




**Miami Physiotherapy**  
+  
**Lakelands Physiotherapy & Allied Health**

TRAVEL DESTINATION: TE ANAU - NEW ZEALAND

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## Pregnancy and Physiotherapy

**Pregnancy brings with it many changes including physical, physiological and hormonal. As your baby and body grow, there are shifts to your centre of gravity, weight and even your joints become more flexible. All of these changes can bring with them new aches and pains along with many questions about how to protect your changing body and baby.**

Guidelines in this area are usually separated into two categories; what is safe for the baby and what is safe for the mother. Some general recommendations include avoiding activities that may increase your risk of falling, such as skiing or mountain biking. Any activity that raises your core body temperature are also not recommended. This can include high intensity exercise, hot yoga, and spas, saunas and hot baths.

Activities that are safe for the mother focus on protecting your body from injury during each stage of pregnancy. For example, it is recommended to avoid heavy lifting, and learning to activate and strengthen your pelvic floor. As your pregnancy progresses, the hormone relaxin acts on your joints and ligaments to help them become more flexible. This means that your joints are a little less stable than usual, slightly increasing your risk of sprains or strains during exercise.

### How can physiotherapy help?

Physiotherapy is able to help you at every stage of your pregnancy with advice for pain management in labour and post natal pelvic floor health. Finding the right physiotherapist with specialised training can be life changing for your long term pelvic floor health, helping to prevent incontinence.

Your physiotherapist is also able to help you treat back and pelvic pain that commonly arise during pregnancy. This can help to prepare you for birth and help to prevent ongoing back pain following the birth as your body readjusts.

**This article is not intended to replace medical advice. Speak to your physiotherapist and medical practitioner for more information on how to stay fit, safe and healthy during your pregnancy.**



PHYSIOTIP

**POOR POSTURE CAN AFFECT YOUR CONFIDENCE AND STRENGTH AS WELL AS CAUSE PAIN**

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## Riddle Me This

I'm light as a feather, yet the strongest person can't hold me for ten minutes. What am I?

What has many teeth, but can't bite?

What runs all around a backyard, yet never moves?

### Achilles Tendinopathy

Pain at the base of your heel felt with walking, running or jumping could be a sign of tissue damage of your achilles tendon.



# Focus on Shin Splints

## What is it?

Shin splints, are a painful condition of the lower leg, also known as Medial Tibial Stress Syndrome, it is an overuse injury that causes pain along the inside of the tibia or shin bone. It is a common condition in runners, hikers and soldiers who march long distances.

## What are the symptoms?

Shin splints are typified by persistent leg pain, usually the inside of the shin, halfway down the lower leg. The pain might be felt during exercise or directly after. Some people experience a dull ache over their shin that lasts for quite a while after exercise stops, while for others the pain may be sharp and fade quickly. The pain is often progressive, becoming worse with shorter distances. Eventually, shin splints can severely impact activity levels as the pain becomes too severe to continue exercising. Shin splints can be extremely painful and very disruptive to activity levels. As the pain usually starts gradually and progresses many people find themselves unable to continue

training, shin splints may also progress to stress fractures if not diagnosed early and managed effectively.

## How does it happen?

Shin splints are predominantly seen in runners who increase their distances quickly, often while training for an event. Activities that require repetitive weight-bearing of any kind, such as marching or high impact sports have also been shown to cause shin splints. Although the pathology of shin splints is unclear, studies have been able to identify certain risk factors that may predispose someone to shin splints. These include;

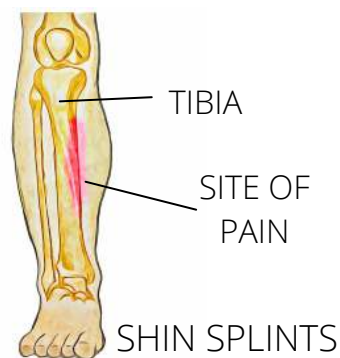
- An abrupt increase in activity level
- Improper footwear and support
- Higher BMI
- Training on hard or uneven surfaces
- Tight calf muscles
- Flat feet
- Increased external rotation range of the hips
- Females are more likely to develop shin splints than males.
- Prior history of shin splints
- Wearing or having worn orthotics

## How can physiotherapy help?

The first step for your physiotherapist will be to address any contributing factors and help

to adapt your training program to a level that is optimum for you. A period of relative rest may be recommended along with a targeted strengthening and stretching program for any tight or weak muscles. Switching to low-impact activities such as swimming, cycling and yoga may also help to maintain fitness during recovery. Your running technique will be analyzed and any training errors may be corrected. When getting back into your training routine, it is usually recommended that distances are not increased by more than 10% per week as this allows the tissues of the body to react to the increased demands and adapt accordingly.

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



Answers: 1. Your breath 2. A comb 3. A fence

## Quinoa & Mushroom Stuffed Capsicums

### Ingredients:

- 4 Red and Yellow Capsicums
- 1 cup of cooked Quinoa
- 1 small Onion, diced
- 300gm Mushrooms, diced
- 1 cup fresh Spinach, chopped
- 2 cups of water
- 2 cloves of Garlic, Crushed
- Chilli Powder, Cumin & Paprika
- ¼ cup fresh Cilantro/Coriander
- 2 Tbsp. Olive Oil
- Salt & Pepper



1. Preheat your oven to 200°C or 390°F, prepare a baking tray with baking paper or brush a thin layer of olive oil over the bottom.
2. Sauté oil over medium heat in a large frying pan. Add onions, garlic, chilli, cumin and paprika, salt and pepper and cook until onion and garlic begin to soften.
3. Add mushrooms to the pan and cook for a few more minutes, stirring occasionally until mushrooms begin to brown slightly. Finally, add cooked quinoa and chopped spinach leaves and stir in other ingredients.
4. Slice capsicums lengthwise, into halves, removing seeds and stems. Fill with quinoa mixture. Set capsicums on the baking tray and cook for 25 minutes.

**Garnish with fresh coriander, lime and cracked black pepper.**



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