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TRAVEL DESTINATION: ROCKY MOUNTAINS - CANADA

APRIL 2021

## Tips for Finding Your Perfect Exercise Match

Exercise is such an essential part of mental and physical wellbeing, however many of us find it difficult to make time to stay active.

Often, when we think of exercise we imagine jogging or the gym. Exercise can be anything that gets you moving, and the trick to reaping the long-term benefits is to find an activity that you love and do often.

Exercise can offer more than just physical benefits, a new activity can be a way to join a new community, improve self-esteem and can even improve brain function. By learning new skills or movements, your brain is laying down new neural pathways, a process known as neuroplasticity. Physical exercise has also been shown to help to improve learning and memory, in some cases even having a slight protective effect against age-related dementia. Here are a few tips to help you find the right exercise for you.

### 1. Do a quick personality assessment.

Are you a competitive person? Or do you prefer to focus on your personal improvement of technique? The type of activity that captures your attention and focus will be easier for you to commit to. Matching your activity to your personality will also mean that you meet people who have similar interests to you.

### 1. Work with your injuries.

Injuries that stop us from participating in an activity we love can be devastating. However, you can often find another activity that doesn't aggravate your injury, either as a replacement or to maintain fitness while rehabilitating.

If you are struggling with hip or knee pain with impact sports such as running, switching to swimming, or cycling are great options. If you like a little adrenaline, then mountain biking can be more of your style. Physiotherapists can advise you on which activities will be suitable for your particular condition.

### 2. Capitalise on your natural ability.

Throwing and catching might not be your thing, but your balance might be exceptional. We all have natural abilities, finding a sport that challenges and develops areas that you find to be strengths is key to enjoying a hobby.



Back Care Tips

When carrying a bag, try to spread weight over both shoulders evenly.

YOUR PHYSIOTHERAPIST CAN HELP TO FIT YOUR BACK CORRECTLY

## Riddle Me This

- What has four fingers and thumb but is not alive?
- What has many holes but can hold water?
  - What word is always spelt incorrectly in the dictionary?
- Name three consecutive days without including Monday, Wednesday or Friday?

When back pain strikes, try to avoid staying in bed unless advised by medical professionals. Small gentle movements are best for recovery.



# Anterior Ankle Impingement

## What is it?

Anterior ankle impingement, also known as anterior impingement syndrome, is a musculoskeletal condition where repetitive forces compress and damage the tissues at the front of the ankle, causing pain and stiffness. It is a common injury that can affect people of all ages, however, is usually seen in athletes of sports involving repetitive or forceful upward movements of the ankle, such as sprinting, landing from long jump, uphill and downhill running.

## What are the symptoms?

Pain at the front of the ankle is the primary symptom of anterior ankle impingement. This can be felt as an intense, sharp pain occurring with ankle movements or a dull ache in front of the ankle following periods of exercise. Pain can also be felt when putting weight through the ankle while standing, walking, or running. Night-time aching, stiffness, swelling and reduced ankle flexibility are also common symptoms of anterior ankle impingement.

## How does it happen?

Anterior ankle impingement is caused by traumatic or repetitive compression to the structures at the front of the ankle as

the tibia and talus move towards each other during ankle movements. The tissues that are affected become damaged and inflamed, causing the pain typical of ankle impingement. Chronic inflammation can lead to further stiffness, exacerbating the impingement process.

The most common risk factor for ankle impingement is a previous ankle sprain that was not adequately rehabilitated, as this can result in a stiff or unstable ankle. Another cause of impingement is the growth of small osteophytes or bony spurs around the ankle joint that press against the nearby soft tissues. These can be due to osteoarthritis or grow as a reaction to impingement itself. Training errors, muscle tightness, unsupportive footwear and a hypermobile ankle have also been shown to be risk factors for anterior ankle impingement.

## How can physiotherapy help?

Depending on the cause, mild cases of anterior ankle impingement usually recover in one to two weeks with rest and physiotherapy intervention. For more severe impingement, the ankle may require up to six weeks of rest and rehabilitation to recover. In rare cases, surgical intervention will be required to remove any physical causes of impingement, such as osteophytes to restore impingement free movement of the ankle. Your physiotherapist will first identify the cause of your ankle impingement and help you to

choose the best course of action to reduce your symptoms. They can advise you on the appropriate amount of rest and provide stretches and exercises to restore strength and flexibility to the ankle.

Mobilization techniques and range of motion exercises can also reduce stiffness of the ankle, restoring normal joint movement. Moreover, balance and proprioception exercises are included to prevent further ankle injury. Balance exercises challenge the way your body reacts to outside forces. With this, your balance will be improved, and you'll have a more stable ankle.

Ideally, physiotherapy treatment is the first step before considering surgery. If surgery is required, your physiotherapist can help you to make a full recovery with a post-surgical rehabilitation program.

**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.**



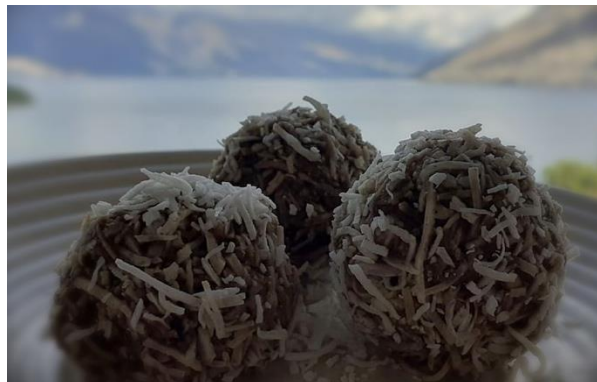
Answers: 1. A glove 2. A sponge 3. 'Incorrectly' 4. Yesterday, Today and Tomorrow

## Blueberry, Date and Cashew Bliss Balls

### Ingredients:

#### Filling:

- ½ cup Coconut Oil
- ½ cup Cacao Powder
- ¼ cup Honey
- ½ tsp Vanilla Extract
- ¼ tsp Salt
- ¼ cup Cashews, chopped
- ½ cup Frozen Blueberries
- ½ cup Dried Coconut



- Place coconut oil, cacao powder, honey, vanilla, salt and cashews into a blender. Blend ingredients on high until thoroughly combined.
- Once a smooth consistency is reached, add blueberries and continue to blend until combined. Add small amounts of water if the mixture is too dry.
- Spoon mixture and roll into small balls. Coat balls in coconut until fully covered.
- Place balls in fridge or freezer for half an hour.

**Serve when ready.**



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