

# essential physio

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## Is Surgery The Right Decision For You?

For many patients, deciding to have surgery following an injury can be incredibly difficult. The thought of surgery can be daunting, yet ensuring the best outcome for your injury is important. To make the best decision for your circumstances, it is important to have the right information. Here are a few questions you might want to consider before making your final choice.

### How much will surgery cost and will I need to take time off work?

One of the major downsides of surgery is that you will often need to take time off work to recover, resulting in lost income. The cost of the surgery itself may not be completely covered, particularly for elective procedures and you will often need to visit physiotherapy afterwards. The cost of surgery can really add up, and if you can achieve similar results with physiotherapy, you might find yourself in a much better financial situation.

### What are the potential complications and success rates for your surgery?

All surgeries come with risks and potential complications, the probability of these will vary depending on the type of surgery, your age and general health. It is also important to compare the success

rates of surgery with a period of physiotherapy treatment. In some cases, however, healing simply will not occur without surgical intervention and physiotherapy will have little success in resolving the issue.

### What are your post-surgical goals?

Not everyone wants to ski down a mountain, but for some, being able to push and trust their bodies is important for both their income and quality of life. Surgery might be the right decision for someone who has high athletic demands on their body, but not for another person who is less active. Setting your goals for your body can help to guide your decision making process.

**Before making any major decisions, it is important to consult your medical team to ensure you are well educated in all the risks and benefits of choosing surgery.**



PHYSIOFUNNY.  
Q. WHAT EXERCISES  
DID THE PHYSIO  
GIVE THE PIRATE  
A. PLANKS!



## Brain Teasers

1. Why are ghosts bad at lying?
2. What word becomes shorter when you add two letters to it?
3. What is always in front of you but can't be seen?

## Stretching Tips



Tendon injuries, back-pain and acute injuries can occasionally become worse with stretching. Advice from your physio is essential for the optimal recovery

# Focus on Carpal Tunnel Syndrome

## What is Carpal Tunnel Syndrome?

The carpal tunnel is a small space base of the hand. This tunnel is covered by a thick ligament and creates a small tunnel where various nerves, arteries and tendons pass through from the forearm into the hand. If anything causes this space to be reduced, these structures can become compressed and damaged, particularly the median nerve. This common condition is referred to as Carpal Tunnel Syndrome (CTS).

## What are the symptoms?

The hallmark symptoms of carpal tunnel syndrome are pain, numbness and weakness in the hand, usually following a typical pattern over the thumb, index and middle finger. There can also be a reduction in grip strength and wasting of the thumb muscles. Symptoms are usually worse on waking or with repetitive hand movements.

Patients might also report difficulty holding items, writing or doing up their buttons.

## How does it happen?

Carpal tunnel syndrome can be caused by anything that reduces the space in the carpal tunnel, including arthritis, the growth of a cyst or compression from everyday activities. The median nerve is particularly vulnerable to compression and is of the most concern as prolonged compression can cause nerve damage and permanent weakness of the hands.

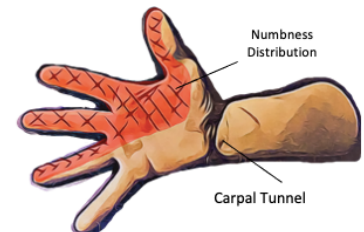
## How is it treated?

There are a few different treatment options for CTS. Non-surgical treatment is often recommended first, which includes physiotherapy, wearing a splint, cortisone or plasma rich platelet injections to promote nerve healing. The effectiveness of physiotherapy will depend on the cause of your carpal tunnel. If the space of the tunnel has been reduced permanently, such as

with arthritis, then surgery is likely to be the most effective treatment. Carpal tunnel surgery is an operation to widen and release the carpal tunnel allowing decompression. This is a common surgery but is not without its risks or complications and requires a period of time off work for recovery.

For non surgical cases, altered biomechanics of the arm, the mobility of the median nerve and muscle tightness may all be contributing to symptoms. In this case, physiotherapy can be highly effective, along with a period of rest, splinting and a change in daily habits.

**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. Because you can see right through them

2. Short. 3. The future

# Blueberry & Coconut Muffins

## Ingredients:

- 1 Egg
- 1/2 Coconut Milk
- 1/2 Cup Coconut Cream
- 4 Tbsp. Melted Butter
- 1/2 Cup Sugar or Honey
- 2 tsp Baking Powder
- 1 Cup Frozen Blueberries
- 2 1/2 Cup Flour



1. Preheat oven to 200 degrees Celcius. Lightly oil a muffin tin and set it aside.
2. Add eggs, coconut milk, coconut cream and butter into a large bowl and mix well.
3. Add sugar or honey, baking powder and flour and blend until a smooth consistency is achieved.
4. Gently fold blueberries through the batter and scoop into muffin tins, filling each to 2/3rds. Bake for 15-20 minutes

**Serve warmed with butter.**



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