



## KOMODO - INDONESIA

SEPTEMBER 2023

### Five Reasons To See A Physiotherapist After An Injury

**There is no doubt that the human body can be very resilient. Short of regenerating new limbs, our bodies are capable of recovering from large amounts of damage, including broken bones. With this in mind, many people are happy to let nature take it's course following an injury, thinking that seeing a physiotherapist will only act to speed up already healing tissues.**

The speed of recovery, however, is only one measure of healing and despite our bodies' incredible capacity for repair; injury repair can be less than straightforward. Here are a few things about injury healing you may not have been aware of.

#### 1. Scar Tissue is more likely to form without treatment.

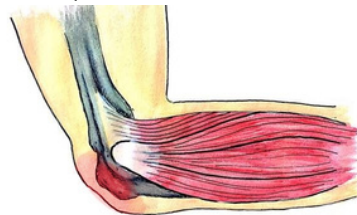
Scar tissue can cause ongoing pain and stiffness in skin, muscles and ligaments. Physiotherapy can prevent excessive scarring from forming through advice regarding movement, massage and other hands-on treatment.

#### 2. Your ability to sense the position of your body, known as proprioception, is often damaged after an injury and can be retrained.

Impaired proprioception is a major factor in re-injury. If you've ever heard someone say "my knee/ankle/shoulder still doesn't feel 100%" then this could be why. The good news is that with a specific exercise program, proprioception can be improved and recovered.

#### 3. Once healing has finished, your body may not be exactly the same as before.

Following an injury, ligaments may be lax, joints may be stiffer and muscles are almost always weaker. While the pain may be gone, there might still be factors that need to be addressed to prevent more complicated issues in the future.



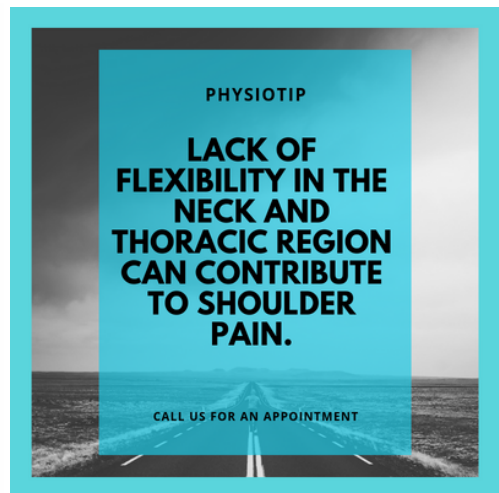
#### 4. You may have picked up some bad habits while waiting for the injury to heal.

While in pain, we often change the way we do things, this can lead to the development of poor movement patterns and muscle imbalances. Even though the pain has gone, these new patterns can remain and create further problems down the road.

#### 5. Injuries don't always heal completely.

On rare occasions, injuries may not be able to heal completely on their own. The most serious example of this is a fracture that cannot heal if the bone is not kept still enough. Other factors that may prevent an injury from healing include poor circulation, diabetes, insufficient care of the injury and poor nutrition.

**Your physiotherapist can assess your injury and develop a treatment plan that will both restore you to the best possible function and prevent further injuries. None of the information in this article is a replacement for proper medical advice. Always see a medical professional for advice on your individual injury.**



## Brain Teaser

1. What can't be put in a saucepan?
2. What has lots of eyes, but can't see?
3. What has one eye, but can't see?:

## Hip Impingement

Hip pain and stiffness with running, squatting and prolonged sitting can be a sign of hip impingement. Your physiotherapist can help diagnose this and guide your treatment.



Pincer Impingement Cam Impingement

# Chronic Ankle Instability

## What is it?

Chronic ankle instability, as the name implies, is a chronic condition of instability affecting the ankle and its surrounding structures. It usually develops after a severe ankle sprain. However, some people are born with less stable ankles; these individuals are generally extra flexible throughout their bodies. Approximately 20% of ankle sprains lead to chronic ankle instability due to the resulting changes in ligament support, strength, postural control, muscle reaction time and sensation.

## What are the symptoms?

As well as being more susceptible to ankle sprains, people with chronic ankle instability may notice they are extra cautious during high-intensity activities, if running on uneven surfaces or when changing directions quickly. They may experience a sense of weakness or frequent 'giving way' when weight-bearing.

## What are the causes?

The primary causes of this condition are ligament laxity, decreased muscle strength of the muscles surrounding the ankle and reduced proprioception.

Following an ankle sprain, ligaments can be stretched and slightly weaker; in severe cases, they have torn altogether, leaving the ankle structurally weaker. Without full rehabilitation, the surrounding muscles also become weaker, and studies have shown that balance and sensation of the ankle can also be reduced. This means that the ankle is more likely to be injured again, creating a vicious cycle leading to further instability.

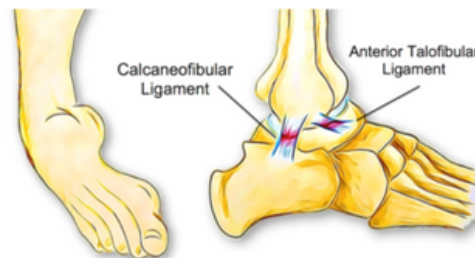
## How can physiotherapy help?

Physiotherapy treatment for chronic ankle instability focuses on improving strength, control and balance with a variety of techniques. This approach can significantly improve ankle stability and reduce the risk of future sprains. Physiotherapists can help patients to

regain confidence and get back to their best performance.

In some cases, orthotic braces for support can be used. However, this can lead to dependence and further loss of strength and control if used unnecessarily. In cases of extreme ligament laxity or if physiotherapy fails, surgery to repair the damaged ligaments is considered. This is usually combined with a full rehabilitation program for greatest success. If you don't feel 100% confident with your ankle, come and have a chat with one of our physiotherapists to see if we can help improve your ankle stability.

**None of the information in this article is a replacement for proper medical advice. Always see a medical professional for advice on your injury.**



Answers: 1. It's lid 2. A potato 3. A needle

# Avocado Chocolate Mousse

## Ingredients:

- 2 Large Avocados
- 1/2 cup Cacao Powder
- 1/2 cup Coconut Milk
- 1/2 cup Honey
- 2 tsp Vanilla Extract
- 1/2 tsp ground chilli
- 1 tsp Cinnamon
- 1/2 tsp Cardamom
- Fresh Blueberries
- Fresh Mint



1. Peel and pit avocados and scoop the flesh into a bowl.
2. Combine ingredients with cacao powder, coconut milk, vanilla, chilli, cardamom, cinnamon, and honey.
3. Using a cake mixer or food processor, blend ingredients until smooth and slightly fluffy.
4. Put into small containers, and sprinkle with berries and coconut. Allow to chill for at least 20 minutes.

**Serve chilled with coconut cream.**



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