



**North Kincumber
PHYSIOTHERAPY**



TIPS FOR SUCCESSFUL NEW YEAR RESOLUTIONS

The start of the new year is an exciting time, where many of us feel inspired to set goals with the aim of improving our health, finances, and overall wellbeing. Many of us have tried to set goals before and found that, even with the best intentions, the newfound enthusiasm doesn't last long, and we end up back in old habits. Here are a few tips to help you keep your New Year's resolutions for longer and reach the goals you want to set for yourself.

Start before the New Year

Many of us put off setting goals until New Years, especially with Christmas and New Years Parties making healthy living seem a little more out of reach. However, starting your resolutions earlier can actually be a great idea. This means you already have momentum once the new year arrives and are ready to continue on. Another benefit to starting your goals early that they will encourage you to go a little lighter throughout the holidays.

Let go of 'all-or-nothing' thinking

The problem with many diets and exercise programs is that once you miss a day at the gym or have a day of extra food or drinks, it is seen as failure. This can lead to feeling like giving up altogether. Strict regimes are both unrealistic and unhealthy, and don't leave much room for fun or flexibility.

Track your progress

One of the best ways to stick to a new routine is to keep track of how often you show up. Start a checklist and tick off every day you stick to your new routine. It is often said that it takes 21 days for a new habit to form, which means that if you can keep it up for just 21 days, you've done most of the hard work.

Get your niggles checked out

Nothing will stop a new exercise program faster than pain or injury. Unfortunately, small niggles often become more problematic when you start asking more from your body. Pop in to see your physio for advice on how to avoid injuries if you are taking up a new sport, and get those small aches and pains sorted early.

Ask your physio for more tips on how to plan and stick to your New Years Goals. Happy New Year from our team!



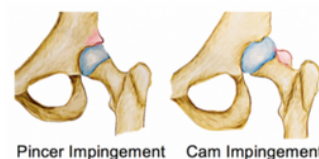
TIPS FOR SUCCESSFUL NEW YEARS RESOLUTIONS

TIPS FOR AVOIDING INJURIES WHILE EXERCISING

SUN-DRIED TOMATO & RICOTTA FETTUCCINE

Hip Impingement

Hip pain and stiffness with running, squatting and prolonged sitting can be a sign of hip impingement. Your physiotherapist can help diagnose this and guide your treatment.



Pincer Impingement Cam Impingement

All our dreams can
come true, if we
have the courage
to pursue them.

- WALT DISNEY



Brain Teasers

Solve these body part
anagrams:

ENKE
DSHLREOU
HGTH

BWLEO
DHEA
ECKN

TIPS FOR AVOIDING INJURIES WHILE EXERCISING

Being active is one of the most important aspects of a healthy lifestyle and there are many different ways to get your heart rate up. No matter what your choice of activity is, there is always some risk of injury. In this article, we have listed some tips from physiotherapists to help you prevent accidents and injuries.

Choose the right footwear

The correct footwear can go a long way in protecting your feet and ankles from injury and can even prevent serious accidents such as falls. Every activity places different demands on your body and tailoring your footwear to suit these stressors is a great strategy for preventing injuries. For example, basketball players often wear shoes with support that extends above the ankles to help protect against ankle sprains, while hikers require thick and supportive soles to cushion and protect their feet. Wearing shoes that are too large or have poor grip can lead to slips and falls, particularly when exercising in the outdoors. Your physiotherapist can guide you with the correct choice of footwear for your chosen activity.

Pace yourself

When you start to see improvements in your fitness and strength, it can be tempting to push your limits to see just how far you can go. The danger in this is that often your tissues are still adapting to the increased demands of your new exercise regime. Increasing your weights, training time or running distances by too much, too soon can lead to major setbacks. Give your body time to adjust and progress in a slow and steady manner.

Check your form and posture

Checking your posture in the middle of a workout is probably the last thing on your mind, however poor form is a leading cause of injury in athletes. Lifting heavy weights when your spine is not in its optimal position causes many low back injuries. Taking a second to check your posture before starting a lift is highly recommended.

Seek professional advice

Coaches and trainers are able to help you spot vulnerabilities and share their knowledge, helping you get the most out of your chosen activity. Often it is easier to prevent bad habits from forming than it is to break them once they are already in place. Invest in the advice of an expert, they can help you to avoid injuries as well as reach your peak performance. Your physiotherapist is able to identify weakness in your training technique, biomechanical vulnerabilities, tight and/or weak muscles and can help guide you through recovery if an injury does occur. However, whenever possible, prevention of injuries is always preferable to treatment.

FOR APPOINTMENTS CALL (02) 4369 2922

SUN-DRIED TOMATO & RICOTTA FETTUCINE



Ingredients

2 Tbsp. Fresh Ricotta
250g Fettuccine Pasta
1 Onion Diced
4 cloves of Garlic Crushed
1 tin whole peeled tomatoes
250g Sun-dried Tomatoes
100ml Cream
75g grated Parmesan Cheese
Salt and Pepper
Fresh Basil

Method

1. Boil water for the pasta in a medium-sized pot. Cook until al dente, strain, and set aside.
2. Add diced onions to a medium-sized saucepan over high heat and sauté for 7–10 minutes.
3. Add garlic, sun-dried tomatoes, salt, and pepper, and sauté for 3–5 minutes. Add the tinned tomatoes to the pan, lower the heat, and simmer for 15 minutes.
4. Add the cream and black pepper. Let the cream cook down for 3–5 minutes. Remove from the heat, add grated Parmesan, and season with salt to taste. Stir the creamy sauce through the pasta. Top with fresh ricotta and Parmesan, garnish with fresh basil, and serve.

Serves Two

Answers: KNEE ELBOW SHOULDER HEAD THIGH NECK



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**COAST VESTIBULAR
& CONCUSSION CLINIC**