



SEVILLE - SPAIN

Queenstown Physiotherapy

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Proprioception: Your Sixth Sense

QUEENSTOWN PHYSIOTHERAPY

One of the most important features of physiotherapy rehabilitation is to restore something known as proprioception. It's a very special sense that you probably don't even realise you have.

Proprioception refers to your ability to tell where your body is in space and more specifically where each body part is in relationship to each other.

This is really important for things you probably take for granted. Like knowing your foot isn't twisted before stepping on it. You do this without looking and you can even walk quite well in the dark-provided there's nothing in front of you.

The way your body does this is through small receptors found in the muscles and joints of the body. These are called proprioceptors and they note what position the muscle is in and send that information back up to the brain.

The brain then uses this information to work out where that body part is in relation to other body parts. That's quite impressive when you think about it.

One of the side effects of having an injury is that you lose some of your proprioception. If you're just a little bit less accurate at judging where your body is in space you are surprisingly more likely to have another injury.

So while often nature takes it's course and does all the hard work of healing. You might notice that for a long time after the pain has gone, the area still doesn't quite "feel 100%".

The good news is that your physiotherapist can address this during your rehabilitation. They will prescribe a series of balance and control exercises along with strengthening and stretching that help to restore your proprioception. Making sure you're completely ready to get back into the activities you love without any more injuries.

Work This Out

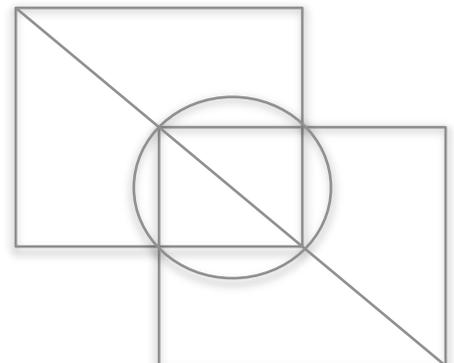
1. Punctuate the following sentence so that it makes sense.

"That that is is that that is not is not is not that it it is."

2. Name the four days of the week that start with the letter "T".

3. What word, when written in capital letters, is the same forwards, backwards and upside down?

Answers on the next page...



Work this Out

Trace the pattern above with a pencil in one continuous line without taking the pencil point off the paper.

You are not allowed to cross the line, or go over any part of it twice.

A TEST FOR PARKINSON'S WITH A PHONE CALL

If you've ever seen the effects of Parkinson's disease first hand, you know what a devastating effect it can have on someone's life. Unfortunately, at this stage there is no cure, or even an effective tool for early diagnosis.

Max Little wants to change that and has developed a program that can diagnose Parkinson's disease with 99% accuracy after just a 30 second phone call. To find out more go to...

www.ted.com and search for "A test for Parkinson's with a phone call"

Focus on...

Trochanteric Bursitis

WHAT IS IT?

The muscles that surround the hips have a lot of work to do. They have to keep the pelvis level and control one of the most flexible joints of the body. They are organized in layers, and the deeper muscles are separated from the outer muscles by sheets of connective tissue, to allow easy gliding, as they interact with each other.

There's a lot going on, and certain points in the body are more prone to experiencing tension and friction during movement. To deal with this your body is scattered with tiny sacs of fluid, which release a natural lubricant. These sacs are called Bursa.

They are actually found all over the body and usually are quite inconspicuous, which is why most people have never heard of them. However, occasionally something goes wrong and they become irritated and painful. This will usually happen in a few typical places in the body and one of them this over the greater trochanter, the bony part of the outer hip.

WHAT ARE THE SYMPTOMS?

If you're unlucky enough to have trochanteric bursitis you'll experience a sharp, superficial pain on the outside of your hip, which may radiate down to the knee. You can experience pain with a number of activities such as walking, jogging, climbing stairs and cycling or simply lying on the affected side.

HOW DOES IT HAPPEN?

The most common cause for this is a combination poor biomechanics and overuse. We talk about biomechanics a lot, but to refresh your memory it's the way your body parts, muscles, bones, nerves and joints interact with each other. If you have great posture, control and strength everything moves smoothly. When you have poor biomechanics, some structures have to work harder to compensate and are put under more stress, potentially leading to irritation.

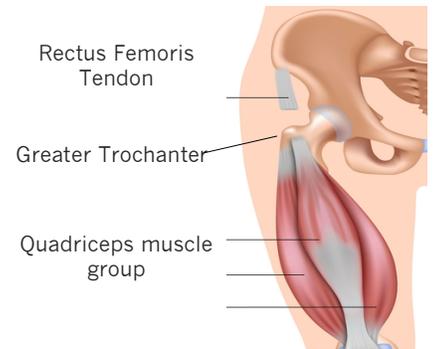
Some things that contribute to poor biomechanics around the hip are weak, uncontrolled muscles, tight muscles, flat feet with unsupportive footwear, difference in leg length, incorrect equipment settings and scoliosis. These can all lead to irritation of the bursa around the hip.

HOW CAN PHYSIO HELP?

As there are many other conditions that can cause pain at the outer hip, correct diagnosis is essential. Once diagnosis is confirmed, the first phase of treatment is to reduce pain and irritation.

This can be done with muscle release techniques, ice application, rest, fitting you with orthotics and even providing crutches in some cases. Your physiotherapist will also evaluate the causes of the irritation and prescribe a suitable rehabilitation program to change your biomechanics.

Serious cases can be treated with corticosteroid injection or even surgery, but with thorough physiotherapy treatment you can usually get back into action within 6 weeks.



1. That that is, is: that that is not, is not, is that that it? It is. 2. Tuesday, Thursday, Today and Tomorrow 2. NOON



Butternut Pumpkin and Vanilla Soup

Ingredients:

- 2 tablespoons Olive Oil
- 2 Onions, peeled and sliced
- 2kg Butternut pumpkin, peeled, seeds scooped out and cut in chunks
- 1 teaspoon Salt, freshly ground Pepper
- 1 tablespoon Vanilla extract/paste

Step 1: Heat the olive oil in a large soup pot. Add in the onion and cook over medium high heat or until softened, stirring regularly. Add in the pumpkin, season with salt and pepper, cook for ten minutes, stirring from time to time.

Step 2: Pour in hot water or stock to cover the vegetables and bring to simmer. Lower the heat to medium, cover and cook for 20 minutes. Add in the vanilla extract.

Step 3: Cook for ten more minutes and puree the soup in a food processor or blender.

Adjust the seasoning and serve hot. **Serves six.**

EXPERIENCE NORWAY 360

Want to take a holiday to Norway but don't have the time or the money to visit this amazing though incredibly expensive country?

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Warning: This may make you want to quit your job.

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