



KOH PHI PHI ISLAND - THAILAND

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## Move More, Sit Less – 5 Tips From Your Physio

More movement in your day can improve mental, physical health and even workplace productivity. Physiotherapists know that one of the most significant contributors to pain and injury is simply lack of physical activity. Getting more movement in your day doesn't need to be about high-intensity exercise, all movement can be beneficial. Here are a few tips to help increase the amount of motion in your day.



### 3. Park further away

This is an oldie, but a goodie. If you can't ride or walk to your daily destinations, try parking further away and using the opportunity to walk. Taking the stairs instead of the elevator and getting up and walking while taking phone calls are also great ways to increase your daily movement.

### 4. Have a kettle boiling exercise routine.

The time spent waiting for the kettle to boil can feel like an eternity. Use this time to undertake a mini exercise routine. Try fitting in two sets of five squats, five lunges; five heel nurses or try to balance on each leg for two minutes.

### 5. Stretch before bed

Gentle stretches before bed are a great way to relax and keep your joints mobile. Create a routine and make it part of our nightly ritual for better sleep and a healthier body.

**Our physiotherapists are happy to help you find strategies to create more movement throughout the day. Come and have a chat with us to see what might work for you.**

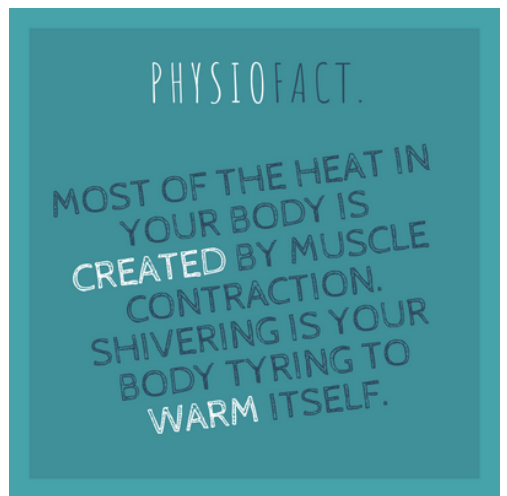
### 1. Try the Pomodoro Technique at work or when studying

The Pomodoro Technique, developed in the late 1980s, recommends breaking work into intervals, usually 25 minutes at a time interrupted by short rests. Studies have shown that by creating small time limits, you can focus more intently and the breaks can be useful motivators.

Use these intervals as prompts for a short walk, some squats or stretches. Not only will you have made your day more productive, but you will also have added some movement to your day.

### 2. Challenge a friend to match your steps

A little healthy competition is a great way to keep you motivated to move more. You can set daily, weekly and monthly targets and compare progress to keep you on track. You can use an app like 'Habitica' to help track and create movement habits in a game format. You can have a joint goal that you aim to reach together or have a date set where the person with the most steps wins.



## Brain Teasers

I have keys, but no locks. I have space, but no room. You can enter, but you can't go outside. What am I?

How much dirt is in a hole that measures 2 feet by 3 feet by 4 feet?

## Shin Splints



One of the main causes of shin splints is 'too much, too soon'. Pacing your training program is an important strategy in both preventing injuries and recovery.

# Hip Impingement

## What is it?

When the two surfaces of the hip joint move over each other, they usually move freely without any friction. If there is an alteration to either the socket part of the joint (the acetabulum) or the ball (the head of the femur), irritation may occur as the two surfaces move over each other. This is known as Femoroacetabular impingement, a common disorder of the hip, characterized by pain and stiffness.

Femoroacetabular impingement can be classified as cam, pincer or mixed. A cam FAI occurs when the femoral head junction is flattened or a small bump is present. Pincer type of impingement occurs when the acetabular rim extends slightly, causing the femur to be impacted. Cam impingement is more common in men while pincer impingement is more common in women. However, most cases of FAI (about 85%) are mixed, meaning they both have cam and pincer types of impingement.

## What are the symptoms?

The most common symptom of FAI is pain located in the hip or groin when resting in certain positions or with specific movements. Some patients also report pain in the back, buttock or thigh. Other

symptoms include stiffness, loss of movement range (particularly of the hip), locking, clicking or a feeling that the hip is about to give way.

Activities that cause the incongruous surfaces to move over each other repeatedly are naturally the main culprits for causing symptoms. These can include prolonged sitting, twisting, sitting with crossed legs, squatting and climbing stairs can all aggravate the pain caused by femoroacetabular impingement.

## What are the causes?

There are many factors that may cause an individual to develop femoroacetabular impingement including;

- Hip dysplasia or malformation during infancy/childhood
- Repetitive stress on the hip
- A femoral neck fracture that did not heal properly (malunion)
- Small bony growths around the joint called osteophytes.
- Normal anatomical variation

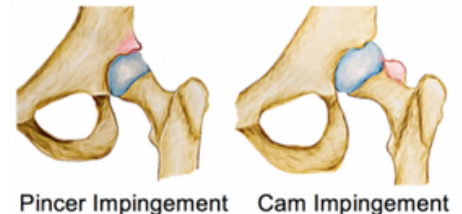
## How can physiotherapy help?

Femoroacetabular impingement is a complex condition and researchers are still determining the best possible treatment. It is thought that untreated FAI can lead to osteoarthritis of the hip down the track and there are both surgical and non-surgical options for treatment. Conservative (non

-surgical) management for FAI involves core stability training, strengthening exercises for the lower limb specifically the hip and postural balance exercises. This program aims to improve the hip's neuromuscular function. A hydrotherapy program can also be helpful as it reduces weight through the joint, making movements more comfortable. Lastly, a home exercise program is made for patients, so they can continue treatment at home. For many people, physiotherapy is enough to resolve their symptoms and prevent future problems, however others may require surgery.

With surgery, hip arthroscopy is the most common procedure for this disorder and is used to change the shape of the joint slightly so that there are no points of irritation with movement. After surgery, patients are usually referred to physiotherapy for rehabilitation.

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



Answers: 1. A keyboard. 2. None

## Grilled Avocado Guacamole

### Ingredients:

- 4 Avocados
- 3 Roma Tomatoes
- 1 Small Red Onion
- 2 Limes
- ¼ cup Coriander, chopped
- 1/2 tsp. Salt
- 1/2 tsp. Black Pepper
- ¼ tsp. Cumin
- ¼ tsp. Paprika



1. Lightly grease a grill or pan with olive oil and place on medium-high heat
2. Cut avocados in half, remove the seed, keeping the skin intact. Place avocados face down on the grill for a few minutes, allowing them to brown slightly. Remove from heat and allow to cool. Cut tomatoes into halves and grill face down for 2 to 3 minutes. Remove from pan and allow them to cool. Cut onions into large rings and place on grill for 2 to 3 minutes, each side. Repeat this process with halved limes, grilling for 1 to 2 minutes.
3. Once cooled, remove the skins of the avocados. Cut all vegetables into small pieces and mix into a bowl. Mash the ingredients together, adding chopped coriander, seasonings and the juice of the grilled limes, until completely combined.

**Serve with tortillas or corn chips.**



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Opening Hours:

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