

TRAVEL DESTINATION: WARRNAMBOOL - AUSTRALIA



## FIVE REASONS TO SEE A PHYSIOTHERAPIST AFTER AN INJURY



There is no doubt that the human body can be very resilient. Short of regenerating new limbs, our bodies are capable of recovering from large amounts of damage, including broken bones. With this in mind, many people are happy to let nature take its course following an injury, thinking that seeing a physiotherapist will only act to speed up already healing tissues.

The speed of recovery, however, is only one measure of healing and despite our bodies' incredible capacity for repair; injury repair can be less than straightforward. Here are a few things about injury healing you may not have been aware of.

### 1. Scar Tissue is more likely to form without treatment.

Scar tissue can cause ongoing pain and stiffness in skin, muscles and ligaments. Physiotherapy can prevent excessive scarring from forming through advice regarding movement, massage and other hands-on treatment.

2. Your ability to sense the position of your body, known as proprioception, is often damaged after an injury and can be retrained.

Impaired proprioception is a major factor in re-injury. If you've ever heard someone say "my knee/ankle/shoulder still doesn't feel 100%" then this could be why. The good news is that with a specific exercise program, proprioception can be improved and recovered.

3. Once healing has finished, your body may not be exactly the same as before.

Following an injury, ligaments may be lax, joints may be stiffer and muscles are almost always weaker. While the pain may be gone, there might still be factors that need to be addressed to prevent more complicated issues in the future.

4. You may have picked up some bad habits while waiting for the injury to heal.

While in pain, we often change the way we do things, this can lead to the development of poor movement patterns and muscle imbalances. Even though the pain has gone, these new patterns can remain and create further problems down the road.



## BRAIN TEASERS

1. What can point in every direction but can't reach those destinations on its own.
2. I can go from there to here by disappearing and I can go from here to there by reappearing. What am I?
3. In a family with a certain number of girl and boy children, each of the boys has the same number of brothers as they do sisters. Each of the girls has twice as many brothers as she has sisters. How many boys and girls are there in this family?

## ? DID YOU KNOW?

*Our bodies emit a small amount of light that is too weak for the human body to see.*

## 💡 PHYSIO TIP

*Stiffness and inflexibility can be warning signs that you are at risk of an injury.*

5. Injuries don't always heal completely.

On rare occasions, injuries may not be able to heal completely on their own. The most serious example of this is a fracture that cannot heal if the bone is not kept still enough. Other factors that may prevent an injury from healing include poor circulation, diabetes, insufficient care of the injury and poor nutrition.

Your physiotherapist can assess your injury and develop a treatment plan that will both restore you to the best possible function and prevent further injuries

Stretching has long played an important role in the world of sport and fitness, with many athletes stretching religiously before and after exercise in hopes of preventing injuries.

Lately, this practice has been called into question with many people wondering if stretching really makes a difference to athletic performance. The answer, like most things, is not black and white, as we explore a little in this article.

## A brief introduction to stretching

Stretching is a type of movement that increases flexibility by lengthening muscle fibres to the end of their range. Stretching before and after exercise has been thought to reduce the risk of injury, improve athletic performance and reduce muscle soreness after exercise. The two most common types of stretching are static and dynamic stretching. Static stretching is when you lengthen your muscle and then hold that position for a period of time.

Dynamic stretching uses movement and momentum of the body to stretch muscles to their end range, without holding the stretch at the end.

## What does the research say?

Some research has suggested that static stretching before an activity can actually reduce power, strength and performance. However, these reductions were shown to be minimal and not noticed at all if the stretches were held for less than 45 seconds. It has also been found that stretching does improve flexibility but only for a short period of time. A few minutes after stretching, your joints move further, and with less resistance, so you may have improved flexibility immediately after stretching.

## Why stretch at all?

One thing that is undeniable is that stretching feels great, with many people feeling more relaxed and reporting a rush of endorphins after a good stretching session. It is also difficult to test the long-term effects of stretching specific muscles showing abnormal tightness. A long-term static stretching routine will improve your overall flexibility, and this is thought to help prevent injuries, although the evidence is inconclusive.

If you're an athlete, the decision to stretch or not can be a personal one. A warm-up prior to intense exercise that includes some form of dynamic stretching is generally recommended for reducing injury risk, but of course is no guarantee. Strength and balance training may have a far greater impact on reducing injuries in the long term.

Your physiotherapist is able to guide you on the best stretching advice for your activity and they may be able to identify areas where improving your flexibility will help to reduce injuries and improve performance.

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



Answers: 1. Your finger 2. The letter 'T' 3. There are four boys and three girls



1 cup Raw Almonds  
 ¼ cup Coconut Flakes  
 ¼ tsp. Vanilla Paste  
 5 Medjool Dates, pitted  
 ½ tsp. Cinnamon  
 1 Tbsp. Water  
 1 Tbsp. Honey  
 1 tsp. Salt

## COCONUT AND DATE BLISS BALLS

1. Soak dates in a bowl of hot water ahead of time for at least an hour.
2. Combine almonds, coconut, cinnamon and salt into a food processor and blend until small crumbs appear.
3. Remove dates from water and add to the food processor along with the rest of the ingredients and blend for two more minutes.
4. When ingredients are mixed thoroughly, roll into balls and refrigerate to set. Cover in coconut flakes if desired.



## Strenuous exercise can boost your immune system

Want to avoid a cold this year? Running could be the solution, with recent research showing that a long, tiring workout or race can actually amplify your immune response. <https://www.frontiersin.org/articles/10.3389/fimmu.2018.00648/full>

## Our Locations

Airport West, Altona, Cairnlea, Caroline Springs, Craigieburn, Dallas, Keilor Downs, Roxburghpark, Southmorang & Tarneit

For appointments please call (03) 9333 6846

Online Bookings: [www.inspirephysiocare.com.au](http://www.inspirephysiocare.com.au)