



RIVERLAND
physiotherapy
W • O • R • K • S

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www.riverlandphysio.com.au

A MESSAGE FROM CHELSEA...

8584 7996

We've been at the new location on Pyap Street for a couple of months now, and are really happy with how it has been going. Thank you to those who have provided feedback – we hope that we've catered to most people's needs.

Another thank you goes to everyone for being patient with our changes in consulting times. With holidays and personal changes, our consulting times have chopped and changed a little, but we now have a more permanent arrangement for the next few months – I will be consulting Monday and Tuesday's, while Amanda consults Wednesday to Friday. I will also be doing administration tasks at times while Amanda is consulting. This seems to be working so far, but let us know if you have any problems and we will try to accommodate your needs!

Chelsea 😊



▷ OSTEOPOROSIS ◁

Osteoporosis is when your bone density is significantly reduced, putting you at a high risk for fractures. Although it is a problem we tend to worry about later in life, prevention is the key to a healthy skeleton.

However, if you already have osteoporosis research shows that balance and strength training are very important to prevent falls, maintain bone mass, and improve function. The best strength training includes resistance training or high impact loading. However, keep in mind that correct technique is very important – it is best to start these exercises under professional supervision.

NEW PRODUCTS

We are continually looking to provide the best care at RPW, including stocking useful supplements/items to maintain your improvements in musculoskeletal health.

We have stocked magnesium oil for a while now, but have recently increased our range to cater for a wider range of people.

We now have different strengths of magnesium oil in different sized packaging, as well as a bath salts version if you're looking for a good soak!

We're also looking forward to stocking the new Velbexx-17 bath salts range when released in April, which contains a blend of salts and oils. Judging by the smell of the Velbexx-17 range we currently stock, we're sure this is going to be a lovely product!



> QUOTE OF THE DAY <

"You can't start the next chapter of your life if you keep re-reading your last one"

- unknown



Keeping your body in sync with your life!

TRIGGER POINTS

During treatment, we sometimes refer to tight areas in your muscles as “trigger points”. This is a term used by Travell and Simons, who describe areas of tension in the muscles that are particularly tight or ‘knotted’. Physiotherapists can feel these areas when we palpate your muscles, and we generally target them to loosen off the entire muscle belly effectively. Trigger points are often tender, so you may feel that we’re basically pressing all the painful spots, but don’t worry – we are not just doing it for fun!

This is a very simplistic way at looking at muscle tension – it’s not just random tight spots in your muscles. The body is very complex, and many systems are intertwined, e.g. muscles, fascia, different types of nerves, blood vessels, and the endocrine system. This is why you may also find that when we press on an ‘active’ trigger point, you get referred pain to another area.

So not only are the trigger points themselves complex, but how you develop them. That’s why we often give you advice or exercises in your treatment – we want help you to keep the muscles ‘balanced’ so that they don’t keep getting tight and overworked. This includes loosening tension, strengthening weakness, and maintaining good movement patterns.

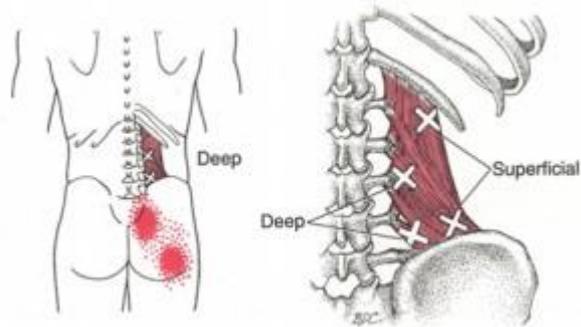


Image source- Travell and Simons: The Trigger Point Manual

CHILDHOOD OBESITY IMPACTS

We are lucky in rural Australia – we tend to lead a pretty active lifestyle. However, in Australia as a whole, one quarter of kids are overweight or obese. That is a staggering figure. And the latest research has started to show the effects of this weight gain. In a recent study, these kids were 40% more likely to experience intense pain; they had 15% less functional strength; and were 25% less fit than those within a healthy weight range. The good news? Researcher Dr Margarita Tsiros reports that “increasing moderate to vigorous physical activity by as little as 10 minutes per day can have very significant long-term health outcomes”.

We recommend promoting a generally active lifestyle, and including some high intensity exercise (e.g. sport) three times per week. Try not to make exercise a chore – it should be enjoyable. Diet is also very important in maintaining a healthy weight – limiting processed foods (especially those high in fat or sugar) makes a huge difference to health. Overall, be careful not to pressure your kids too much - focus on the positive, and make sure to set a healthy example by living an active and healthy lifestyle too!

A FRIENDLY REMINDER!!

Please remember to give us 12 hours notice if you wish to cancel or change your appointment.

Failure to receive the appropriate notice will regretfully result in you being charged the normal fee for that consultation

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