



TRAVEL DESTINATION: EMERALD LAKE - CANADA



WHY DO TENDON INJURIES TAKE SO LONG TO HEAL?

If you have ever suffered from a tendon injury you will know that the recovery can be frustratingly long. Tendons are important tissues of the body, connecting muscles to bones and come in many different shapes and sizes. There are many reasons why tendon injuries can be difficult to treat, as we explain below.

Tendon injuries often develop gradually.

Tendons need to be able to transmit forces from muscles to the bones that they attach, however they respond to changes in strength more slowly than muscles do. As muscles become stronger or take on more load, the tendons can fail to keep up with this increased demand becoming painful and damaged. This process can take a while to occur and often changes to tendon tissue has begun long before the pain is noticed. This means that there are likely to be multiple factors to be assessed, including biomechanics and training regimes before the problem can be resolved.

Tendons have limited blood supply

Tendons do have their own blood supply, however, it is not abundant as muscles and this can be a factor with healing as all tissues require nutrients for health and to heal. Any condition that compromises circulation, such as diabetes, can predispose tendons to injury and delayed healing.

Rest and stretching may not necessarily help.

Our instincts in response to tendon pain may not help with recovery. In some cases, stretching can aggravate symptoms and while rest may reduce symptoms, it will not necessarily help with recovery.

The best evidence for promoting healthy tendon growth is through addressing poor biomechanics and a tailored strength and loading program.

Recovery often relies on adherence to a specific rehab program.

One of the biggest barriers to healing tendon pain is that exercises can be easy to do in theory, but hard to do in practice. They can take time and discipline. Your physiotherapist can also help you to find strategies to fit your exercises into your daily routine if you are finding this difficult.

Ask your physiotherapist for more information about tendon pain.



RIDDLE ME THIS

1. It takes five machines five minutes to make five watches. How long would it take 100 of the same machines to make 100 watches?

In a lake, there are a patch of lily pads. Every day the patch doubles in size. If it takes 48 days for the patch to cover, how long would it take for the patch to cover half of the lake?

💡 PHYSIO TIP



THE BEST THING YOU CAN DO FOR THE PEOPLE YOU CARE ABOUT IS TO CARE FOR YOURSELF TOO

? SHIN SPLINTS



SHIN SPLINTS CAN HAVE MANY CAUSES INCLUDING TIGHT CALF MUSCLES, UNSUPPORTIVE FOOTWEAR, TRAINING ERRORS AND HARD RUNNING SURFACES

What is it?

The scaphoid is a small bone in the wrist that connects the radius to the hand, and it is situated near the thumb. Scaphoid fractures are a relatively common wrist injury and are commonly misdiagnosed as the pain can be quite mild even when the bone has been broken.

Scaphoid fractures are notorious for their high incidence of complications healing due to low blood supply to the area and how easily their diagnosis can be missed.

How does it happen?

A scaphoid fracture is often caused by a fall on an outstretched hand or a direct blow to the wrist. It is more common in young adults than in children and the elderly.

What are the symptoms?

Symptoms of a broken scaphoid include wrist pain, swelling, bruising or discoloration of the skin over the injured area and difficulty moving the wrist or hand. As the swelling subsides you might notice pain at the base of the thumb when opening jars or gripping objects. There may also be a deep, dull ache in the wrist that doesn't settle easily.

How is it diagnosed?

If you suspect that you have a scaphoid fracture, you should consult your physiotherapist or GP who

will refer you for an X-ray to confirm if the bone is broken. Occasionally scaphoid fractures will not show up on an X-ray, so if the findings are negative yet your medical team still suspect a fracture, they may wait a week then X-ray again or send you for an MRI or CT to double-check. Though these fractures can often be treated without surgery, doctors may recommend surgical intervention for more severe cases.

How can physiotherapy help?

If you have a scaphoid fracture, your doctor will likely prescribe a splint or cast to ensure the wrist is kept still until healing is complete, usually for a minimum of six weeks. Healing times will vary depending on which part of the bone has been broken. Following the removal of the cast or splint, there is often residual pain, stiffness or muscle weakness. Your physiotherapist can help you restore any deficits as well as resolve any shoulder pain or headaches that may have resulted from altered biomechanics.



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



Answers: 1. Five minutes 2. 47 days



AVOCADO CHOCOLATE MOUSSE

1. Peel and pit avocados and scoop flesh into a bowl.
 2. Add cacao powder, coconut milk, vanilla, chilli, cardamom, cinnamon and honey and combine ingredients.
 3. Using either a cake mixer or food processor, blend ingredients until smooth and slightly fluffy.
 4. Put into small containers, sprinkle with berries and coconut.
- Allow to chill for at least 20 minutes.

INGREDIENTS:

2 Large Avocados
1/2 cup Cacao Powder
1/2 cup Coconut Milk

1/2 cup Honey
2 tsp Vanilla Extract
1/2 tsp ground chilli

1 tsp Cinnamon
1/2 tsp Cardamom
Fresh Blueberries
Fresh Mint

Serve chilled with coconut cream.

Our Locations

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