



ABEL TASMAN NATIONAL PARK - NEW ZEALAND

Tips For Exercising When You Have Pain

One of the most challenging aspects of living with an injury or chronic pain is how it can quickly impact your exercise routine. If you have been working towards a fitness or weight goal, this can be extremely demoralising. Here are a few tips that can help to keep you on track while you recover. Staying as active as possible during this time can mean you're in the best position to reach your goals again once your injury has healed.

1. Try a new activity.

When injury strikes, it can be tempting to stop exercising altogether and rest while you recover. An injury can be frustrating, but it can also be an opportunity to try out a different sport. If you're a runner with an ankle injury, you can keep up your fitness by swimming instead. Cycling can be an excellent option for people for dealing with knee pain, and if you're a swimmer with shoulder pain, maybe switch to running for a while. Check with your physiotherapist for some ideas to keep you moving.

2. Exercise within your limits.

If you're getting pain at 5km, this doesn't always mean you should give up running altogether. Your physiotherapist can help you monitor your symptoms carefully and plan an exercise routine that keeps your fitness up while reducing symptom flare-ups. Staying as active as possible throughout your recovery can also mean that you are better placed to get back to your best performance once symptoms subside.

3. Take the opportunity to improve your footwear and equipment.

Injury and pain can be a great prompt to look at your equipment and technique

. For example, with hip and knee pain, the type of shoes you wear can have a significant difference. Often pain has more than one cause, with technique and equipment more often than not having a substantial impact on the stress placed on your body. Your physiotherapist is an excellent source of advice in this area, don't hesitate to ask for an assessment.



4. Take to the water

Hydrotherapy has long been used to help patients with joint pain or muscle weakness exercise. The water helps reduce joint stress and provide extra sensory input that can reduce pain. Exercising in water can be especially helpful for sufferers of chronic pain or those who have pain with weight-bearing. Speak to your physio for a hydrotherapy program if you're not sure how to approach exercise in water.

Our physiotherapists are happy to discuss your condition with you and share their tips to help you stay pain-free. None of the information in this article is a replacement for proper medical advice. Always see a medical professional for advice on your condition.



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It's not about perfect.
It's about effort.
When you bring that effort every single day, that's where transformation happens.

- JILLIAN MICHAELS



Brain Teaser

A family lives in a large tower apartment building, 10 floors high. Every day their son takes the elevator from the family's apartment on the 10th floor to the ground floor and goes to school. When he returns in the afternoon, he uses the elevator to get to the fifth floor, and then uses the stairs for the remaining five floors. Why?



Frozen Shoulder

What is frozen shoulder?

Frozen Shoulder (also known as Adhesive Capsulitis) is a condition that affects the shoulder joint with no apparent (idiopathic) cause. It is characterised by severe pain and stiffness of the shoulder. The shoulder capsule thickens due to lack of synovial fluid, which leads to tightness and stiffness. Frozen shoulder occurs most frequently between the ages of 40-60 years old and affects more women than men.

How does it happen?

The cause of Frozen Shoulder is still unknown, however some risk factors have been identified that increase your chances of developing the condition including diabetes mellitus, stroke, shoulder injuries and immobilisation.

The hallmark sign of Frozen Shoulder is being unable to move your shoulder even with the help of other people. This is particularly noticeable when moving the arm away from the body. Physicians may ask you to undergo investigations such as X-ray and MRI, however frozen shoulder doesn't tend to show up on imaging.

What are the symptoms?

Frozen Shoulder has three stages:

1. Freezing (Painful stage) – lasts from six weeks to nine months; patient has a slow onset of pain (usually pain at rest), and the shoulder starts to experience limitation of motion
2. Frozen (Adhesive stage) – lasts from four to six months; pain begins to diminish (the shoulder is still usually painful with movement), of the shoulder getting stiffer, and activities of daily living are affected).
3. Thawing (Recovery stage) – last six months to two years; shoulder's normal range of motion is slowly returning to normal

How can physiotherapy help?

Though Frozen Shoulder is a self-limiting condition, an important part of physiotherapy management is the prevention of related neck and shoulder issues secondary to the original problem. As you can imagine, frozen shoulder can be extremely debilitating and many adaptations occur in the surrounding musculature. Physiotherapy also acts to reduce pain throughout phases one and two, while restoring joint movement as the joint moves through the painful phase. This is done through a variety of treatments, including heat, stretching, joint

mobilisation, range of motion exercises to improve shoulder's motion and resistance exercise to strengthen, you will also be given a home exercise program. Recovery time varies with every patient. If you're working hard to regain your normal shoulder function, you'll be rewarded with a faster recovery.

Medical management includes medications and corticosteroids, joint manipulation while under anaesthetic and/or surgery, however at this point nothing has come close to providing a consistent and simple cure.

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



Answers: Because he cannot reach the buttons higher than five.

Vegan Cashew Cheesecakes

Ingredients

Crust:

- 2/3 cup Pitted Dates
- 1 cup Almonds
- 1 tbsp. Coconut Oil
- 1 pinch of Salt

Filling:

- 1 1/2 cups of Cashew Nuts
- Juice of 1 large Lemon
- 1/3 cup of Coconut Oil
- 1/2 cup Coconut Milk
- 1/2 cup of Maple Syrup
- Raspberry Coulis



1. Boil some water and soak cashew nuts for 15 minutes until soft. Strain excess water and set nuts aside.
2. Add the dates to a blender and mix into small pieces and place in a small bowl. Next, add almonds and process into a very small meal. Add dates, coconut oil and salt into the almond meal and blend ingredients on high speed until a soft dough is formed.
3. Grease a muffin tin, and press the cheesecake base into the bottom of the muffin tin. Use a small glass to smooth out the base. Place this tin in the freezer when preparing the filling.
4. Add cashew nuts, lemon juice, coconut oil, coconut milk and maple syrup to a blender and mix until a smooth paste is created. Pour filling on top of the bases in the muffin tin.
5. Swirl raspberry coulis on top of the filling and place in a freezer to set, allow 2-3 hours for the cheesecake to set.

Garnish with mint and add extra coulis when ready to serve.



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