



TRAVEL DESTINATION: NUGGET POINT - NEW ZEALAND



FOUR TIPS FOR REDUCING KNEE PAIN

Knee pain comes in many forms with many different causes. While treatment for every person and condition will be different in each case, here are a few tips that may help to reduce knee pain throughout the day.

1. Choose supportive footwear

One of the biggest culprits for ongoing knee pain is wearing unsupportive or high-heeled shoes to work. High heels often lead to tight calves and altered gait patterns, while unsupportive shoes can allow rolling in of the ankles, which can, in turn, place extra stress on the knee joints. Having an assessment with your physiotherapist to see how your shoes might be affecting your knee pain is a worthwhile investment.

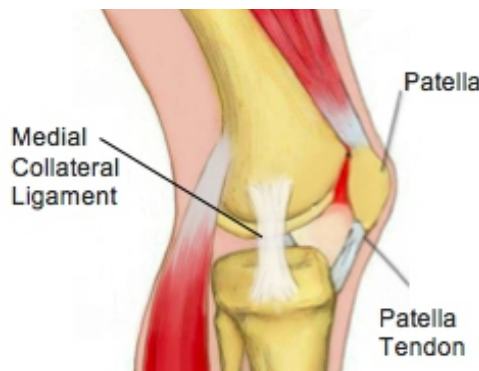
2. Adjust your sleeping position

While most of the time, our knees get a well-deserved rest during the nighttime hours, there are a few sleeping positions that can place additional stress on the knees. Lying on your side with bent knees can place tension on the outer thigh muscles and also the knee joint itself. Try to keep your knees straightened to at least 30 degrees and if you sleep on your side, place a pillow underneath the top knee to reduce stress on the joint.

Alternatively, if you sleep on your back it may be helpful to place a pillow under your knees so that they rest in a slightly bent position, to unload the joint. Try experimenting with different pillow arrangements to see which combination works best for you.

3. Avoid sitting or resting too much

When knee pain strikes, your first instinct is probably to get off your feet and stop exercising. The truth is that our knees, like all our joints, are designed for movement and regular exercise helps to keep them healthy. If you are having pain with high impact activities such as running, try switching to swimming and cycling before stopping exercise altogether. Resting in a sitting position for prolonged periods can also place excess stress over the knee cap and knee joint. When sitting for long periods, try to stretch your legs out ahead of you & avoid crossing your legs.



BRAIN TEASERS

1. What does this say?

SISTER

2. I have a lot of keys but can't open anything

What am I?

3. Solve this....

$$6 + 4 = 210$$

$$9 + 2 = 711$$

$$8 + 5 = 313$$

$$4 + 2 = 26$$

$$8 + 6 = 214$$

$$9 + 8 = 117$$

$$11 + 6 = 517$$

$$15 + 3 = 1218$$

$$X + Y = 123$$

What are X and Y?

PHYSIO TIP

Feeling stiff and tight?

Don't neglect strengthening exercises.

Weak muscles are often tight to compensate.

4. Seek physiotherapy treatment

Many of us see putting up with pain as a sign of strength however, a small niggle that is easily treatable can turn into a larger problem over time. This may seem like an obvious point, yet the first step to recovery is often just seeking treatment.

Our physiotherapists are happy to discuss your condition with you and share their tips to help you stay pain-free. .

What is it?

Osteoarthritis (OA) is a common degenerative joint disease that affects almost all the joints of the body. The knees are some of the most commonly affected joints, with many people experiencing at least a small degree of osteoarthritis over the age of 40. The disease is characterized by degradation of the cartilage that lines the surfaces of the joint, growth of osteophytes or bony spurs, pain, stiffness and swelling.

What are the symptoms?

Stiffness in the morning that lasts less than 20 minutes and pain with movement, clicking, crepitus, swelling and a generalized reduction in joint range of motion are all common symptoms of osteoarthritis. As OA is a progressive disease, the condition is categorized into stages to help describe symptoms and guide treatment. Early stages of OA may have only mild symptoms, however as the disease progresses, a joint replacement may be required.

What causes it?

While aging is the most significant risk factor for the development of OA, it's not an inevitable outcome of growing older. Other factors that may predict the development of OA are obesity, family history, previous joint injury, high impact sporting activities and peripheral neuropathy. It is thought that abnormal wear and tear or stress on the joint is the primary cause of OA. It is also important to note that many people will have changes on X-Ray that show OA, however, will have no symptoms – which indicates that simply having OA is not a sentence for having pain.

What is the treatment?

Your physiotherapist is first able to help diagnosis and differentiate OA from other conditions that may have similar symptoms. An X-Ray can confirm the diagnosis and can be helpful in determining the best course of treatment to follow. While OA is a progressive disorder, there is often a significant improvement that can be made simply by addressing lifestyle factors and any biomechanical factors that may be contributing to pain.

How can physio help?

Your physiotherapist is able to guide you with strengthening exercises to support the joint, advice for adapting your exercise routine and can even help you to lose weight, all of which have been shown to have a positive impact on the symptoms of OA. If surgery is the right course for you, your physiotherapist is able to guide you through this treatment pathway, helping you to prepare and recover from surgery to get the best outcome possible.

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. *Big Sister* 2. *A piano* 3. *X = 12, Y=11*



Garnish with Parmesan and basil

BALSAMIC GLAZED PUMPKIN WITH PARMESAN & BASIL

Ingredients:

- 500g Fresh Pumpkin
- 3 tbsp. Balsamic Glaze
- ½ tbsp. Thyme
- 1 handful Fresh Basil
- 1 Clove of Garlic
- 2 Tbsp. Olive Oil
- 100gm Fresh Parmesan
- Salt and Pepper

1. Preheat oven to 180 degrees Celsius and line a baking tray with baking paper. Chop pumpkin into slices or cubes and drizzle with olive oil.

2. In a medium-sized mixing bowl, add diced basil, thyme, salt and pepper. Mix pumpkin through and allow all pieces to be coated evenly. Coat pumpkin pieces with balsamic glaze and place on baking tray.

3. Bake in the oven for 40-50 minutes, depending on the size of the pieces, turning the pumpkin halfway through. Remove from oven and serve either as a delicious side dish or as part of a salad.

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



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