



LAKE MARIAN - NEW ZEALAND

JANUARY 2022

Surprising Reasons To See Your Physio

A visit to the physio is often at the front of your mind when you tear a muscle or wake up with a stiff neck, however, there are many other conditions that you might be surprised to hear physiotherapists can help with. Here are a few that you may not be aware of.

Respiratory Problems

Physiotherapists are one of the first ports of call to help clear a chest infection, particularly for the very young, elderly and those with chronic conditions such as cystic fibrosis. Your physiotherapist can assist with drainage, breathing cycles and physical percussion techniques to help you breathe easier.

Vertigo

Benign Paroxysmal Positional Vertigo is a specific type of vertigo caused by loose microcrystals in the inner ear, resulting in dizziness when the head is turned in different positions. Your physiotherapist can give you exercises to relocate these crystals and regain your balance. Physiotherapists can also help with habituation exercises to help manage other types of vertigo and improve symptoms of dizziness.

Neurological Conditions

Strokes, cerebral palsy, multiple sclerosis, spinal cord injuries and head

injuries are all conditions that your physiotherapist has been trained to treat. In the private practice setting, they are particularly helpful at stretching the tight muscles affected and providing specially tailored strengthening exercises.

Incontinence

For one in three women, incontinence is an ongoing problem after childbirth and one that has a huge impact on quality of life. Your physiotherapist is well versed in teaching pelvic floor exercises, which can help you regain control.



Developmental delays, balance and incoordination

For some children, balance and coordination don't come easily. Your physiotherapist is able to prescribe exercises to assist with improving balance and coordination for people of any age.

This article is not intended to replace medical advice. Speak to your therapist for more information on how physiotherapy might be able to help you.



Riddle Me This

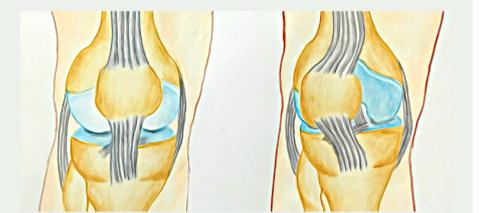
I have branches, but no fruit, trunk or leaves. What am I?

What can you hold in your left hand but not in your right?

What invention lets you look right through a wall?

The first time this injury happens, can be painful and quite scary. It's important to see a physiotherapist to reduce your risk of future dislocations.

PATELLA DISLOCATIONS



SLAP Tears - Labral Tears of the Shoulder

The shoulder joint is surrounded by a ring of flexible connective tissue, known as a labrum. This labrum increases the stability of the shoulder while allowing the joint to stay flexible. The biceps muscle has an attachment directly into the labrum and this is often a point where injuries occur. A tear of the labrum can occur in many locations, however the most common is at the point where the biceps tendon attaches to the labrum. Usually, this tear follows a typical pattern and is referred to as a superior labrum tear, anterior to posterior (SLAP tear).

How do they happen?

SLAP tears can be caused by trauma such as a fall onto an outstretched hand or can develop over time through repeated stress. Repetitive overhead activities such as throwing or painting can gradually weaken the labrum over time and lead to a tear.

What are the symptoms?

Often if a SLAP tear develops over time, patients can be unaware they have sustained an injury at all and there is no significant impact on their pain or function. Preexisting SLAP tears can, however, place more tension on the long head of the biceps tendon, leading to overuse disorders as a secondary complication.

When the tear occurs through a sudden action or trauma, symptoms can be more noticeable. Patients often notice pain deep in the shoulder joint with overhead shoulder movements, a feeling of weakness, loss of power and/or accuracy with throwing activities. Some people may feel a popping or clicking sensation and occasionally the shoulder may give way. In severe tears, the shoulder might feel unstable and even be at increased risk of dislocation.

How can physiotherapy help?

Your physiotherapist can help diagnose a SLAP tear and send you for further imaging if needed. SLAP tears are

graded by severity from I to IV as a way to guide treatment. Physiotherapy is usually recommended as a trial for all tears before considering surgical repair and in many cases can effectively help patients return to their previous activities, symptom-free.

If physiotherapy is unsuccessful, surgical repair with a full rehabilitation program is then recommended. Surgery will either repair the tear or reattach the biceps tendon to the humerus (tenodesis). Following surgery, a period of rest in a sling is required before rehabilitation can begin.

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 bank 2. Your right elbow 3. A window

Sundried Tomato Chilli Pasta

Ingredients:

2 Chicken Breasts
250g Pappardelle Pasta
1 Onion
4 cloves of Garlic
250g Sun-dried Tomatoes
250g Mushrooms
1/2 teaspoon Cayenne Chilli Powder
250ml Cream
75g grated Parmesan Cheese
Salt and Pepper
Parsley



1. Wash chicken and pat dry. Cut chicken into pieces. Heat pan on medium-high heat with oil. Add chicken to hot pan and sautee for 5 minutes until it begins to brown.
2. Boil water for pasta in a medium-sized pot. Cook until al dente, strain and set aside.
3. Chop onion, garlic, sundried tomatoes, and mushrooms. Add onions to the pan. Sautee 7-10 minutes.
4. Add garlic, sundried tomatoes, and cayenne chilli powder (to the desired level of spice) and sautee for 3-5 minutes. Then add mushrooms to the same pan. If it starts to look dry, add more oil.
5. After the mushrooms have cooked down, add cream and black pepper. Let cream cook down for 3-5 minutes. Remove from heat, add grated parmesan and season with salt to taste. Stir creamy sauce through pasta.

Serves 4. Garnish with fresh basil and parmesan cheese.



139 Butler St
Armidale, NSW 2350

For appointments call
(02) 6771 2177

Website:
www.newenglandphysio.com.au

Opening Hours:

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