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SEPTEMBER 2022

## Can Physiotherapy Help Osteoarthritis?

A diagnosis of osteoarthritis (OA) for joint pain can be a great cause of distress. Many people believe that if you have arthritis your pain is not able to improve and will deteriorate until a joint replacement can be performed. The truth is much more complicated, largely due to our bodies' incredible ability to adapt and change.

Physiotherapists have always known that the pain and disability that comes with arthritis can be improved with a closely targeted exercise program. In some cases, the pain that is attributed to OA is actually due to a different, entirely treatable cause. In other cases, strengthening the musculature around the painful joint can have a significant effect by providing the joint with extra support.

The way we move is often affected negatively by pain and this in itself can create changes to biomechanics that can further contribute to pain. In many cases, surgical intervention is the best choice for treatment and can have incredible results. However, there is a strong case for seeking physiotherapy treatment first to see if you can achieve the same results without surgery. Even if you do choose to go ahead with surgery, working with a physiotherapist beforehand can provide better outcomes.

Physiotherapists are highly skilled at identifying exactly what is causing your pain and helping you reach the highest level of function. While exercise is a very powerful treatment, it's not that any exercise will take away any pain.



To be effective, you will need to have a full assessment and have a personalized treatment program created by your physiotherapist. This can involve identifying weak muscles, limitations in flexibility, finding painful trigger points, restoring movement to stiff joints and providing biomechanical assessment to make a combination of changes that can make a large difference to your pain and activity levels.

**Your physiotherapist can also identify any external factors that may be contributing to your pain. Such as unsupportive footwear, workplace set up etc. Talk to us to see how we can help you manage your osteoarthritis.**

The first time this injury happens, can be painful and quite scary. It's important to see a physiotherapist to reduce your risk of future dislocations.

### PATELLA DISLOCATIONS




## Brain Teaser

What has words, but never speaks?

What kind of coat is best put on wet?

What is so fragile that saying its name breaks it?



PHYSIOTIP

**ROUTINE IS THE BEST WAY TO GET THE MOST OUT OF YOUR DAY. JUST MAKE SURE TO SCHEDULE IN EXERCISE.**

CALL US FOR AN APPOINTMENT

# Ankle Sprains

Ankle sprains are extremely common, however, this doesn't make them easy to cope with when they happen to you. If you've ever spent two weeks hobbling around on crutches after an unfortunate twist, you'll understand just how painful and difficult they can be.

## What are they?

Ankle sprains refer to a tear to the ligament fibres of the ankle. Commonly, a person will roll their ankle inwards and tear the ligament on the outside. Occasionally, the ankle will twist outwards and the ligaments on the inside of the ankle are torn and even less commonly, the fibres of the ligament that hold the two bones of the lower leg together tear (high ankle sprain). A sprained ankle will usually be painful, swollen, bruised, difficult to walk on and in some cases unstable.

## How does it happen?

Ankle sprains can occur from something as simple as putting weight onto your leg when you think your foot is flat even though it's not. The most typical pattern is

of a person jumping and landing on the outside of their foot or simply slipping and twisting their ankle. A sprained or twisted ankle is one of the most common injuries presented to emergency departments around the world. This is important as a severely sprained ankle can actually have very similar symptoms to a broken ankle and will need an X-ray.

A medical professional should assess any severe sprain. However, there are some guidelines to help decide if a sprained ankle needs X-ray.

1. You are unable to put weight on the ankle immediately after the injury.
2. You are unable to take more than 4 steps immediately after the injury.
3. Pain on the bony edges of the outer foot and ankle.

## How long do sprains take to heal?

Depending on the severity of the tear, from one to six weeks. Your physiotherapist is able to help with recovery and ensure nothing slows down the healing. Following any injury of the body, joints may remain a little stiff and

lose strength and control. Even though the injured tissues have healed, the ankle doesn't move quite the way it used to. This means that your risk of twisting it again is higher than before the injury.



## How can physiotherapy help?

Correct rehabilitation can help to prevent recurring injuries. As well as providing support to the unstable ankle, your physiotherapist will help you to strengthen any weak muscles and restore balance and control through exercise. They are also able to correct any abnormal movement of the joint following swelling.

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

Answers: 1. A book 2. A coat of paint. 3. Silence

## Pan Seared Mushroom and Asparagus Salad

### Ingredients:

- 400g Fresh Mushrooms, halved
- 1 bunch Fresh Asparagus
- ¼ cup Parmesan Cheese, shaved
- ½ Tbsp. Sesame Seeds
- 1 Fresh Avocado
- 1 clove Garlic
- 2 wedges of Fresh Lime
- 2 Tbsp. Olive Oil
- Salt & Pepper



1. Heat a medium-sized frying pan to high heat cover with 1 Tbsp. of olive oil, sprinkle salt and pepper and add 1 clove of diced garlic.
2. Cook for 1-2 minutes until garlic is slightly browned and add halved mushrooms and asparagus. Cook on medium heat until both mushrooms and asparagus are browned and slightly soft. Remove from heat and place in a medium-sized mixing bowl.
3. Cut avocado into small pieces and mix gently with mushrooms and avocado. Dress salad with 1 Tbsp. of olive oil and the juice from ½ of fresh lime.
4. Sprinkle thin slices of Parmesan cheese and sesame seeds over the salad and serve.

**Serves two.**



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### Locations:

**Highlands Retirement Village - Wednesday 9 - 1 PM**

**Craigieburn**  
72 bridgewater road,  
Craigieburn VIC 3064,  
Australia

**Greenvale**  
Suite 2, Level 1 1-11  
Greenvale Dr,  
Greenvale VIC 3059

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