



GRYON - SWITZERLAND

FEBRUARY 2022

Your Body After A Chest Infection

A chest infection can leave you feeling terrible, and it's not always just your chest and throat that are affected. There are many secondary symptoms that come with persistent coughs and sneezes, here are a few that your physiotherapist can help with.

PELVIC FLOOR WEAKNESS

Prolonged coughing can put additional pressure through your abdomen and pelvic floor, which can be a problem if you don't have very good strength to start with. If sneezes and coughs are starting to leave you with a little leakage, know that this is very often treatable. Many physiotherapists specialise in pelvic floor control and strengthening.

HEADACHES

Coughing and sneezing can raise your ICP, the pressure of blood on the cranial circulatory system. This can cause a throbbing feeling in your head when feeling unwell. Coughing elevates this pressure, resulting in increased feelings of heaviness and aching. You may also find that coughing and sneezing bring your head into a forward position, putting additional pressure on the muscles at the base of the skull, the most common culprits in causing headaches.

BACK PAIN

Coughing and sneezing also put pressure on your lower back and ribs. If you already suffer from back pain, this might be obvious to you. Many people experience an episode of acute low back pain during or after a chest infection thanks to a sudden, awkward cough. Sneezes in particular create a sudden force on your body that can lead to strains and sprains of the ligaments and muscles around the spine.

GENERAL ACHES AND PAINS

When your body is in a heightened immune state while fighting an infection, your entire body can feel stiff and achy. Any preexisting pains can be more painful, particularly neck and thoracic pain.

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



Riddle Me This

What would you find in the middle of Toronto?

What 4-letter word can be written forward, backward or upside down, and can still be read from left to right?

What is 3/7 chicken, 2/3 cat and 2/4 goat?

Tendon Injuries

Tendons can require more support to heal than muscle tissue as they have less blood supply.



Osteitis Pubis

What is Osteitis Pubis?

Osteitis Pubis is a medical term used to describe sports-related groin pain. Osteitis means 'bone inflammation', while pubis refers to the specific bone that is affected: the pubic bone. Osteitis pubis is usually an overuse injury that can sometimes be triggered by a specific event. It is characterized by pain deep within the front of the pubic bone, caused by inflammation. The area of the pubic bone affected is specifically known as the 'pubic symphysis'.

This type of injury is common in load-bearing athletes such as runners. Other people commonly affected include soccer players and footballers, due to their frequent kicking actions.

How does it happen?

Instability within the pelvic region is the primary cause of Osteitis Pubis, particularly if the instability occurs at the connection between the two sides of the pubic bones at the front of the body. The pelvis carries the weight of the upper

body and is responsible for providing stability when walking, running and kicking. This means that the joint can easily become irritated and inflamed.

What are the signs and symptoms?

Osteitis pubis is aggravated by weight-bearing activities, with running and kicking being the two main culprits. Pain is usually experienced on one side, however, both sides can be affected. The pain is usually located at the front of the pelvis and may progress into the hip and groin area as it becomes more severe.

Sufferers of Osteitis Pubis tend to have a history of a previous groin strain, as well as lower back pain. They may also have a history of a sports hernia in the hip area. As with most inflammatory conditions, the pain may be worse when in use, better when resting, and worse overnight into the morning.

How can Physio help?

Your physio can help this condition in several ways and will hopefully get you back to your pre-injury sporting level.

During the assessment, your physio will look at many different things to determine the cause of the condition. Muscle length, muscle strength and muscle control will all be assessed. Your posture in standing, walking and running will also be assessed to determine any irregularities.

Your physio will ask you to rest from sports for some time to allow some bony healing to occur. They will then progress you through a rehab program aimed at getting you back to the sport. This rehab program will retrain your muscles to stabilize the pelvis when walking, running and kicking. The muscles will also need to have relatively equal flexibility to help stabilize the pelvis. Your physio will give you specific exercises to target the strength and flexibility of these muscles. Finally, your physio will progress you to running or kicking, and allow you to gradually return to sport over a 3-to-6-month period.

The information in this newsletter is not a replacement for proper medical advice. Always see a medical professional for an assessment of your condition.

Answers: 1. The letter "o" 2. NOON 3. Chicago

Zucchini Bread with Camembert Dip

Ingredients:

3 cups Flour
2 tsp. Salt
1 1/2 tablespoons Baking Powder
1 tsp. Sugar
1 large Zucchini - shredded
1 small Carrot - shredded
1 small Onion - shredded
200g Butter
4 Tbsp. Oil
1/2 cup Yogurt
1/2 cup Milk
Olive Oil
1 wheel Camembert
1 clove Garlic
Fresh Herbs, chopped



1. Preheat oven to 200 degrees Celsius. Combine flour, salt, baking powder and sugar in a bowl.
2. Chop the butter and add to the flour mixture until evenly distributed.
3. Combine oil, milk, yogurt and shredded vegetables in another bowl. Add wet ingredients to dry ingredients and mix until combined.
4. Grease a round baking dish. Place a mug or ramekin in the centre of the dish. Spread batter in dish around the mug evenly. Bake for 35 minutes.
5. Chop garlic and criss-cross cut the camembert being careful not to cut all the way through. Push garlic into the slots. Remove the baking dish from the oven and remove the mug. Place wheel of cheese in the centre of the dish and bake for another 10 minutes.

Top with fresh herbs, sour cream, a drizzle of olive oil and salt and pepper.



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Opening Hours:

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