reduced muscle strength, which coupled with osteoporosis can lead to complicated fractures. Depression has also been linked to vitamin D deficiency.

Vitamin D has also been shown to have a significant role in preventing respiratory disorders and even reducing their severity. This has been a suggested mechanism for why people with darker skin are more susceptible to COVID infections and suffer more severe infections.

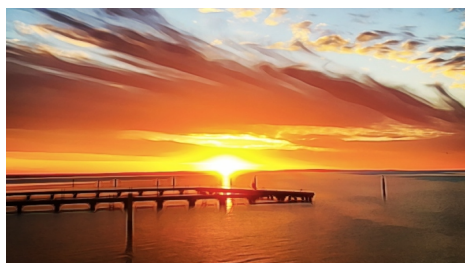
### Think you get enough sunshine?

You might be surprised at how much sun exposure you need to make enough vitamin D. Unfortunately the answer isn't straightforward. During winter you'll need to be in the sun for longer, and the further from the equator you are, the more sun you'll need. Fair-skinned people are better adapted to process vitamin D and as such need to spend less time outside.

People who tend to avoid the sun or dress very modestly might be surprised to find that they are vitamin D deficient, along with office workers and those who spend a lot of time indoors, particularly the elderly who are in care.

Being overweight can also put you at risk of being vitamin D deficient as fat cells absorb vitamin D and prevent it from being released in a way that can be used by the body.

**Vitamin D deficiency can be diagnosed with a simple blood test. To find out more about how much sun you should be getting and how to balance sun exposure with skin cancer risks go to....**  
[www.sunsmart.com.au/vitamin-d](http://www.sunsmart.com.au/vitamin-d)



## Tendon Injuries

Tendons can require more support to heal than muscle tissue as they have less blood supply.



### Brain Teaser

Each row and column add up to 15. Use the numbers from 1-9, only using each number once.

	6	8
	2	

PHYSIOTIP

**DESPITE COMMON BELIEFS, PHYSIOTHERAPY CAN SIGNIFICANTLY HELP ARTHRITIS, WITH AND WITHOUT SURGERY.**

CALL US FOR AN APPOINTMENT

# How To Prevent Workplace Injuries

## Why are workplace injuries so common?

The nature of work is that we are often required to complete the same task for hours. We can also find ourselves faced with time constraints and deadlines that lead to lazy postures and taking shortcuts, simply to get the job done.

## How can they be prevented?

Workplace injuries can happen suddenly, through an accident like a fall or by lifting something too heavy, however, the vast majority of workplace injuries occur over time due to repetitive tasks. Often these conditions begin slowly and take many months to resolve. Here are a few tips to keep yourself pain free in the workplace.

## Moving Items:

It's important to assess the risk before you start. Do you need to ask for help or use an assistive device? Your legs are the strongest part of your body and ideally, you should use them to power the movement, rather than your arms or back.

Bending and twisting when lifting is also a common mechanism for injury. It is much safer to lift, then step to turn before putting an object down again. Pushing is a much more efficient movement than pulling and is always preferable if you have a choice. Try to push at waist height and keep forces as close to your body as possible.

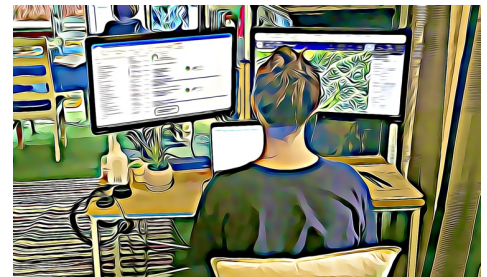
## Office Work:

Overuse injuries can occur by using the same side of your body rather than alternating sides. Practise using both left and right hands for taking phone calls and mouse work.

Be aware of your posture. Good posture isn't having a rigid and upright spine. It's about being able to let your spine sit comfortably in its natural curves and be able to move in and out of this easily. Stretching can help to counteract positions you find yourself in for long periods.

Your physiotherapist is a great person to speak to about preventing injuries in your workplace.

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



Answers:

Row 1: 1, 6, 8    Row 2: 9, 2, 4.    Row 3: 5, 7, 3

# Chocolate Pistachio Bars

## Ingredients:

### Filling:

½ cup Coconut Oil  
½ cup Cacao Powder  
½ cup Almond Butter  
¼ cup Honey  
½ tsp Vanilla Extract  
¼ tsp Salt  
¼ cup Pistachios, chopped  
¼ cup dried Raspberries

### Chocolate Coating:

150g Chocolate chips  
1 tsp Coconut Oil



1. Add all filling ingredients into a bowl and mix well. Pour into a large tray lined with baking paper, refrigerate for 20 minutes.
2. Once set, cut slice into bite sized bars and set aside.
3. Carefully melt the chocolate in a metal bowl sitting above a pan of boiling water. Stir through coconut oil as the chocolate melts to improve consistency.
4. Using tongs, dip bars into the chocolate until completely covered and set aside on a tray. Place in the freezer until chocolate has hardened and becomes firm.

**Sprinkle with coconut and serve when ready.**



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