



MOUNT MCKENZIE - CANADA

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Physio Tips For A Comfortable Sleep

For most of us, the hours we spend sleeping are simply a time for rest and recovery. However, you might be surprised to learn that your sleeping position can have a significant impact on your body, particularly if you already have an injury. Here are some tips from your physiotherapist to help to stay pain free overnight.

Back Pain Tips

For sufferers of back pain, finding a comfortable position at night can be difficult. Ideally, the natural curves of the spine should be maintained and supported throughout the night. Ideally, your body should be held in a position of minimal stress while sleeping. This means that all your joints and muscles are resting in a neutral position

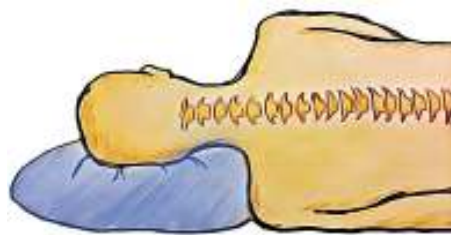
A mattress that is too soft might feel comfortable to begin with, but over time will let you sink too much, meaning the curve of the lower spine will be lost. Waking up with a stiff spine could be a sign that you are using the wrong mattress. A mattress that is too firm can also mean your spine is held in a flattened position throughout the night, which is both uncomfortable during the night and when you wake up.

For many people, sleeping on their side keeps their spine in a more natural alignment than when sleeping on their back. If you do sleep on your back, placing a pillow under your knees can help to maintain your lumbar spinal curve throughout the night. This can also help to reduce hip and knee pain.

Neck Pain Tips

The neck is often the most vulnerable part of the body if your sleeping setup is not ideal. Side sleepers may let their neck fall excessively to the side with a pillow that is too low or have their neck elevated too much by having their pillows too high.

If you find yourself putting your arm under your pillow while you sleep, it is likely that your pillow is too low. Having your shoulder in this position overnight can put unnecessary stress on the structures in the shoulder joint and should be avoided if possible. Stomach sleeping can also put additional pressure on your neck as it is turned to the side for long periods.



Hip Pain Tip

Side sleepers often spend their nights with one leg crossed over their body. This can place extra pressure on the structures on the side of the hip, such as tendons and bursa and can impact the health of these tissues as the compression can reduce the blood flow to the area. Placing a pillow under your knee while sleeping on your side can help to maintain a neutral alignment of your hip.

Speak to your physiotherapist for more advice on how to improve your sleeping posture and find out if your sleeping setup is right for you.



Brain Teaser

I follow you all the time and copy your every move, but you can't touch me or catch me. What am I?

What has many keys but can't open a single lock?

What invention lets you look right through a wall?



Plantar Fasciopathy

What is it?

The plantar fascia is a thick fibrous band on the underside of the foot that helps to support the arches and deep muscles of the foot. Often over time, if any stress that is put upon the plantar fascia becomes too much and it can begin to degenerate, causing pain when the foot is placed on the ground.

Plantar fasciopathy is also known as plantar fasciitis and can be notoriously difficult to treat. It is a progressive condition but in some cases a self-limiting one. The condition does sometimes, eventually resolves itself. Without treatment, however, the condition can take up to two years to go away and is extremely painful in the meantime.

What are the symptoms?

The first symptoms are a slight pain on the inside of the heel in the mornings; usually the first steps of the day are

the most painful. As the condition progresses there may be pain with walking or running. In severe cases pain might be felt all the time, even when resting.

What is the cause?

For athletes it is likely that the problem is caused by training program errors, poor biomechanics, tight calves and inadequate support in footwear. In other people, it's more likely that the problem is caused by standing for long periods on hard surfaces. Other risk factors include age, poor footwear choices and increased weight.

How can physiotherapy help?

The first stage of treatment will involve diagnosis and identification of contributing factors. Your physiotherapist can apply taping techniques to unload the fascia and use hands on techniques to restore flexibility to the calf muscles and fascia. This can provide great relief of pain, particularly in the early stages of treatment.

A specific loading exercise program will be implemented and they will also advise you on a suitable training program, footwear and stretches. They can also help make modifications to your running style if this is contributing to the problem.

There are medical options for heel spur removal, shockwave therapy and steroidal injection however these treatments work best if used in conjunction with traditional physiotherapy

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

Kale & Brussel Sprout Salad

Ingredients:

- 12 Brussel Sprouts
- 3 Tbsp. Sliced Baking Almonds
- 1 cup chopped Kale
- ¼ cup shaved Parmesan Cheese
- 2 Cloves of Garlic, Crushed

Dressing:

- 2 Tbsp. White Wine Vinegar
- 2 Tbsp. Olive Oil
- Salt & Pepper



1. Preheat your oven to 180° Celsius. Slice brussel sprouts in half and place on a baking tray lined with baking paper. Sprinkle sprouts with olive oil, salt and pepper, add garlic and cover with almonds.
2. Roast brussel sprouts in the oven for 20-30 minutes until slightly brown. Prepare kale by chopping into small pieces, washing and placing in a medium sized salad bowl.
3. Prepare salad dressing by whisking together olive oil, white wine vinegar, salt and pepper. Mix brussel sprouts, almonds, kale and dressing together gently in the salad bowl.
4. Sprinkle thin slices of Parmesan cheese over salad and serve.

Serves Two.



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