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## How to Add Exercise to Your Cleaning Routine

### PHYSIO DIRECT

As the warmer summer months beckon and time spent outdoors starts to increase, it's the perfect excuse to de-clutter your surroundings, be it at home or at work. A clean environment helps to maintain a clear head, and the act of cleaning can be therapeutic in itself. Vigorous cleaning can burn up to 90 calories per fifteen minutes; that's up to 360 calories per hour!

Vacuum cleaning, sweeping and mopping the floor raise the heart rate and can be incorporated into a cardiovascular workout. Lifting and moving heavy objects such as furniture can be incorporated into your strength training, while cleaning windows, hanging curtains and washing walls all have a stretching component. However, with vigorous cleaning comes the risk of over-exertion; necks and backs are particularly at risk of injury.

Make sure to maintain good alignment while doing all of these exercises in order to minimize your chances of injury.

### Step-ups:

These are a great low-impact exercise to activate the gluteal muscles and core, and can be done while vacuuming the staircase. Keep your knees no further forward than your toes, and bend from the hips as you push up onto the standing leg by squeezing your backside muscles.

### Squat twists:

Keep your knees bent and core engaged while you use your oblique muscles to rotate your body from the waist while mopping the floor.

Single-leg standing obliques: while washing the windows, engage the lateral abdominal muscles to pull the arms down to the side of the body as you balance on one leg.

### Lunges:

Keep your back straight and front knee above your ankle while lunge walking as you sweep the floor. Try to lunge as low as possible while keeping a good technique.



## Brain Teasers

1. What building has the most number of stories?
2. What's full of holes but still holds water?
3. I am an odd number; take away an alphabet and I am even. What number am I?
4. Two coins add up to 30c, one of them is not a 10c coin.  
Which coins are they?

## PhysioTip

Use masking tape to attach two tennis balls together. Stand with your back against the wall and the balls on either side of your spine. Roll up and down the wall to massage either side of your spine. Hey presto, your very own soft tissue release

# Lymphoedema

## What is lymphoedema?

Lymph is a high-protein fluid in the body which flows between soft tissues. Oedema is the scientific term for swelling. Lymphoedema, therefore, is a high-protein swelling resulting from fluid build-up in soft tissues, which then forms a solid mass.

## How common is this condition?

The overall incidence of chronic lymphoedema is estimated at 0.13 to 2% worldwide. There are two types: primary and secondary lymphoedema. The former occurs from birth; the latter can occur after surgery for removal of lymph nodes, after radiation therapy for the treatment of certain cancers or after parasitic infections.

## What are the symptoms?

Symptoms of lymphoedema include heavy, tight and achy limbs, with swelling and decreased movement around the affected joints. The skin in the area becomes hard and thickened.

## What treatments are available?

Physiotherapy can be useful for the management of lymphoedema; techniques include laser therapy, therapeutic massage, compression garments, manual lymph drainage and specific exercises. Your physiotherapist is also able to assist with advice to help manage the condition.

## How can you help yourself?

- Educate yourself on the condition: look up as much information as you can in order to better inform yourself

of what you can expect.

However, be wary of those selling products as their information may be biased. Unregulated industries also have less restrictions on what they are allowed to say or promise when promoting their products.

- Look after the affected limb: make sure the skin is kept clean and dry, with breathable clothing and ventilation.
- Get regular exercise: daily exercise is important to help maintain a healthy lifestyle.
- Eat a well-balanced diet and maintain adequate hydration levels.
- Surround yourself with people you are comfortable with.

**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.**

## Traditional Greek Salad

### Ingredients:

- 4 medium sized tomatoes
- 1 medium sized red onion
- 1 cucumber
- 200 g olives, stoned and quartered.
- 1 Tbsp balsamic vinegar
- 3 Tbsp extra-virgin olive oil
- 200g feta cheese
- 1 Tbsp fresh basil
- 1 Tbsp fresh mint



1. Chop tomatoes into small cubes. Slice the onion very finely and add to the tomatoes. Peel and chop cucumber into similar sized cubes as the tomatoes.
2. Roughly chop the basil and mint, reserve two basil leaves for garnish. Gently mix into the rest along with the olives.
3. Chop feta into 1cm cubes; add the rest of the salad ingredients along with the balsamic vinegar and extra virgin olive oil. Toss together gently with your hands.
4. To serve, garnish with basil leaves and drizzle with olive oil. Add salt and pepper to taste.

**Serves 4 as a side salad.**

### Brain Teaser Answers:

1. The Library.
2. A sponge.
3. Seven; take away the 's' and it becomes even.
4. A 20c coin and a 10c coin. Only one of them is not a 10c coin.

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