



Queenstown Physiotherapy

MAUI – HAWAII

JULY 2015

Exercise Cheat Sheet

QUEENSTOWN PHYSIOTHERAPY

Technology has changed our lives dramatically, and while it has made many difficult tasks much easier, it's also made it much easier to be lazy. Here we identify a few key moments where you can sneak some exercise into your daily routine.

Boiling the kettle:

Provided you either have some privacy or don't mind a few inquisitive stares, this is a great opportunity to do some standing exercises. In the 2-3 minutes it takes for the water to boil, take the time to do the following.

Squats

Stand with your feet shoulder-width apart. Look straight ahead and keep your back straight. Bend your knees as if you're about to sit on a chair. Lower your body but see to it that your knees don't extend beyond your toes. Then lift back up.

Lunges

Look straight ahead, keeping your upper body straight and relaxed. Put one leg forward and slowly lower your body until the knee is bent 90 degrees. Then go back to your starting position.

Calf Raises

Stand with your feet together. Raise both heels. You can repeat this as many times as you are able to. Calf raises on only one leg are more difficult than both legs and also challenge your balance.

Watching TV:

If your evening routine involves watching 45 minutes of your favourite series, these exercises can be done while sitting. Make your guilty pleasure a little less guilty.

Leg Raises

Keeping your knee straight, raise your leg 5cm from the ground or chair. Aim to hold for 30 seconds. Increase your ability to hold the leg and aim for one, then two minutes.

Bicep Curls

Hold a two-litre bottle filled with water, then bend your elbow until the bottle touches your shoulder. Then straighten and repeat.

Triceps Curls

Keep your back straight. Lift your arms overhead, then bend your elbows (hold a bottle or canned goods). Slowly straighten your elbows, then bend them back down.

Cleaning:

Too busy sweeping, mopping and vacuuming the floors to exercise? No problem. Perk it up with some upbeat music and dance. Try it and you'll enjoy doing those chores more. You could also add jumping jacks and side jumps for your cardio.

Incidental exercise is no replacement for a regular exercise routine, however it can help you find more time to move throughout your day.



BRAIN TEASER

Can you solve this puzzle?

There is a house with three identical light switches next to each other. One of them controls a light located on the other side of the house. You cannot see the light from the switches. Using the following rules, see if you can figure out which switch operates the light.

You are allowed to manipulate the switches as you like and are then allowed a single trip to the check the light bulb. How do you do it?

Life Advice from Disney Characters

"Oh yes, the past can hurt. But the way I see it, you can either run from it, or... learn from it."

Rafiki (The Lion King)

"Sometimes, the right path is not the easiest one."

Grandmother Willow (Pocahontas)

"You're never too old to be young!"

The Seven Dwarfs (Snow White and The Seven Dwarfs)

PhysioTip

If you can't walk after an injury due to pain or take four steps in a row, chances are you need an X-ray for your knee, ankle or foot pain.

Focus On...

ACL Tears

What is an “ACL tear” and how does it occur?

The ACL, or anterior cruciate ligament, is a strong piece of connective tissue which attaches the thigh bone (femur) to your leg bone (tibia). The ACL is referred to as a “crucial” ligament due to the stability it provides to the knee joint. The job of the ACL is to prevent the tibia from sliding forward relative to the femur.

This ligament is injured in athletes more often than other populations, however injury to the ligament may occur in other ways. Injuries tend to occur when landing awkwardly from a jump, twisting the knee, or suddenly stopping from running. The ACL may also be injured during knee hyper-extension, or when hit from the outside. Many times, other tissues surrounding the knee are also damaged, including the medial collateral ligament, meniscus, joint cartilage, and bone marrow.

A musculoskeletal practitioner can formally grade the severity of ACL injuries. A grade I injury occurs when there is minimal damage to the ligament and the joint remains stable on testing. Grade II injuries occur when the ligament is partially torn. The joint becomes loose on testing, but still provides a degree of stability.

Grade III constitutes a full tear or rupture of the ligament. There will be no stability provided to the joint on testing.

What are the signs and symptoms of an ACL tear?

Many people will report hearing a “pop” in the knee associated with pain at the time of injury. Within a few minutes to hours of injury, there is likely to be significant joint swelling. Decreased range of movement of the knee is common, and the injured knee is typically unable to take full weight upon standing or walking. It may also feel unstable at times, such as a “giving way” sensation. Poor balance and coordination may also be experienced.

How can Physio help?

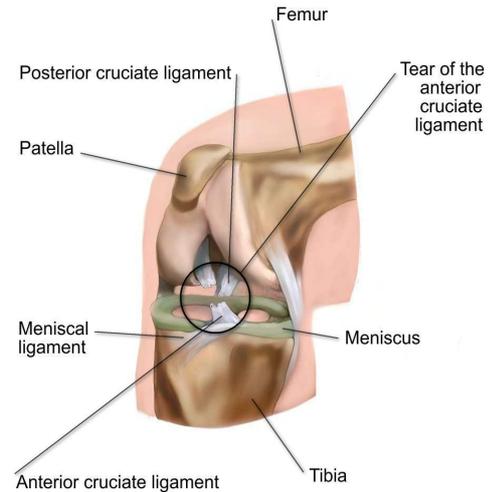
Non-surgical management of the injured ACL is taken when there is a grade I to grade II injury. Surgical management typically occurs for grade III injuries, and occasionally grade II injuries to the ACL. Your doctor or physiotherapist can help you decide whether non-surgical or surgical management is best for you.

Regardless of surgical or non-surgical management, your physiotherapist will assist you with improving your knee's range of movement, lower limb strength, balance, stability and coordination. You will re-learn the tasks of walking, using stairs, and negotiating obstacles.

Early in rehabilitation, the RICE protocol (rest, ice, compress, elevation) is used in conjunction with static resistance type exercises to improve muscle contraction in the leg and increase blood flow in the area.

Throughout your rehabilitation program, you will progress through a variety of strength and mobility exercises targeted towards your individual needs, with goals of returning to your favourite sport or hobby as soon and as safely as possible.

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



Answer: Switch on A and B, wait for a minute and then switch off B. Go to the attic; if the light is on then A is the answer, if it is off but hot then B is the answer. If it is off and cold then C is the answer.



Ingredients

1 Punnet of Roma tomatoes

Bunch of fresh basil leaves

Dash of olive oil

Balsamic glaze

100gm feta cheese

Sourdough loaf

Tomato bruschetta with feta and balsamic

1. Cut tomatoes into quarters. Mix in a bowl with diced basil leaves. Add olive oil and balsamic glaze, mix gently until all ingredients are covered.
2. Slice and toast sourdough loaf.
3. Mix feta cheese into bruschetta mix.
4. Place tomato mix onto toasted bread and garnish with oil, basil leaves and a small amount of glaze.

Optional: Serve with poached eggs and hollandaise sauce.

Queenstown Physiotherapy

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LIFE HACK

Having trouble buying a present for someone?

Tell them you've brought them something amazing and make them guess what it is. Their guesses will give you inspiration.