



THE CATLINS - NEW ZEALAND



Miami Physiotherapy  
+  
Lakelands Physiotherapy  
& Allied Health

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## Physio Tips for Comfortable Travel

Travel can be one of the most enjoyable aspects of life, however if a trip away comes with the risk of increased pain and soreness, the excitement can be thoroughly diminished. Many people will even avoid travel altogether if their symptoms are exacerbated too much by long seated periods. If you are unlucky enough to fall into this category, here are a few tips from your physiotherapist that might help make long trips a little more comfortable.

Lower back pain is the chief complaint of most travellers. To avoid low back pain, try the following tips:

### 1) Adjust the seat angle.

If you are able, tilt the seat slightly down towards your feet, not towards your hips. Ideally, your knees should be level with your hips, or even slightly lower. A footrest to lift your knees can also help.

### 2) Lift the height of the whole seat.

This will assist with tip #1 by lifting the whole body away from the floor. When your hips are less bent, it is easier for your back to sit comfortably in an upright position.

### 3) Use a lower back support.

Many cars nowadays come equipped with in-built lumbar supports. Often this support is a generic design and not fitted for your specific shape or height. A proper lumbar pillow, or even a rolled towel in the small of the back, can be more effective in maintaining

the natural arch of your spine. This relieves pressure through your intervertebral discs, spinal ligaments, and spinal muscles. Neck discomfort is easier to improve when tips for lower back are implemented first. Some very easy tips to reduce neck pain are as follows:

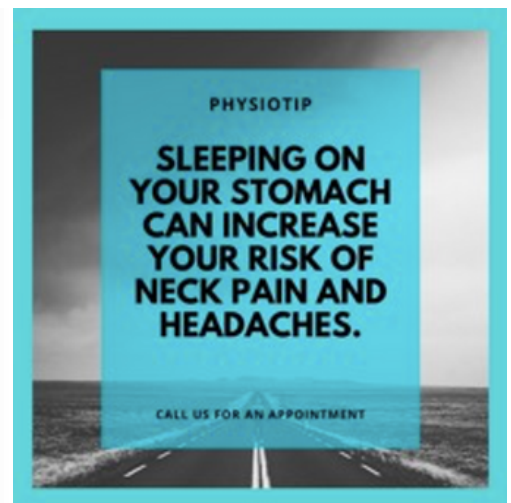
### 1) Use a travel pillow.

If travelling on an airplane, try wearing the pillow backwards or sideways. This assists in supporting the head in a slightly better position when you rest or sleep, which helps to reduce the stress placed on the muscles, ligaments and joints within the neck.

### 2) Every hour, perform 10 chin tucks.

This is easiest to perform correctly if you sit tall and press your chin straight backwards, lengthening the back of your neck. Do not tuck the chin to the chest. This exercise stretches the small postural muscles at the base of the skull, relaxing them.

**The tips above are only suggestions. If any of the above tips cause you pain or discomfort, it is advisable to seek your physiotherapist's opinion.**



## Brain Teaser

Find a 10-digit number where the first digit is how many zeros in the number, the second digit is how many 1s in the number etc. until the tenth digit which is how many 9s in the number.



# Growing Pains

## Are growing pains real?

The short answer is that yes, growing pains are a real and usually harmless part of childhood. Though poorly understood, they are recognized as a common phenomenon occurring most often between the ages of 3 and 12. The pain is commonly felt in both legs, particularly at night with no clear cause of pain. As yet no one is able to explain why they happen but growing pains are thought to be a normal response of a growing body as it adapts to new heights, sizes, strengths and skills.

## Does this mean I can ignore my child's pain?

Not so fast. While growing pains are harmless and usually transient, there are many childhood illnesses and conditions that do require professional assessment and, if left untreated, can cause serious harm.

These include but are not limited to; Juvenile arthritis, childhood cancers (which often first present as knee or jaw pain), developmental hip dysplasia (abnormality of the hip joint), Perthes disease and a variety of other musculoskeletal disorders.

While it's true that children are generally more resilient and heal well, they are also vulnerable to injuries just like adults. All serious strains and sprains should be rehabilitated correctly to ensure no long-term problems occur down the track. Many childhood pains can also be relieved with physiotherapy in the short term even if the child will eventually grow out of the pain.

## How can I tell if pain is abnormal?

Unfortunately, unless you are a trained professional you won't be able to tell. If there is any doubt in your mind always contact a physiotherapist or doctor. Many clinicians have great respect for a parent's intuition and acknowledge that parents are usually very good at knowing if something is wrong with their child.

Even if you're sure nothing is wrong, there are a few signs and symptoms that you should take particular notice of. pain that is severe, pain that occurs suddenly without an obvious cause, pain that is one-sided, pain that affects your child's activity levels, causes a limp or is associated with signs of general illness/fever.

Constant, severe and unrelenting pain is a serious sign that should be investigated at any age. If you're worried, the first step is to consult a physiotherapist or general practitioner.

**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.**



Answers: 6210001000

## Roasted Dates With Almond & Ricotta

### Ingredients

- ½ cup of Ricotta Cheese
- 4 Tbsp. of Almond Nuts, crushed
- 20 Medjool Dates
- 1 Tbsp. Extra Virgin Olive Oil
- 1 Tbsp. Balsamic Vinegar Glaze
- Sea Salt to taste



1. Preheat an oven to 180° Celsius. Bring a medium-sized frying pan to medium heat and add crushed almonds.
2. Stir almonds frequently, until warm and toasted, removing them from heat as they begin to brown. In a small bowl, mix the ricotta cheese and half of the toasted almonds.
3. Use a small knife to carefully remove any seeds from the dates, making space for the ricotta mixture. Spoon ¼ teaspoon of the ricotta mixture into each date and place them, evenly spaced, on a foil-lined baking sheet and drizzle with olive oil. Sprinkle dates with remaining almonds and sea salt.
4. Roast dates for 15-20 minutes until the ricotta is melted.

**Remove from oven and immediately drizzle balsamic glaze.**



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