



LAKE COMO - ITALY



WESTERN DISTRICT
PHYSIOTHERAPY

NOVEMBER 2024

Tips for Finding Your Perfect Exercise Match

Exercise is such an essential part of mental and physical wellbeing, however many of us find it difficult to make time to stay active. Often, when we think of exercise we imagine jogging or the gym. Exercise can be anything that gets you moving, and the trick to reaping the long term benefits is to find an activity that you love and do often.

Exercise can offer more than just physical benefits, a new activity can be a way to join a new community, improve self-esteem and can even improve brain function. By learning new skills or movements, your brain is laying down new neural pathways, a process known as neuroplasticity. Physical exercise has also been shown to help to improve learning and memory, in some cases even having a slight protective effect against age-related dementia. Here are a few tips to help you find the right exercise for you.

1. Do a quick personality assessment.

Are you a competitive person? Or do you prefer to focus on your personal improvement of technique? The type of activity that captures your attention and focus will be easier for you to commit to. Matching your activity to your personality will also mean that you meet people who have similar interests to you.

2. Work with your injuries.

Injuries that stop us from participating in an activity we love can be devastating. However, you can often find another activity that doesn't aggravate your injury, either as a replacement or to maintain fitness while rehabilitating.

If you are struggling with hip or knee pain with impact sports such as running, switching to swimming or cycling are great options. If you like a little adrenaline, then mountain biking can be more of your style. Physiotherapists are able to advise you on which activities will be suitable for your particular condition.



3. Capitalise on your natural ability.

Throwing and catching might not be your thing, but your balance might be exceptional. We all have natural abilities, finding a sport that challenges and develops areas that you find to be strengths is key to enjoying a hobby.

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

PHYSIOFUNNY.
Q. WHAT EXERCISES
DID THE PHYSIO
GIVE THE
ENGINEER?
A. BRIDGES!



Brain Teasers

How do you make the number 7 even without addition, subtraction, multiplication, or division?

Tips For Managing Knee Pain

Knees are affected by dynamics at the ankle and hip. Wearing supportive shoes can be an easy way to improve knee pain.



Shoulder Labral Tears

What is it?

A ring of flexible, fibrous connective tissue, known as the glenohumeral labrum, surrounds the shoulder joint. This labrum increases the stability of the shoulder while allowing for the required flexibility of one of the bodies' most sophisticated joints. One well-known muscle of the arm, the biceps, has an attachment directly into the labrum and is a common site of injury. A tear of the labrum can occur in many locations, however the most common is at the point where the biceps tendon attaches to the labrum. Usually, this tear follows a typical pattern and is referred to as a superior labrum tear, anterior to posterior (SLAP tear).

What causes it?

SLAP tears can be caused by trauma such as a fall onto an outstretched hand or a dislocated shoulder. Tears can also develop over time with repeated throwing actions or overhead activities as the labrum is weakened and eventually injured. Traumatic tears are more likely to be symptomatic than tears that develop slowly.

What are the symptoms?

As mentioned, SLAP tears can occur suddenly, through trauma or develop slowly through repeated stress. Often if the injury develops over time, patients can be unaware they have sustained a tear and the injury doesn't have a significant impact on their pain or function. Preexisting SLAP tears can however, place more tension on the long head of biceps tendon, leading to overuse disorders as a secondary complication.

When the tear occurs through a sudden action or trauma, symptoms can be more marked. Sufferers often notice pain deep in the shoulder joint with overhead shoulder movements, a feeling of weakness, loss of power and/or accuracy with throwing activities. Some people may notice a popping or clicking sensation and occasionally the shoulder may give way. In severe tears, the shoulder might feel unstable and even be at increased risk of dislocation.

How can physiotherapy help?

Your physiotherapist is able to help diagnose a suspected SLAP tear and send you for further imaging if needed. SLAP tears are often graded by severity from I to IV as a way to guide treatment. Physiotherapy is usually recommended as

a trial for all tears before considering surgical repair and in many cases can effectively help patients return to their previous activities, symptom-free.

If physiotherapy is unsuccessful, surgical repair with a full rehabilitation program is recommended. Surgery will usually either repair the tear or reattach the biceps tendon to the humerus (tenodesis). Following surgery, a period of rest in a sling is required before rehabilitation can begin.

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. Remove the letter 'S'

Cucumber and Sesame Salad

Ingredients:

- 1 whole Cucumber
- 1 large Lemon
- 1 Tbsp. Sesame Oil
- 1 Tbsp. White Vinegar
- 1 tsp. Sugar
- 1 Tbsp. Soy Sauce
- 1/2 tsp. Salt



1. Slice cucumber into thin slices and set aside.
2. Cut lemon into slices and set juice aside.
3. Combine sesame oil, vinegar, soy sauce, lemon juice, sugar and salt in a jar and shake until combined.
4. Pour dressing over sliced cucumbers in a bowl, add sesame seeds and stir gently until mixed through.

Garnish with fresh basil and lemon zest.



Our Locations

Camperdown

Robinson Street, Camperdown 3260

Monday 9am - 12.40pm

Thursday 9am - 4pm

Friday: 1pm - 5pm

Terang

129a High Street, Terang 3264

Monday 2pm - 5pm

Tuesday 10am - 4pm

Wednesday 9am - 2pm

Friday 9am - 12.40pm

For Appointments Call
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