



ARUGAM BAY - SRI LANKA



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Tips To Help You Complete Your Home Exercises

An essential component of physiotherapy treatment is your home exercise program. All physiotherapists know that patients who complete their exercises will have better outcomes from their treatment, however it can be difficult to find time to complete them. Here are a few tips that can help you to fit your exercises into your weekly routine.

Plan when to complete them

Making a plan might sound simple, but the expression 'failing to plan is planning to fail' has some truth to it. Physiotherapy exercises are specifically targeted towards weak and tight muscles. The exercises are likely to be a little difficult and uncomfortable. Setting time aside in advance to complete them can help you overcome any resistance to getting them done.

Ask your Physio to prioritise them

Your physiotherapists might give you a combination of exercises to complete. If you're struggling to find time to complete them all, ask your physiotherapist to rank the exercises in order of importance, this can help you to make sure you complete the most important ones when you are short of time.

Set triggers as reminders

You can use small every day tasks as reminders to remind you to complete your exercises. Some examples include boiling the kettle, brushing your teeth or as a final task before getting into bed.

Use Positive reinforcement

Combining a task you don't enjoy with one that you do is a great way to motivate yourself. You can either pair your exercises with something you love such as watching an episode of your favourite tv show or give yourself a reward once they are completed. Either way, the more positive associations you make with completing your home exercise program, the less barriers you make to completing them.

Want more tips? Ask your physiotherapist for their top tips and tricks for fitting your exercise program into your day.



1. I follow you all the time and copy your every move, but you can't touch me or catch me. What am I?
2. What has many keys but can't open a single lock?
3. What invention lets you look right through a wall?

Bone Health



Bones react to stress and tension the same way as muscles, by adapting and strengthening. Weight bearing activity is essential for maintaining bone mass throughout our lifetime.

ACL Tears and Surgery

An ACL tear is one of the most dreaded sports injuries both for patients and therapists alike. Surgery and rehabilitation can be a tedious and difficult road, with full recovery taking up to 12 months in some cases.

What is an ACL?

The ACL (Anterior Cruciate Ligament) is a short, thick ligament in the centre of the knee joint that keeps the lower part of the leg firmly anchored to the upper part, preventing it from slipping forward.

The ACL exists to provide stability to the knee. Following a tear the knee can feel unstable and give way suddenly. This isn't always a problem with day to day activities, however, as soon as you need to stress your knee more when running, jumping or with sports that require twisting such as skiing, it can pose a much bigger problem.

What is the treatment?

Conventional wisdom has always been that when this ligament is torn completely the only pathway forward for a fully functioning and stable knee is reconstructive surgery and comprehensive rehabilitation. While small tendons tears can repair and heal themselves, a full thickness tear was believed to be incapable of healing on its own.

A growing body of evidence is being collected that some full thickness ACL tears are capable of regenerating and healing without surgery. Rehabilitation for ACL tears will focus on helping the other structures of the knee step up to compensate for any lost stability and can have surprisingly good results. For most people the presence or absence of a ligament in their knee isn't important, the function of the knee is really what matters.

Do I still need surgery?

This new evidence is simply adding to the discussion that needs to happen

after any serious injury. The right pathway for you will depend on a variety of factors, including your own personal goals, financial situation and motivation to undergo rehabilitation. At a minimum, a trial of physiotherapy rehabilitation should be considered prior to undergoing surgery should be considered.

If you want to know which option is best for you, have a chat with your physiotherapist about your personal circumstances and they can help you work through the pros and cons of any decision.

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 shadow 2. A piano. 3. A window

Beetroot & Walnut Risotto

Ingredients:

- 4 Small Fresh Beetroots
- ¼ cup Shaved Parmesan Cheese
- ½ cup Chopped walnuts
- 2 cups of Arborio Rice
- 2 cups of Vegetable Stock
- ½ cup Red Wine
- 2 cloves of Garlic, Crushed
- 2 Tbsp. Olive Oil
- Salt & Pepper



1. Chop the beetroot into 1cm cubes and place a large frying pan on medium heat; add olive oil, diced garlic, a pinch of salt and pepper, and beetroot and cover, stirring occasionally until beetroot becomes soft and tender.
2. Add 2 cups of Arborio rice to the frying pan and stir through beetroot evenly. Slowly add red wine, stirring gently until the rice has absorbed all the wine.
3. Begin to add vegetable stock, stirring through a quarter of a cup at a time. Lower heat and cover rice for 10-15 minutes, while continuing to stir risotto occasionally until rice is cooked through, add walnuts when rice is soft.
4. Sprinkle thin slices of Parmesan cheese over risotto and serve.

Serves Four



66 Cobblers Street,
Falcon WA 6210

For an appointment call
(08) 9534 4111

Lakelands Physiotherapy & Allied
Health

Shop 32, Lakelands Shopping
Centre

49 Banksiadale Gate Lakelands WA
6180

PH: 9542 9999

admin@miamiphysio.com.au
www.miamiphysio.com.au

