



POAS VOLCANO – COSTA RICA

# Queenstown Physiotherapy

## June 2014

## Six Imaginative Ways To Stay Active

### QUEENSTOWN PHYSIOTHERAPY

The gym is not for everyone and the best way to stay committed to being active is to find an activity that you enjoy. Exercise doesn't always have to fit into the traditional ideas of sport, sometimes you have to look a bit further to find an activity that you really enjoy.

Here are some different ideas, which might capture your attention and inspire you to stick with it.

#### 1. Rock-climbing

Rock-climbing provides a great whole body workout, which is both challenging and fun. You might even be distracted from the fact that you're exercising at all. Try indoor or outdoor rock-climbing depending on your circumstances.

#### 2. Hula hooping

Hula hooping is not the same sport you remember from your childhood. There's a new craze that is more like hula dancing. Fun, challenging and cheap. For inspiration and tips on how to get started see this site, [www.hooping.org](http://www.hooping.org).

#### 3. Skateboarding

We're not saying get down to the local skate park, unless that's your style. Instead, find a nice flat path along a river, lake or beach and join the long boarding revolution.

#### 4. Roller-skating/blading

These need no introduction. Perhaps they've gone out of fashion, but they are still fun, cheap ways to get outside and get your 30 minutes of exercise.

#### 5. Backyard Cricket

If you're lucky enough to have space, create a family championship in your backyard – you can even invite the neighbors. Otherwise, head to your local park.

#### 6. Salsa/Tango Classes

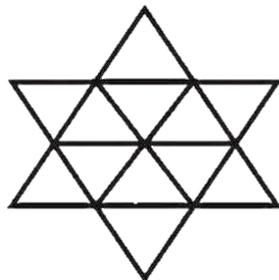
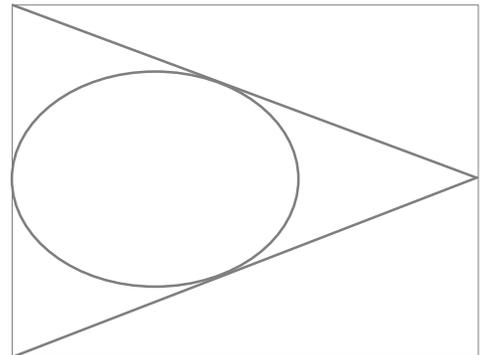
Dance classes are a nice opportunity to be active whilst learning a new skill. It's always a great way to meet new people, or just have fun with your friends.

### The Prisoner's Riddle.

*A man was to be sentenced and the judge said to him, "you may make a statement. If it is true, I'll sentence you to four years in prison. If it is false I'll sentence you to six years in prison." After the man made his statement, the judge decided to let him go free. What did the man say?*

*Answer...*

He said, "You'll sentence me to six years in prison." If it were true, then the judge would have to make it false by sentencing him to four years. If it were false, then he would have to give him six years, which would make it true. Rather than contradict his own word, the judge set the man free.



### CAN YOU ANSWER THIS?

Which common, ten-letter word contains the letters WBE?

\_\_\_\_\_ WBE \_\_\_\_\_

Which common nine-letter word contains the letters PWR?

\_\_\_\_\_ PWR \_\_\_\_\_

How many triangles are in the shape to the left?

*Answers 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.

Focus on...

# Meniscal Tears

## WHAT ARE THEY?

The menisci are pads of fibrocartilage that sit in the knee joint between the joint surfaces of the femur and the tibia. They are semicircular and each knee has two menisci, medial and lateral (Inner and outer), which face each other. They are vulnerable to injury like most soft tissues and don't have very good blood supply. In fact, the inner parts of the menisci are *avascular*, which means they don't have any blood supply at all.

The areas of the menisci are sometimes referred to as Red, Red-White and White in reference to how close they are to the blood supply. The outcome of meniscal tears depends a lot on where the tear occurs, as a tear in the avascular or white area may not heal at all. Tears in the red area have a much better chance of healing than tears in the white area.

## HOW DO THEY BECOME TORN?

For some unlucky people, the menisci can be torn from very simple activities, such as walking or squatting. Other times it is due to a traumatic injury, with the usual mechanism being a twisting of the knee while it is bent and weight bearing. The meniscus can also tear over time, usually as you get older, these type are referred to as degenerative tears.

## WHAT ARE THE SYMPTOMS?

Usually the patient will experience pain and swelling in the knee, which is increased when bearing weight. They might not be able to straighten the knee fully and there may also be clicking and popping inside the knee with movements. It is common for the knee to suddenly give way and many patients report pain when turning over in bed at night.

## WHAT HAPPENS IF THERE IS A TEAR?

Clinical tests will cause clinicians to suspect a meniscal tear, which is usually confirmed with an MRI scan. A specialist will decide if surgery is appropriate, which will largely depend on the size and shape of the tear and most importantly, where it lies in relation to the red/white areas. They have the option to repair or remove the torn area, however in some cases they take out the entire meniscus.

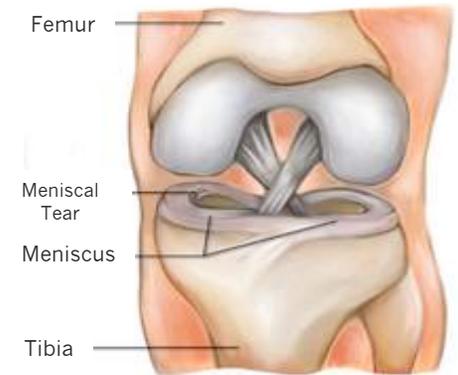
## HOW CAN PHYSIOTHERAPY HELP?

Physiotherapy plays an important role in both the healing of tears without surgery and rehabilitation after surgery. Often a surgeon will recommend a few weeks of physiotherapy treatment before proceeding with surgery to see if natural healing can occur.

In both cases treatment is aimed at reducing pain, swelling and stiffness. It will also help to restore movement in the joint, which is often lost after an injury like this. Proprioception (joint position sense) and balance often require retraining which is important for preventing future injuries.

One of the most important factors in meniscal tear rehabilitation is strengthening the muscles around the knee joint, so they can contribute more to shock absorption of the joint and take over the function of the damaged meniscus.

*Each person and their injury are always different and your physiotherapist will prescribe a treatment regime that is suitable for you.*



Answers: Strawberry

Shipwreck

There are 20 triangles

## Fresh Basil Pesto

### Ingredients:

1 clove of garlic, peeled

sea salt

freshly ground black pepper

1 large bunch of fresh basil

50g pine nuts

3 tbsp extra virgin olive oil

50g parmesan, finely ground

1. Crush the garlic in a pestle and mortar with a pinch of salt. Add the basil leaves and pine nuts and pound to a coarse paste.

2. Muddle the extra virgin olive oil and stir in the parmesan, adding a splash of water if you like it a little runnier, then continue the bashing and pounding until smooth.

3. Have a taste and season with salt and pepper, if needed. Serve with grilled meat or fish, or fish, or simply stirred through pasta.



## The Paralysed Rat Who Walked

A spinal cord injury can sever the communication between your brain and body, leading to paralysis. Fresh from his lab, Gregoire Courtine shows a new method- combining drugs, electrical stimulation and a robot- that could reawaken the neural pathways and help the body learn again to move on it's own.

See for yourself as a paralysed rat regains the ability to run and navigate stairs at

[www.ted.com](http://www.ted.com)

Search for "The paralyzed rat who walked" (American Spelling)

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