



REVELSTOKE - CANADA



Miami Physiotherapy
+
Lakelands Physiotherapy
& Allied Health

MARCH 2023

What Causes Joint and Muscle Stiffness?

Joint and muscle stiffness can be felt in any part of the body. While it may be accompanied by pain, this is not always the case and can have many different causes. Feelings of stiffness can be easy to ignore, however, they can be a sign that you are at increased risk of injury or pain. Here are a few reasons why you might be feeling a little bit less flexible.

Muscle Weakness

Muscle stiffness can be a sign that strength is missing. Our body will prioritise stability over flexibility if our muscles don't have the ability to provide both. This means that your muscles will be a bit tighter and stiffer to compensate for any weakness. If you are feeling a little tight and sore, your physiotherapist can help to identify any muscles that maybe need strength targeting to help with feelings of tightness.

Delayed Onset Muscle Soreness (DOMS)

Many of us are familiar with post-exercise pain and stiffness. This is a somewhat protective mechanism to help you recover from a bout of increased exercise. This kind of stiffness will be present in muscles that have been used recently and usually lasts for just a day or two. This kind of stiffness usually goes away on its own, although it can be quite uncomfortable, this is usually nothing to be too concerned with. Your physiotherapists can help you with tips to avoid DOMS in your regular workouts.

Lack of movement

Along with muscle weakness, inactivity can lead to joint stiffness. Joints need to move through their full range regularly to maintain their flexibility, as anyone who has kept their joints still in a cast will know. Lack of movement can lead to a reduction of blood flow and nutrients also impacting joint health. Your physiotherapists can help you to identify any joints that are not moving well and advise you on how to restore joint flexibility. Activities such as pilates aim to help you move all of your joints through their full range safely and maintain flexibility.

Arthritis

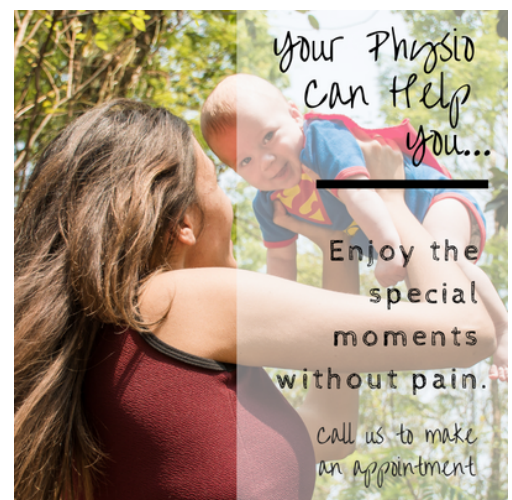
Stiffness is the hallmark of arthritis, often noticeable as increased stiffness on waking that progresses gradually over time. Pain and stiffness caused by arthritis can often be helped by a targeted muscle strengthening program to help support the joints.

Speak to your physio about any tightness or inflexibility and see how they can help you feel your best.



Brain Teaser

I am taken from a mine, and shut up in a wooden case, from which I am never released, and yet I am used by almost everybody. What am I?



Cervicogenic Headache

What is it?

Headaches are a generic term for any pain in the cranial region. They can be caused by a variety of factors and there are many different types. A severe headache can stop you in your tracks and be severely debilitating. One kind of headache that is commonly treated by physiotherapists is the cervicogenic headache or a headache that originates from the neck.

What are the symptoms?

The pain of a cervicogenic headache is usually unilateral (on one side), and often described as a dull or aching pain that can be felt in the neck, head, and sometimes the face. It can also be accompanied by other symptoms such as neck stiffness, limited range of motion in the neck, and tenderness in the neck or scalp.

How does it happen?

Cervicogenic headache is an example of referred pain, where dysfunction of the structures in the neck cause pain to be felt in a different location. The most common reason for this pain to be felt are joint and muscle stiffness around the cervical spine.

Tight muscles can develop trigger points that refer pain into the cranial region in a typical pattern. Headaches can also be caused by irritated nerves that originate in the spine and travel into the head. Whiplash following a trauma such as a car accident is known to cause ongoing neck-related headaches without treatment.

How is it diagnosed?

Diagnosis of a cervicogenic headache can be difficult as it needs to be differentiated from other forms of headache such as migraine, tension headaches and sinus headaches. Your physiotherapist will perform a thorough assessment to determine the origins of your headaches. Some

signs that headaches are caused by cervical dysfunction include muscle tightness, joint limitations, concurrent neck pain and poor posture.

What is the treatment?

Treatment for neck related headaches is aimed at correcting any dysfunction, restoring movement and flexibility to stiff joints and muscles and addressing any postural vulnerabilities.

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: Pencil lead

Broccoli, Leek and Bacon Soup

Ingredients

- 2 Tbsp. Extra Virgin Olive Oil
- 200g Broccoli
- 1 large Leek, trimmed and sliced
- 1 Whole Potato, peeled and diced
- 4 slices Bacon, diced
- 2 Cup Vegetable Stock
- 2 cloves Garlic
- Chilli Oil
- Salt and Pepper
- Parsley to Garnish



1. Place a large soup pot on medium heat. Add olive oil, chill garlic, salt and pepper and chopped leek, and cook for five minutes or until soft, stirring occasionally.
2. Add broccoli and potato and cover with 2 cups of stock. Simmer until the potato softens or for about 20 minutes.
3. In a separate pan, cook bacon on medium heat until crispy. Remove from pan and allow oil to drain. Set 1/3 of the bacon aside for garnish and add the remaining bacon to the soup mix.
4. Once potato pieces are cooked through. Use a handheld blender to blend ingredients until smooth. Add salt and pepper to taste.

Serves two, garnish with crispy bacon and fresh parsley.



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

