Inspire Physio Care & Allied Health Services

Move Well ! Live Well !

BEYOND CARE

NEWSLETTER - FEBRUARY - 2021

TRAVEL DESTINATION: MOUNT COOK - NEW ZEALAND

WHY DO JOINTS BECOME STIFF?

While pain and stiffness often go together, joint stiffness can occur on its own. Joint stiffness can limit your ability to perform usual tasks, for example turning your neck to check behind you while driving. Stiffness can also be a warning sign that part of the body is vulnerable to future injury. There are many different causes of stiffness and we will explore a few of the reasons why you might not be feeling as flexible as normal.

Disuse and lack of movement

Our bodies are made to move. When we are not regularly moving them through their full range, they can begin to feel 'tight'. This can be caused by a combination of the capsule that surrounds the joint tightening up and the muscles that surround the joint shortening and losing flexibility. Stiff and tight muscles can cause you to feel as though your joints are stiff, even if it is only the muscle length that is restricting the movement.

The most important way to maintain full movement is to regularly move joints through their full range, which also helps to keep muscles and joints healthy. Your physiotherapist can advise you on how to best approach this with a targeted set of exercises.

Osteoarthritis (OA)

OA is a degenerative disease, characterized by a breakdown of the joint surface cartilage and the growth of bony osteophytes around areas of stress. While OA is increasingly common as we age, it is thought that the primary cause is abnormal load and stress to joint surfaces and not simply aging itself. As the joint space between two joint surfaces become uneven, joints affected by OA can feel stiff or even 'blocked'. A person with OA will usually feel stiff for around 15-20 minutes after rest.

Physiotherapy programs to strengthenthe muscles surrounding the joints, so as to help absorb weight-bearing forces, has been shown to have positive results on OA symptoms.

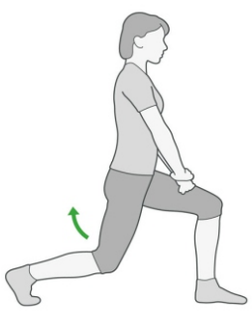
Inflammatory Related Stiffness

The inflammatory process is characterized by swelling and pain around a specific area. As an area swells, this will allow less space for movement and a sensation of stiffness, as anyone who has had sprained an ankle can attest to. Acute inflammation will cause swelling that increases over 24-48 hours and subsides gradually. Autoimmune disorders can cause the body to mistakenly have an inflammatory reaction where there has been no injury, with resulting pain and stiffness. Stiffness caused by inflammatory disorders is characterized by a feeling of stiffness after rest, particularly in the morning that can take longer than 30 minutes to subside. Inflammatory disorders unrelated to injuries are complex in cause and require collaboration with medical teams for best treatment outcomes. Speak to your physiotherapist for more information regarding a specific condition.

BRAIN TEASERS

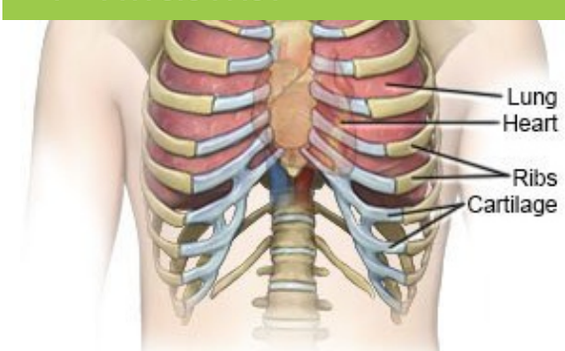
What is the largest freshwater lake in the world?
Where would you find the Sea of Tranquility?
What is the world's longest river?

PHYSIO TIP



EARLY TREATMENT IS ONE OF THE BEST PREDICTORS FOR SUCCESSFUL RECOVERY. PUTTING UP WITH PAIN ISN'T HELPFUL IN THE LONG RUN

? PHYSIO FACT



EXCESSIVE SNEEZING CAN BE SO POWERFUL THAT YOU CAN BREAK YOUR RIBS

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 into a sideways direction. The Medial Collateral Ligament is found on the inside of the knee and act to prevent the knee bending sideways away from the body.

How does this injury occur?

The typical mechanism for this injury is a force that drives the lower leg sideways away from the upper leg. This can occur from an awkward landing from a height, or 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 distinctively create pain and swelling quite specifically on the inside of the knee. The severity of the pain and swelling will be related to the number of ligament fibres damaged. Larger tears may also make the knee feel unstable or loose.

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 and grade 3 is used for a complete tear of the ligament with associated joint laxity. Very severe MCL tears often also involve injury to the medial meniscus and ACL and can require surgical repair. However, most MCL sprains can be managed well with physiotherapy. Grade 1 and 2 MCL sprains take between 2-8 weeks to fully heal and a complete rehabilitation program is strongly recommended to prevent future injury.

How can physiotherapy help?

In the early stages of the injury, treatment is focused on pain and swelling management, while allowing the body to start the healing process through inflammation. This is best managed thought the R.I.C.E. principles (Rest, Ice, Compression and Elevation).

Following any injury, it is natural for muscles to waste a little and the damaged tissues to lose what we call proprioception, the ability to sense their 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 support the ligament while healing to ensure that it is strong and healthy, and the scar tissue forms in an organized fashion, which makes the new ligament as strong as it can be and protects against future tears.

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. Lake Superior 2. The Moon 3. The Nile

RAW DATE & COCONUT SLICE

1 . Place dates and cashew nuts in a blender and blend on high speed for 10seconds or until chopped into small pieces.

2. Add lemon juice, honey, water and sesame seeds and blend for a further 2minutes.

3. Once ingredients are blended evenly, add coconut and mix together in a mixing bowl by hand until all ingredients are combined.

4. Line a baking tray with baking paper and spoon the mixture into the tray. Flatten the mixture out so that it is spread evenly in the tray.

5. Sprinkle with coconut and refrigerate for at least one hour before serving.

INGREDIENTS:

250g pitted Dates
300g dried Coconut
250g Cashews
zest from one Lemon
juice from one Lemon
1tsp. Honey
1 tsp. Flax Seeds
40 ml water

Cut into squares and serve.

Our Locations

Craigieburn , South Morang, Greenvale, Epping.

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www.inspirephysiocare.com.au