



## A MESSAGE FROM CHELSEA...

We've got a busy few months this winter!

Amanda is having a couple of week's holidays at the end of June, so I'll be holding down the fort while she is away. Then, if you haven't already heard, I'll be having a break from consulting from the start of July due to expecting a baby mid-August. I'll still be in the office most days up until the due date if I can, so you'll still see me around until bub arrives! Then I'll be off work for a number of weeks.

During the time that I'm not consulting, Amanda will be consulting 3.5 days (alternate Tuesday afternoons/Saturday mornings & all day Wednesday to Friday), so hopefully this won't be too much of an inconvenience for most people. We'll keep you updated on any changes – check our Facebook page, or give us a call with any questions that you may have.

### – OSTEOARTHRITIS –

Over 1 million Australians have been diagnosed with OA, which is a condition in which a joint (specifically the articular cartilage) 'wears out'. The knee is the most commonly affected joint.

It has been found that decreased muscle mass contributes to either onset or progression of osteoarthritis. In the knee, research shows that it might not be the continual loading of the joint which causes excess wear, but instead, periods of excess load on joints that normally aren't loaded that much and that also have poor surrounding strength (*InTouch Magazine Issue 1 2015*). This indicates that it is important to get good strength around the joints and maintain that strength. We can help prevent unnecessary loading of joints by assessing your body to prescribe the best exercises for you!



### SPORT & OA

Remember to warm up correctly (get moving for blood flow) and cool down well (stretching) to prevent injuries!

Also, keep up with your strengthening exercises to support your joints and limit injuries.

One of the main causes of osteoarthritis in joints is sporting injuries...

So remember, prevention is better than cure!

### ~ QUOTE OF THE DAY ~

Aim for success, not perfection...

"When you aim for perfection, you discover it's a moving target." *George Fisher*



# GET STRONG!



Image source:  
<http://michellejayne.com.au/2015/07/13/black-and-white-yoga-poses-gallery/>

Exercise versus an active job...

Keeping strong is an important part of keeping healthy. Luckily, some people have jobs that require keeping active. However, the activity you do at work might not cover all the bases for the strength you need to maintain optimal health.

Ideally, we need to move our whole body each day. Our work is often repetitive, so adding in some other exercise may be required for overall strength and fitness. Of course if you don't have an active job, adding separate strengthening exercise is even more important!

At RPW, we pay particular attention to the gluteals and thigh muscles to limit back strain, as well as upper back strength to offload your neck. Each person is different, so we tailor exercises to each person.

Your previous exercise history and strength plays a big part in where to start. For example, if you have never done any upper body strengthening, don't try to start with a handstand on day one – you will need to make sure that you build strength through your upper body and trunk, then focus on correct technique, keeping in mind that our body is good at 'cheating' or 'taking short-cuts' to preserve energy.

Getting stronger can be hard at first, but once you feel the benefits, you will be glad you worked at it!!

## Did you know...

The biggest indicator of successful recovery from a whiplash injury is the belief that you will get better?

This has more influence than indicators like the direction of impact of the accident, or the speed of the accident!

We know how much pain is influenced by your attitude, and this is another amazing example!

Of course there are other things that you can do to help your recovery, e.g. acute inflammation care and muscle retraining.



Keep warm this winter!  
**'Hotteeze' heat pads**  
and  
**beautiful wheat bags**  
- Always in stock -

## 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

LIKE US ON  
FACEBOOK!



Also, note that the reminder text messages are generated from our computer software - we do not receive replies, so please call 85847996 to cancel (Our answering machine is always on for if we don't pick up)

