



# Queenstown Physiotherapy

## September 2014

### ULU WATUU- BALI

## Think FAST To Save A Life.

### QUEENSTOWN PHYSIOTHERAPY

Stroke is a leading cause of death worldwide. For stroke survivors, the long-term effects can be devastating for both them and their family. Disturbingly, over the past few years, the rate of stroke among young adults and children has grown rapidly. One of the biggest concerns is that most people having a stroke don't recognize the symptoms and miss out on medical treatment when it can be most effective.

It's important to identify the warning signs of stroke and act fast. The sooner you receive medical care, the higher your chances of recovery are. Stroke can rob a person of both their physical abilities and their personality. The faster you act, the more of the person you save.

### Signs and Symptoms

The signs of a stroke vary from person to person and they usually occur without warning. Common symptoms include the inability to write or understand spoken language, numbness/weakness in the face, arms and legs, double vision, headaches, vertigo, and an inability to recognise faces.

To help recognise a stroke quickly the acronym **FAST** is used as an easy reminder of the most common stroke symptoms. The letters stand for;

**Face:** Check their face - has their mouth drooped?

**Arms:** Can they lift both arms?

**Speech:** Is their speech slurred, do they understand you?

**Time:** Is critical. If you see any of these signs call 111 straight away.

### Why Is It So Important To Recognise A Stroke?

Recognising if someone is having a stroke and receiving emergency medical treatment are important for three main reasons.

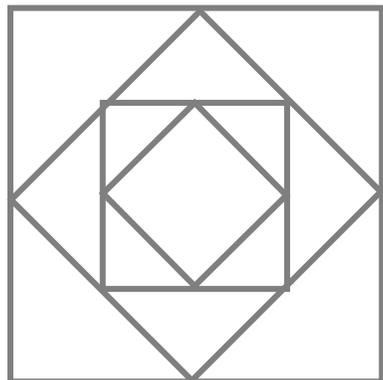
1. Only a doctor can decide if you are having a stroke.
2. Some treatments must be given within three hours of the stroke starting.
3. They will need to be assessed by a doctor who will look at treatments to prevent another stroke.

Because every person and every stroke is different it's important to seek treatment, even if you're not sure. For more information visit the stroke foundation's website.

[www.stroke.org.nz](http://www.stroke.org.nz)

### Did You Know?

The brain can modify its neural connections to better cope with new circumstances – this is known as brain plasticity. This is how much of the recovery made following a stroke is possible.



*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.*

### FIRST AID IN YOUR POCKET

St John Ambulance has created a free life-saving App that provides a great first aid reference available exactly when you need it the most. With 125 years worth of First Aid research available in your pocket, this could be a worthwhile download. Search for "First Aid" by St John Ambulance.

**Work This Out.**

Unscramble the anagrams:

EMOVN \_\_\_\_\_ APEEC \_\_\_\_\_

PRDIE \_\_\_\_\_ DDAER \_\_\_\_\_

Focus on...

# Shin Splints

## What Are Shin Splints?

Also known as Medial Tibial Stress Syndrome (MTSS), this common injury usually affects runners, dancers and people who engage in sports that involve jumping and running. While shin splints can seem harmless, if left untreated they can really impact your ability to keep up training and even interfere with your daily routine. The good news is that you can prevent and treat shin splints quite easily.

Shin splints are a common overuse injury that causes pain along the inside of the tibia (shin bone). As with most overuse injuries it is caused by an inability of the structures around this region to cope with the demands of training. The pain can be coming from injury to the muscles surrounding the tibia, the structures that attach these muscles to the tibia or the tibia itself.

## Signs and Symptoms

Shin splints often start as a dull pain around the inside of the shin, usually around the middle third of the lower leg.

You may feel pain before, during, or after activity. The affected area may be sore and tender, with some swelling and often both legs are affected. Pain often begins gradually and in the beginning it may come and go, however as the condition progresses pain can be present all the time.

## How Does It Happen?

The exact cause of shin splints is often difficult to pinpoint, however as with many overuse injuries, dysfunction at another site can cause tissue to take on more stress and begin to breakdown. Below are some common factors that may increase your risk of developing shin splints.

- Training errors, increasing intensity too quickly.
- Pronating feet or uneven leg length.
- Running uphill or on hard surfaces.
- Unsupportive footwear.
- Gluteal weakness and pelvic instability.
- Reduced muscle strength and flexibility

## How Can Physiotherapy Help?

As many other conditions can mimic shin splints so it is important to visit your physiotherapist who can diagnose your condition correctly and advise suitable reductions to your training program. Furthermore, left untreated, shin splints have been known to develop into stress fractures or compartment syndrome.

While rest and ice will help to settle symptoms quickly, your physiotherapist will be able to identify the factors most likely to be contributing to your pain and assist with correction of any muscle imbalances, joint stiffness or training errors. For further treatment options and advice on managing your shin splints, don't hesitate to ask your physiotherapist.



Feeling overwhelmed from the seemingly constant stream of bad news in the media? Try some good news for a change at [www.goodnewsnetwork.org](http://www.goodnewsnetwork.org)



## Fresh Pea, Mint & Coconut Soup

*Serves four.*

1. Coarsely chop the onion and mince the garlic cloves
2. Heat coconut oil in a saucepan on medium heat. Add onions and garlic and cook until soft, not browned, about 3-5 minutes.
3. Add the vegetable broth or water, add salt, mint and coconut milk and bring to a bare simmer. Turn off the heat.
4. Blend, using an immersion blender until smooth, add water if desired.
5. Season to taste, serve in bowls and drizzle with olive oil.

1 tbsp coconut or olive oil  
1 onion  
2 cloves garlic  
500g shelled peas (or thawed frozen peas)  
1 tsp sea salt  
10 sprigs fresh mint  
1.5 cup/350ml vegetable broth or water  
1.5 cup/350 ml full-fat coconut milk  
olive oil for serving

**Recipe from Green Kitchen Stories. Go to [www.greenkitchenstories.com/fresh-pea-mint-coconut-soup](http://www.greenkitchenstories.com/fresh-pea-mint-coconut-soup) for an easy how to video**

Anagram Answers: 1. Venom 2. Peace 3. Pride 4. Dread

## Queenstown Physiotherapy

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