



**North Kincumber
PHYSIOTHERAPY**



FIVE DAILY DESK EXERCISES

Office work and long hours at a desk are a necessary part of modern life for many of us. Although desk work can be less physically demanding than a manual job, spending long periods in the same position can leave us feeling stiff and uncomfortable. Small movement breaks are a practical way to add flexibility to the working day.

Why Small Movements Matter

When you're concentrating, it's easy to stay in the same position for longer than you realise. Regular breaks give you an opportunity to move your joints, use your muscles and change posture. Try linking movement to a familiar task or setting a reminder. Here are five discreet movements you can do at your desk. Whenever possible, include a brief stand or walk as well.

1. Chin Tucks

Sit tall with your shoulders relaxed. Look straight ahead, then gently draw your chin backwards, as though making a small double chin. Avoid tipping your head up or down. Hold for three seconds, then relax. Repeat five times. Keep the movement small rather than forcing your neck into position.

2. Shoulder Rolls

Rest your hands comfortably on your lap. Slowly lift your shoulders towards your ears, roll them backwards, then let them settle down. Repeat five times before changing direction. Aim for smooth, relaxed circles, allowing your arms to stay loose, try to expand the size of the circles as you go.

3. Seated Spinal Twists

Sit upright with both feet flat on the floor. Rest your hands on your thighs or the sides of a stable chair. Gently turn your upper body to the right, keeping your hips facing forwards. Pause for a breath, then return to centre. Repeat to the left, completing three turns each way.

4. Seated Hip Marching

Sit upright on a stable chair with both feet flat on the floor. Hold the sides of the seat if needed. Slowly lift one knee as far as feels comfortable, keeping your body upright, then lower your foot with control. Alternate legs, completing five lifts on each side.

5. Calf Pumps

Place both feet flat on the floor. Lift your heels while keeping your toes down, then lower them. Next, lift your toes while keeping your heels grounded. Alternate slowly for ten repetitions. This discreet movement gives your ankles and lower legs a break from staying still beneath the desk. Making small movements a regular part of your day can help turn them into a habit. Choose a familiar task as your prompt, or set a reminder every half hour to change position. Add a short walk when practical, and keep movements gentle and comfortable. Stop if they cause pain, dizziness or tingling.

Ask your physio for advice tailored to your needs and workspace.

FIVE DAILY DESK EXERCISES

FOCUS ON MCL TEARS

HONEY SOY CHICKEN ROTI



Brain Teasers

1. The more of me you have, the less you see. What am I?
2. What gets bigger the more you take away from it?
3. What has a thumb and four fingers but is not alive?

FOCUS ON MCL TEARS

What is it?

Your knee moves freely backwards and forwards; however, the thought of it moving from side to side probably makes you cringe. This is because the knee joint has sturdy ligaments either side of it that prevent sideways movement, and we instinctively know that a lot of force would be required to shift it in this direction.

The ligaments on either side of the knee are called the collateral ligaments, and they each work to provide stability and restrict the knee's movement in a sideways direction. The Medial Collateral Ligament (MCL) runs along the inside of the knee and stops the knee from buckling inwards.

How does this injury occur?

The typical mechanism for this injury is a force that pushes the knee inwards while the lower leg is pushed outwards. This can occur from an awkward landing from a height, when twisting with a foot fixed on the ground, or from an external force hitting the outside of the knee, such as with a rugby tackle.

What are the symptoms?

MCL tears usually cause pain and swelling on the inside of the knee. Larger tears may also make the knee feel unstable or loose. Pain doesn't always match the severity of the injury, and a complete tear can sometimes hurt less than a partial one, so it's worth having it assessed.

A grading system is used to classify the severity of the injury and help to guide treatment.

- Grade 1 indicates that a few ligament fibres have been torn
- Grade 2 is a partial tear with some looseness in the joint
- Grade 3 is a complete tear of the ligament with associated joint laxity.

Very severe MCL tears can come with damage to the ACL or meniscus, and these sometimes need surgery. However, most MCL tears on their own heal well without surgery and can be managed well with physiotherapy.

Most people with a grade 1 or 2 sprain are back to sport within 1 to 6 weeks, although the ligament continues to strengthen for months afterwards, and a complete rehabilitation program is strongly recommended to reduce the risk of future injury.

How can physiotherapy help?

In the first few days, treatment focuses on protecting the knee and settling pain and swelling, while getting it moving gently as early as is safe. Your physio may use a brace to protect the ligament while you keep moving.

Following any injury, it is natural for muscles to waste a little and for the knee to lose some of what we call proprioception, the ability to sense its position in space. This loss of muscle strength and proprioception can contribute to further injury if not restored with a proper rehabilitation program.

Physiotherapy also aims to restore movement to the joint and gradually load the ligament while it heals. This helps the new tissue form in a more organised way and reduces the risk of re-injury.

None of the information in this newsletter is a replacement for proper medical advice. Always see a medical professional for advice on your injury.

HONEY SOY CHICKEN ROTI



Ingredients

- 2 large Roti Flatbreads
- 300g Chicken, cut into bitesized pieces
- 1 tsp. Olive Oil
- 2 Tbsp. Soy Sauce
- 1 Tbsp. Honey
- 1 tsp. crushed Garlic
- ½ Avocado, sliced
- ½ Cucumber, sliced
- 1 cup shredded Lettuce
- 2 Spring Onions, finely sliced
- 1 tsp. Sesame Seeds

Method

1. Heat oil in a frying pan over medium-high heat. Add the chicken and cook for 6–8 minutes, turning regularly, until browned and cooked through.
2. Add soy sauce, honey and garlic. Cook for another 1–2 minutes, stirring until the chicken is coated in a sticky glaze.
3. Warm the roti in a dry frying pan, then place on serving plates.
4. Top each flatbread with lettuce, cucumber and avocado. Add the sticky chicken and drizzle with leftover sauce.

Garnish with spring onions and sesame seeds, and serve warm.



**North Kincumber
PHYSIOTHERAPY**

Natacha Flohr

Principal Physiotherapist

Rhys Mullens

Senior Physiotherapist



**COAST VESTIBULAR
& CONCUSSION CLINIC**

FOR APPOINTMENTS CALL (02) 4369 2922

Answers: 1. Darkness 2. A Hole 3. A Glove