



LAUSANNE - SWITZERLAND

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## Five Physio Tips to Help Improve Your Health

**There's no doubt that doing the right thing for your health can be difficult. Whether that involves eating healthier, exercising more, flossing your teeth or even doing your physio exercises, the best choice is not always the most comfortable.**

Once a habit has formed and become part of your routine, making the right decision for yourself can become a lot easier. Getting to that point is much easier said than done. Here are a few tips to help you reach your health goals.

### 1. Choose a friend to join you for accountability.

One way to guarantee that you show up for an early morning gym session is to have a friend who you partner with. You might be comfortable sleeping in for yourself, but not so much when you have someone else you're letting down. Sharing difficult tasks with a friend can make them more enjoyable and you can also set up a competition between them if you need a little extra motivation.

### 2. Combine tasks with an activity that you do like.

Love a true crime podcast? The gym can be the time to catch the latest episode or even stream your favourite show. Anything you do that helps to increase the enjoyment of the activity you're avoiding is going to help you get started.

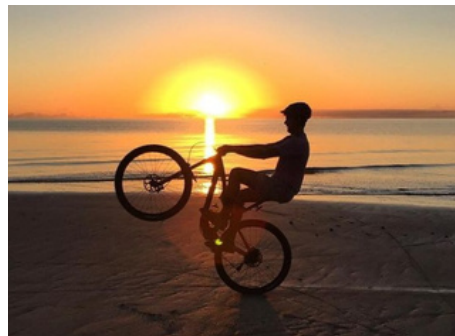
### 3. Batch tasks to be more efficient.

Are you trying to drink more water, floss and also complete your physio exercises? Why not do all three in the same sitting? Combining tasks can be a

surprisingly effective use of time and a way to remind yourself to complete them.

### 3. Use positive reinforcement for good behaviour, rather than punishments.

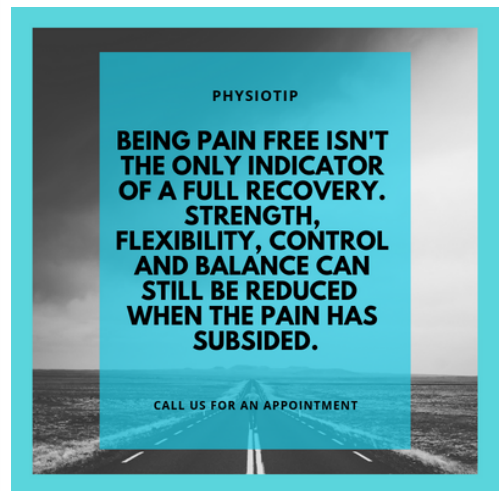
Many people will feel bad when they fail to reach their goals and try to restrict themselves in another area to compensate. It can be a much more effective motivation strategy to reward yourself after completing a task, rather than punish yourself for not doing it.



### 4. Use the 'foot in the door' method.

Putting your shoes on can be the hardest part of going for a run. If you're struggling to complete a task, sometimes all you have to do is tell yourself you only need to do five minutes. Once you've started quite often you'll want to do more, but setting small goals can be the trick to getting started.

**Once a habit is in place, the easy part is to increase the intensity or length of time you're doing it. It only takes 21 days of completing a task for a habit to be formed, where you will do it automatically as part of your routine. For more tips and tricks on how to reach your health goals, speak to your physiotherapist.**

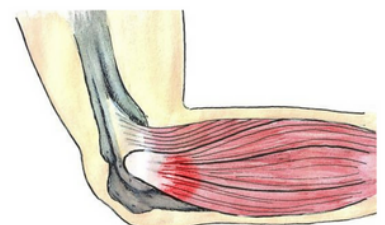


## Brain Teaser

1. I am taken from a mine, and shut up in a wooden case, from which I am never released, and yet I am used by almost everybody. What am I?
2. What can be stolen, mistaken, or altered, yet never leaves you your entire life?

## Tennis Elbow

Careers that involve repetitive arm movements or working with vibrating tools can be a risk factor for developing tennis elbow.



# Focus on Thoracic Mobility

Almost everyone will experience lower back and neck pain at some point in their lives, even if just in the form of a slight neck twinge after sleeping in an odd position. Spinal pain of the thoracic region is much less common, however, you might be surprised to know how important this part of the body is when it comes to pain and injury.

## What is it?

The thoracic refers to the part of the spine that is surrounded by the rib cage. It consists of 12 vertebrae with small, thick discs that sit between each of them. The thoracic spine isn't an area that you might associate much with movement, however, this area can account for a surprising amount of flexibility, particularly in rotation.

With joint attachments both between each side of the 12 vertebrae and a rib on either side, the thoracic spine has almost more individual joints than you can count. If each of these

joints is not regularly moved through their full range they can tighten up and lose flexibility. This stiffness can become quite significant over time.

## Why is it important?

Many people may not even notice this lack of movement, primarily because the neck and lower back provide much more range and can easily compensate for any loss of thoracic flexibility to complete everyday tasks.

When there is no movement occurring in the thoracic region, this means that the structures of the joints in other regions are pushed closer to their limits of range, particularly during rotation. This results in more compression and stress on these joints and the structures surrounding them, such as nerves, blood vessels and muscles.

Thoracic stiffness can be a significant risk factor for neck and lower back pain. This can also reduce the mobility of the chest wall, which can result in less efficient breathing

mechanics and, in extreme cases, even reduced exercise tolerance.

## How can physiotherapy help?

Your physiotherapist is able to assess your thoracic mobility and help you with treatments to improve your range, both with manual therapy and home exercises. They may even help improve your thoracic flexibility as part of a treatment plan for neck and lower back pain.

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



Answers: 1. A pencil lead 2. Your identity

# Peach, Oat, and Chia Seed Smoothie

## Ingredients:

- 2 ripe peaches, quartered, pits removed
- 1 tbsp. chia seeds
- ¼ cup rolled oats
- ½ frozen banana (peeled before freezing)
- ¼ cup fresh orange juice
- ½ cup unsweetened almond milk

## OPTIONAL:

- 1 tbsp. honey for added sweetness



1. Add all ingredients to a blender and allow 5-10 minutes to allow the oats and chia seeds to soak. Then blend until smooth.

2. To thicken, add another quarter to half a frozen banana. To thin, add more almond milk or orange juice.

3. Taste and adjust flavour as needed.



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