



KAWARAU RIVER - OTAGO

APRIL 2022

## Four Things To Avoid With Muscle Tears

Our muscles play an important role in the movement of our body. Without our muscles, we wouldn't be able to bend our elbow or straighten our leg. As our muscles are soft and designed for flexibility, they are also prone to injury and if you have ever had a muscle tear, you know that they can be surprisingly painful.

In the period following a muscle tear, there are a few mistakes we see people make, that can actually make their injury worse and delay healing times. Here are a few of the most common mistakes we see.

### 1. Stretching

After a muscle tear, the damaged fibres slowly begin to heal and reattach to each other. This process can be quite fragile and during the early stages, aggressive stretching of recovering tissue can impair healing or even lead to more tearing. While gentle stretching a few days after the injury can have a positive effect, you should check with your physiotherapist to ensure you're not stretching too far and causing further damage.

### 2. Applying H.A.R.M.

Most of us are aware of the acronym R.I.C.E (rest, apply ice, compress the area and elevate). The acronym H.A.R.M is less well known and is used to remember the things you shouldn't do after an injury. This stands for applying heat, drinking alcohol, running or massage. All of these activities can increase swelling, pain and increase the damage of the injury in the first 48-72 hours.

### 3. Failing to see a physiotherapist

The diagnosis of a muscle tear might seem straightforward, however, there might be more going on than you realize. Many conditions can mimic a muscle tear, or you may have suffered a tear due to an underlying weakness or pathology. Having a physiotherapist confirm your muscle tear or identify another condition is vital to ensuring you recover fully.

Your physiotherapist is also able to identify any factors that could lead to further injury and is able to help restore your tissue to its previous level.



### 4. Returning to sport too early

One of the most confusing things about muscle tears is that often they become less painful while the tissues are still not completely healed. Many people suffer another tear simply because they return to sport too early. While you may feel as though your tissues are back to full strength, the muscle fibres can still be healing and vulnerable to a tear. It is important to test your injury gradually, starting with gentle exercise and building up to high-intensity activities.

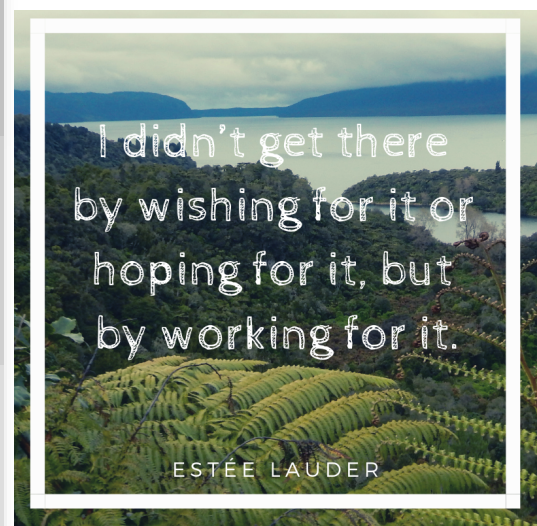
**Your physiotherapist is able to guide you with a full rehabilitation program. This can help to restore strength, flexibility and control to your damaged muscle, keeping you injury free for the future.**



## Riddle Me This

A man describes his daughters, saying, "They are all blonde, but two; all brunette but two; and all redheaded but two." How many daughters does he have?

A girl has as many brothers as sisters, but each brother has only half as many brothers as sisters. How many brothers and sisters are there in the family?



# AC Joint Sprains

## What is it?

The AC (acromio-clavicular) joint is a thick fibrous joint that connects the top of the shoulder blade to the outer end of the collarbone. The joint is required to be strong and supportive and is the primary way in which weight-bearing forces are transferred from the upper limb to the rest of the skeleton. The joint is connected by three strong ligaments, the Acromioclavicular, Coracoclavicular and Corocoacromial ligaments.

## How does it happen?

The usual way this joint and its ligaments are injured is a force that separates the shoulder away from the collarbone, usually in a downwards direction. This can occur from a fall into the ground where the top of the shoulder hits the ground first, a rugby tackle or a fall onto an outstretched hand.

## What are the symptoms?

After an AC joint injury, there is usually immediate pain on the top of the shoulder, swelling and bruising. There is

often loss of movement of the shoulder and pain from putting weight through the arm or carrying heavy objects. In severe cases, there is a visible lump on top of the shoulder, known as a 'step deformity'. There is frequently pain felt when reaching across the body, as when putting on a seatbelt.

To confirm the diagnosis, your physiotherapist can perform some clinical tests and an X-ray can help to grade the severity of the injury.

There are different classification systems, some use four grades and the other six. Injuries with a smaller number of ligament fibres being torn are given a lower grade classification, going upwards as further damage is incurred. Injuries classified as higher grades will require surgical repair.

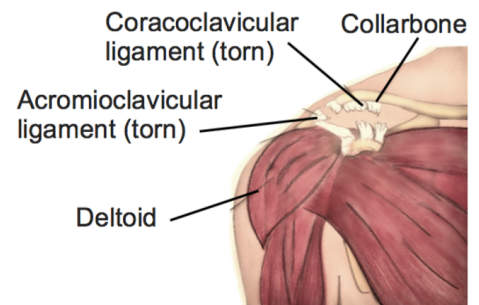
## How can physiotherapy help?

The role of physiotherapy, in this case, is to ensure the joint is supported and given a chance to heal naturally while maintaining the strength and normal movement of the shoulder girdle. This is done initially by providing support to the joint. You may need to have your arm

supported in a sling or brace for some of this time and your physiotherapist can show you some taping techniques to add support.

Most AC joint sprains take six weeks to fully heal, although many patients report shoulder problems in future years. For this reason, a comprehensive rehabilitation program is very important. More severe sprains are often treated with surgery to stabilise the joint and treat any possible fractures. Surgical repair will also require a proper rehabilitation program.

**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. Three: A blonde, a brunette and a redhead. 2. Four sisters and three brothers

# Baby Carrot and Almond Salad

## Ingredients

- 1 bunch Baby Carrots
- 1 tbsp White Wine Vinegar
- 1 tsp Honey
- 1 tbsp Soy Sauce
- 1 tbsp Peanut Oil
- 2 tbsp Almonds, roughly chopped



1. Trim carrot tops, wash. Soak leaves in cold water for 30 minutes, dry, and store in a moist towel in the crisper of the fridge.
2. Whisk together white wine vinegar, soy, honey and peanut oil.
3. Place the carrots in a saucepan of cold water and bring to boil. Simmer for 5 minutes, drain and cut in half if desired. Toss with dressing.
4. Add 3 tbsp of the chopped leaves and almonds and mix with carrots.

**Serve immediately as a delicious side salad.**



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