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AUGUST 2017

## The Hidden Risks Of A Sedentary Lifestyle

### PHYSIO DIRECT

By now it should come as no surprise that prolonged periods of inactivity are bad for your health. It seems that the science is in, and the bad news is that long periods of sitting or inactivity is a risk factor for many diseases, independent of other factors such as obesity.

#### What does this mean?

This means that if you are hitting the gym for an hour a day, but are sitting down for long periods during the rest of the day without moving, you may not be avoiding the health risks that come with sitting.

#### So why is sitting so bad?

There is evidence that shows that when sitting for long periods, our bodies show unhealthy changes in blood pressure and blood sugar levels that over long periods of time can lead to increased risk of diabetes, dementia and obesity. How much sitting is considered too much and how long it takes for these changes to take place is up for debate. What we do know is that regularly breaking up your periods of sitting is a healthy lifestyle choice you can make for yourself in the same way that drinking water, regular cardio exercise and eating vegetables are.

The insidiousness of the issue is that, it's likely that you are sitting much more than you used to without even realising it. Car commutes to work are getting longer, working days are often spent at a desk and with the rise of online T.V, you might be guilty of three or more hours stuck in one spot catching up with your favourite characters before you know it.

#### I have an office job, what can I do?

The first step to changing this habit is to start being aware of exactly how long you are sitting for an uninterrupted period of more than 20 minutes. Once you start noticing your daily patterns you can identify moments where changes can be made. We've heard of incidental exercise, but we'll call this 'incidental standing'. Consider standing on the train instead of sitting or standing when you have a document to read.

#### Here are a few other tips to get you moving;

- Set an alarm to go off every half an hour that reminds you to get up and get a drink. (This might also help to keep you hydrated)
- Try out a standing desk.
- Stand up to take phone calls or get up to go ask a colleague a question instead of calling them.
- Take a walking lunch break.

**Speak to your physiotherapist for more ideas tailored to suit your individual lifestyle.**



## Brain Teasers

1. What letters come next in the following sequence?  
J, F, M, A, M, J, \_\_, \_\_. \_\_, \_\_, \_\_, \_\_

2. When you have me you immediately feel like sharing me, but as soon as you share me, you no longer have me.

3. You are a cyclist in a long distance race. Just before crossing the finish line you over take the person in 2<sup>nd</sup> place. What position do you finish?

### PhysioTip

Never underestimate the effect small changes can have on your overall well-being.

Try walking 10 minutes extra every day and see how you feel.

# MCL Injuries

## WHAT IS IT?

Your knee moves freely backwards and forwards; however the thought of it moving from side to side probably makes you cringe. This is because the knee joint has sturdy ligaments either side of it that prevent sideways movement and we instinctively know that a lot of force would be required to shift it in this direction.

The ligaments on either side of the knee are called the Medial Collateral Ligament (found on the inside the knee) and the Lateral Collateral Ligament (found on the outside the knee) and they each work to provide stability and restrict the knee's movement into a sideways direction.

## HOW DOES THIS INJURY OCCUR?

The typical mechanism for this injury is a force that drives the lower leg sideways away from the upper leg. This can occur from an awkward landing from a height, or when twisting with a foot fixed on the ground or from an external force hitting the outside of the knee, such as with a rugby tackle.

## WHAT ARE THE SYMPTOMS?

MCL tears have quite a distinctive set of symptoms, with pain and swelling noticed quite specifically to the inside of the knee. The severity of the pain and swelling will be related to the number of ligament fibres damaged. Larger tears will also make the knee feel unstable or loose.

To classify the severity of the injury and help to guide treatment, a grading system is used. With grade 1 indicating that a few ligament fibres have been torn and grade 3 used for a complete tear of the ligament with associated joint laxity. Very severe MCL tears often also involve injury to the medial meniscus and ACL and can require surgical repair. However, most MCL sprains can be managed well with physiotherapy. Grade 1 and 2 MCL sprains take between 2-8 weeks to fully heal and a complete rehabilitation program is strongly recommended to prevent future injury.

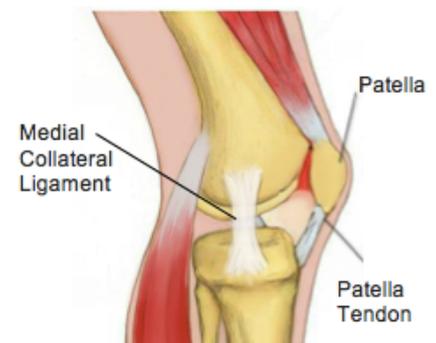
## HOW CAN PHYSIOTHERAPY HELP?

In the early stages of the injury, treatment is focused on pain and swelling management, while allowing the body to start the healing process through inflammation. This is best managed through the R.I.C.E. principles (Rest, Ice, Compression and Elevation).

Following any injury, it is natural for muscles to waste a little and the damaged tissues to lose what we call *proprioception*, the ability to sense their own position in space. This loss of muscle strength and proprioception can contribute to further injury if not restored with a proper rehabilitation program.

Physiotherapy also aims to restore movement to the joint and support the ligament while healing to ensure that it is strong and healthy, and the scar tissue forms in an organized fashion, which makes the new ligament as strong as it can be and protects against future tears.

**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: 1. July, August, September, October, November and December 2. A secret 3. 2<sup>nd</sup> Place

## Raw Lemon and Coconut Slice

### Ingredients:

- 250g pitted Dates
- 300g dried Coconut
- 250g Almonds
- zest from one Lemon
- juice from one Lemon
- 1tsp. Honey
- 1 tsp. Sesame Seeds



1. Place lemon zest and almonds in a blender and blend on high speed for 10 seconds or until chopped into small pieces.
2. Add chopped dates, lemon juice, honey, water and sesame seeds and blend for a further 2 minutes.
3. Once ingredients are blended evenly, add coconut and mix together in a mixing bowl by hand until all ingredients are combined.
4. Line a baking tray with baking paper and spoon the mixture into the tray. Flatten the mixture out so that it is spread evenly in the tray.
5. Sprinkle with coconut and refrigerate for at least one hour before serving.

**Cut into squares and serve.**

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