



PLAYA GIGANTE - NICARAGUA

Queenstown
Physiotherapy

August
2014

Hydrate For Better Health

QUEENSTOWN PHYSIOTHERAPY

We all know the importance of drinking more water in warmer months, however as the weather turns colder, it's easy to forget to keep up your water intake. Hydration is essential to keep your body functioning properly as water enhances nutrient absorption, maintains skin elasticity, and regulates pH balance. It also helps prevent muscle spasms and lubricates your joints. Getting enough water is essential to having enough energy and staying healthy.

Hydration and Physiotherapy

If you are currently receiving physiotherapy treatment you might be surprised to learn that keeping properly hydrated can speed up your recovery and help you to feel better overall. One reason for this is that keeping hydrated can soften tight muscles and reduce pain.

Drinking enough water also helps to minimize lactic acid buildup, which is produced by your muscles as you exercise and significantly contributes to post-exercise stiffness and soreness.

Your body is made of up to 70 percent water, and staying hydrated keeps your blood pressure within a healthy range, stabilizes body temperature, and supports kidney function. It also aids in digestion, improves mental focus, and boosts your immune system.

The benefits of hydration are huge and can greatly assist your physiotherapy treatment. So for better health, don't forget to drink more during the winter months, even though you might not feel as thirsty. For optimal results, drink pure filtered water or herbal tea.

Crash Course: Entertaining Education

Tired of watching pointless YouTube videos? Try Crash Course, an innovative YouTube channel dedicated to providing interesting videos covering content from history, literature, chemistry, biology and even psychology. With over 500 million views in total, they're certainly worth checking out.

Have a look at...

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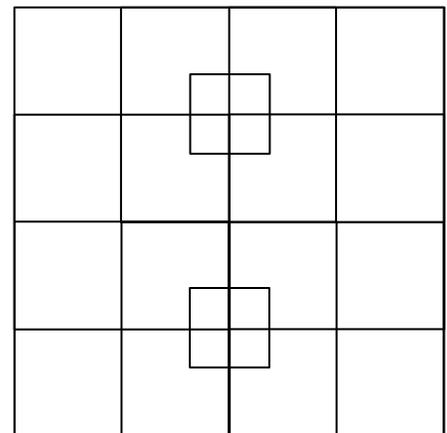


Work This Out

1. If you have 30 white socks, 22 black socks and 14 blue socks scattered across the floor in the dark, how many socks would you have to grab to get a matching pair?

See if you can solve the following anagrams:

Toned, Rentals, Ocean,
Sisters, Insect, Kitchen



3. How many squares can you count in the puzzle above?

Hint: There are more than 25 squares.

Focus on...

MCL Sprains

WHAT IS IT?

The medial collateral ligament, or MCL, is a thickening of the fibrous capsule that surrounds the knee joint. It is located on the inside of the knee and provides stability from side to side movements, which would damage the joint. When subject to strong forces the ligament can tear, leading to pain and instability of the knee.

WHAT ARE THE SYMPTOMS?

MCL tears typically produce a very specific pain on the inside of your knee. In the first 48 hours after the injury the inside of the knee will appear red, hot and swollen with possible bruising. Many people report hearing a 'pop' or 'clunk' at the time of injury and may feel as though the knee is about to give way.

The knee is usually painful to put weight on and may feel unstable. This instability may be more noticeable in the days following the injury, after the swelling has subsided. Some people note pain at night while lying on the painful side and with activities that involve bending the knee.

HOW DOES IT HAPPEN?

MCL tears can happen in a variety of ways, but the most common is where the foot is fixed and the knee is twisted inwards, usually while the knee is also bent. This can happen from something hitting the knee from the outside, such as during a rugby match when someone is tackled around knee height or when their foot comes out of their binding while wakeboarding or snowboarding.

HOW IS IT DIAGNOSED?

There are a variety of clinical tests that determine if an MCL tear is the cause of pain and the degree to which this has caused the knee to be unstable.

An MCL injury is usually graded by its severity from grade I to III. A grade I tear will only involve a few ligament fibres and will heal well within a few weeks. A grade II tear is more severe and will lead to some knee instability, however a grade III tear involves a complete rupture of the ligament. Grade II and III tears will usually require bracing and in very severe cases, surgery.

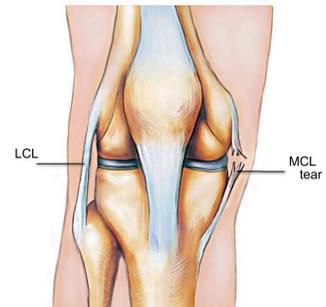
More severe tears can be accompanied by other injuries such as cruciate ligament tears or meniscal tears. If either of these are suspected an MRI scan or specialist opinion may be needed.

HOW CAN PHYSIOTHERAPY HELP?

The first 48 hours after an injury are very important and a physiotherapist can assist with first aid, advice on injury management, the use of ice, braces, taping and early exercises. Physiotherapy rehabilitation of MCL tears focuses on keeping the ligament safe and stable while it heals. Physiotherapy can actually speed up the healing process with manual techniques such as massage, ultrasound and dry needling.

Major consequences of a serious knee injury are loss of muscle strength, balance and control, which can leave the knee vulnerable to reinjury. Physiotherapy rehabilitation aims to restore the knee to its previous state.

For more information don't hesitate to ask your physiotherapist.



Did you know? The fingerprints of koalas are virtually indistinguishable from humans, so much so that they could be confused at a crime scene.

Work This Out. Answers.

1. *Four Socks - Once you grab four socks you will definitely have two socks that are the same colour.*
2. *Anagram answers: Noted, Antlers, Canoe, Resists, Nicest, Thicken*
3. *How many squares? There are 40 squares.*

Vegetable Pad Thai

- 2 Carrots, thinly sliced
- 2 Zucchini, thinly sliced
- 1 Red Pepper, thinly sliced
- 1 Cup Alfalfa Sprouts
- ½ Cup Dried Coconut
- 2 Stalks of Celery, thinly sliced

- For dressing**
- 1 Red Chili, deseeded
 - 1 Stalk Lemongrass
 - Juice of 1 Lime
 - ½ Cup Soy Sauce
 - ½ Cup Sesame Oil

1. For Salad: Place all veggies in a large bowl. Sprinkle dried coconut over top.

2. For Dressing: Place all dressing ingredients in a blender. Blend until smooth.

3. Pour dressing over the veggies and mix until combined. Serve with lime.



Queenstown Physiotherapy

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