



MOKE LAKE - NEW ZEALAND

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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 tricky 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.

A complex range of tools to help you recover.

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 article is a replacement for proper medical advice. Always see a medical professional for advice on your condition.



Brain Teasers

What number is... one half of one third of one quarter of 360?

Can you find a three-digit number such that when you reverse the numbers you get a larger number and the product of these two numbers is 224455?

Hip Pain



The hip is a common area of pain referral from the lower back. Having a thorough assessment and correct diagnosis is essential for effective treatment

Proprioception and Balance

If you've ever started a new hobby and noticed your balance isn't quite up to scratch, it can be quite a disturbing discovery. Balance is an important part of many activities and if your balance is not being challenged regularly, it's easy for it deteriorate without you noticing.

What is balance?

Keeping your balance refers to a state where your centre of gravity is maintained over your base of your support, preventing you from falling. Your body is always working hard to keep this equilibrium without you realising it. Balance is controlled by many systems that work together, including the visual, vestibular, proprioceptive and musculoskeletal systems.

What is proprioception?

Proprioception refers to the awareness of your body's position in space. The central nervous system gains sensory input from the muscles, skin and tendons and interprets the information, creating a sense of where your body is positioned. This is how you know your foot is flat and ready to take your weight when you step, without needing to look at it. You may not have heard of proprioception before, but it is vital to keep you from falling and can be improved

How can I test my balance?

Your physiotherapist is able to assess your balance more extensively, however here are a few quick tests you can do at home to see if your balance can be improved.

Stand with two feet together and close your eyes. Try to hold for two minutes without taking a step.

If you found that easy, now try standing on one foot. and again aim to do this for two minutes.

To make it even harder, close your eyes only once you have found a steady posture with your eyes open.

To increase difficulty, stand on an uneven surface, like a pillow on the floor.

If you find these difficult or see a significant difference between your right and left side, speak with your physiotherapist and see if your balance can be improved. They will be able to offer you some practical tips on how to reduce falls and injuries.



Answers: 1. 15 2. 385 (385 x 583)

Broccolini, Blueberry and Parmesan Salad

ingredients

1 Bunch of Fresh Broccolini
100gm Whole Almonds
1 Tbsp. Plain Hummus
100gms Fresh Blueberries
50gms Parmesan Shaved
1 Clove of Garlic
2 Tbsp. Olive Oil
1 Tbsp. White Balsamic Vinegar
1 Tbsp. Lemon Juice
Salt and Pepper



1. Place a frying pan on medium heat and add 1 Tbsp. of olive oil and one clove of crushed garlic. Add almonds, either whole or sliced and cook for 1-2 minutes. Add broccolini and cook for 2-3 minutes, turning regularly. Finally add blueberries and cover pan, cook for a further 2 minutes then remove from heat.
2. Whisk together remaining olive oil, lemon juice, white balsamic vinegar and salt and pepper to create a dressing. Cover broccolini with dressing and move to a serving plate, add parmesan flakes.

Garnish with hummus and serve as a healthy side dish.



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For appointments call
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Opening Hours:

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