



TRAVEL DESTINATION: KINGSTON - NEW ZEALAND

NOVEMBER 2021

## Cycling Tips From Your Physio

There are many reasons to choose biking as a sport. Commuting to work can help you conveniently find time for exercise, save money on transport costs and is a great way to exercise if you suffer from shoulder pain, hip or knee arthritis. Unfortunately, biking injuries are common, but in many cases, preventable. Here are a few tips from us to help you prevent cycling injuries and improve your performance.

### **Don't neglect your upper body strength and trunk stability**

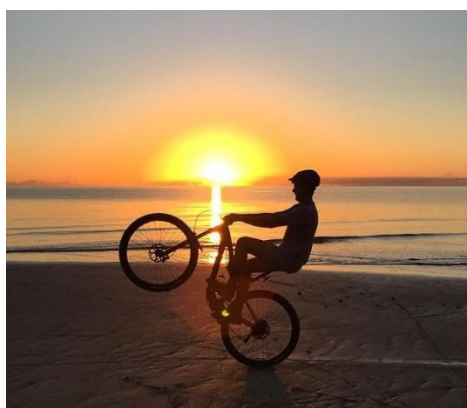
While cycling is a sport that predominantly uses the lower legs, it can be a mistake to think that leg strength is the only factor that matters when it comes to biking performance.

Increasing the strength, flexibility and balance of your upper body can actually reduce the amount of effort used to cycle and the efficiency of your pedalling. Focusing on your upper body fitness can both improve your riding stats and help to prevent the neck, back and shoulder pain that comes as a result of maintaining postures for extended periods.

Yoga and Pilates are great complementary activities to help build upper body strength and stability while also counteracting the effects of prolonged flexed postures of the bike.

### **Don't skimp on your helmet.**

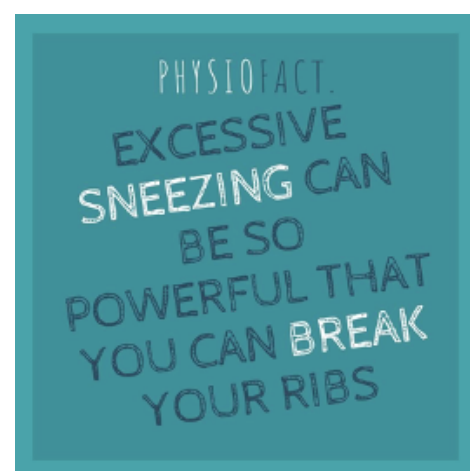
A good quality helmet can mean the difference between a sore head and a life-changing injury. Helmets become less effective with each hit, as they can lose their shock-absorbing capacity, even if they don't appear to be damaged. If in doubt after a crash, choose to replace your helmet as it may save your life.



### **Address aches and pains early**

Due to the repetitive nature of cycling, overuse injuries are common. Ensuring your bike is set up corrected to minimise stress on your body while riding and paying attention to small niggles can help to identify and resolve issues early so that they can recover quicker.

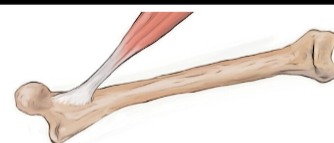
**Speak to your physiotherapist for more information on how to improve your performance and stay injury-free while biking.**



## Riddle Me This

1. What can you break, even if you never pick it up or touch it?
2. What goes up but never comes down?
3. The more of this there is, the less you see. What is it?

## 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.

# What Is Physiotherapy?

Many people know the value that physiotherapy brings to their life and their physiotherapist has been with them through the highs and lows of injury and recovery throughout their life. However, for those who have never been to see a physiotherapist before, there can be a question mark over exactly what it is that physiotherapists do.

## What is it that physiotherapists do?

The answer is complicated because physiotherapists do so much. We might be described as pain management experts, as we work to reduce the pain of our patients, from those who have suffered a new injury, to those who have had pain for several years. We first identify the cause of the pain and then provide manual therapy techniques, education and management strategies to help our patients understand, manage and reduce their pain.

While pain is usually the first thing that brings patients to see a physiotherapist, this pain has often caused patients to give up activities that they love and can even be getting in the way of everyday tasks. By identifying the cause of your symptoms, we can help to get you back to full function. Physiotherapists are able to do this for people at all activity levels, including elite athletes and those dealing with serious disabilities.

In fact, physiotherapists have a role to play at practically every stage of life. We can assess infants to monitor their motor skills development and as they grow we help them deal with the pains and vulnerabilities of a growing body. Among other things, we can help to prevent injuries, improve pelvic floor dysfunction and work to prevent falls in the elderly.

## Not just exercises and massage.

Physiotherapists offer a range of treatments, from self-management strategies, stretches, manual therapies, dry needling, exercises and massage.

A huge part of recovering from pain and injury comes from understanding what is happening and how to best manage these issues. Rather than create a dependency on their therapist, we aim to empower our patients to improve their health independently as much as possible.

A physiotherapist's primary goal is to improve your quality of life and remove any barriers to full participation, whether these barriers are due to pain, weakness or stiffness.

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



Answers: 1. A promise 2. Your age 3. Darkness

# Spinach and Ricotta Lasagne

## Ingredients:

16 Lasagne Sheets  
680ml Tomato passata sauce  
1 Onion, diced  
5 Garlic Cloves, diced  
10 Mushrooms, sliced  
250g Spinach, chopped  
500g Ricotta  
1 cup grated Cheese  
1 Egg  
2 Tbsp. Oil  
Salt and Pepper  
1 tsp. Thyme  
1 tsp. Chilli flakes



1. Preheat oven to 165 degrees Celsius. Sauté onion in a medium-sized pan for 7 minutes. Add garlic and continue to sauté for one minute. Add passata sauce and 2 cups of water, salt, pepper and chilli flakes to taste.
2. In another pan, sauté mushrooms for 10 minutes. Add spinach for a few minutes until.
3. In a bowl stir together 500g ricotta, one egg, salt, pepper, and thyme to taste.
4. In a large baking dish, put a ladle full of tomato sauce in the bottom to cover. Cover with three lasagne sheets in a row, cover with tomato sauce, then sauce, then ricotta mixture, then spinach and mushroom. Repeat layering sequence. On the top layer use lasagne sheets, then sauce, then grated cheese. Bake for 40-50 minutes.

**Set aside to cool for 10 minutes before serving. Serves 8.**



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Opening Hours:

Mon-Fri: 8:30am-6:00pm  
Sat: By Arrangement