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## Three Things Your Physio Wants You To Know

Every profession has a unique perspective of life that can only be achieved from years of experience. Here are three things that working as a physiotherapist has taught us.

### 1. Problems that seem to arise for “no reason” are usually a result of disuse or lack of movement.

It's common to want to know why pain has occurred; however it's not always easy to identify a cause. What you come to learn as a physiotherapist is that pain and tissue damage are just as likely to arise from disuse and inactivity as they are to develop from an accident.

Our bodies are made to move and modern day life simply doesn't allow for enough movement. We certainly shouldn't be sitting as much as we are as this allows our joints to stiffen, muscles to shorten and weaken, and nerves to become extra sensitive.

There is also evidence that movement is essential for joint health, due to the movement of joint fluid that provides nutrients to the joint structures. The reason physiotherapists are always advocating for more movement is that we see the long-term effects of disuse on a daily basis.

### 2. Bad habits are hard to break, but the best time to make a change is today.

Small, gradual changes made today can have a big effect in the future. Some habits that should be formed early are incorporating as much exercise into your routine as possible. It's harder to be fit and active in your 60s if you weren't active in your 30s.

Being active now is arguably one of the most important things you can do to ensure you have a comfortable and healthy later life. Other changes that are best to make today are improvements to your posture and balance as these both will tend to deteriorate over time.



### 3. Pain is affected by so much more than just tissue damage.

Your beliefs and attitudes about pain can have a huge impact on how you experience pain. Being fearful and anxious will amplify pain. The worst-case scenario is actually very unlikely and seeking the treatment of a physiotherapist can help to ensure the best outcomes possible.



## Riddle Me This

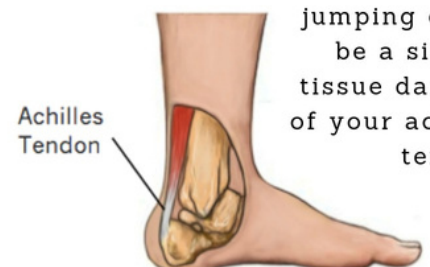
What goes up and down but doesn't move?

What has words, but never speaks?

Where does one wall meet the other wall?

## Achilles Tendinopathy

Pain at the base of your heel felt with walking, running or jumping could be a sign of tissue damage of your achilles tendon.



# Common Running Injuries

Running is a great way to stay in shape, manage stress and increase your overall wellbeing, however it's not without its drawbacks. While being a low risk activity, there are a few injuries that commonly affect runners. As running is a repetitive impact activity, most running injuries develop slowly and can be difficult to treat. Here are three of the most common conditions faced by runners.

## 1. Runner's Knee:

Runner's knee is a persistent pain on the inside of the knee caused by the dysfunctional movement of the kneecap during movement. The kneecap ideally sits in the centre of the knee and glides smoothly up and down as the knee bends and straightens, in a process described as tracking. If something causes the kneecap to track abnormally, the surface underneath can become

worn, irritated and painful. The pain might be small to start with, however left untreated, runner's knee can make running too painful to continue.

## 2. Shin Splints:

Shin splints is a common condition characterised by a recurring pain at the inside of the shin. While the cause of this condition is not always clear, it is usually due to repeated stress where the calf muscles attach to the tibia (shin bone). Why this becomes painful is likely due to a combination of factors that can be identified by your physiotherapist to help you get back on track as soon as possible.

## 3. Achilles Tendonitis:

The Achilles tendon is the thick tendon at the back of the ankle that attaches to the calf muscles. The amount of force that this tendon can absorb is impressive and is vital in providing the propulsive force

needed for running. If the stresses placed on the tendon exceed its strength, the tendon begins to breakdown and become painful.

Your physiotherapist is able to assess any factors that may contribute to this issue, including footwear, training errors and any biomechanical concerns.

**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. A staircase. 2. A book 3. On the corner

## Blue Cheese and Caramelised Onion Pizza

### Ingredients

- 2 Pizza Bases
- 2 tbsp Blue Cheese
- 1 cup Rocket
- 1 Green Pear, sliced
- 30gm Parmesan Cheese
- 3 Onions
- 2 tbsp Olive Oil
- 1 tbsp Brown Sugar
- ¼ cup Red Wine Vinegar



### Caramelized Onion:

1. Fry onions in olive oil until brown and starting to soften.
2. Add brown sugar and red wine vinegar and simmer until onions are soft and caramelised.

**Can be used immediately or stored in the fridge.**

### Pizzas:

1. Preheat the oven to 180° Celsius.
2. Spread blue cheese dip over the pizza base, cover with caramelised onion and place in oven for 10 minutes. Remove and place sliced pear pieces over pizza and cook for a further 5 minutes.
3. Remove from oven and place fresh rocket over pizza.

**Add cracked pepper and parmesan slices to taste.**



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