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AUGUST 2021

## 5 Reasons to Stay Active

**The benefits of keeping active may seem obvious, yet it can't hurt to be reminded of the many ways exercise can improve your life. Here are a few of our favourite reasons to get moving.**

### 1. Exercise improves energy levels.

Improving your fitness means your body is capable of achieving more for the same energy expenditure. While doing exercise can make you tired in the short term, regular improvements to your fitness will help you get more out of your body each day.

### 2. Exercise can help to reduce stress.

If you are stuck in a state of stress or panic, exercise can help you move out of it into a calmer and more relaxed state, improving your mood, concentration and sleep.

### 3. Exercise and hobbies can help you build connection and community.

Making new friends as an adult can be surprisingly difficult and the importance of connection and community is being recognised more as being essential for overall wellbeing. Being part of a team, or club is a great way to build confidence, meet friends as well as keeping active.

### 4. Exercise keeps your muscles, tendons, joints and bones healthy.

Our bodies are often compared to machinery or car parts. However, there are some crucial differences between our bodies and machines, including the fact that our bodies respond to exercise by becoming stronger and healthier, rather than being worn out. One of the best ways to prevent osteoporosis is through regular high impact activity, which stimulates bone growth.



### 5. Exercise can help to reduce injuries.

Similar to the previous point, tissues that are used regularly are stronger, more elastic and are less likely to tear or break when under stress. Regular exercise is the best way to keep your body in a healthy state and prevent injuries.

**Finding the right exercise for you can be tricky, your physiotherapist can help you with suggestions based on your ability and skillset.**



## Brain Teasers

1. What word begins and ends with an E, but often has only one letter?
2. What is at the end of a rainbow?
3. How many months have 28 days?



# Focus on Ankylosing Spondylitis

## What is Ankylosing Spondylitis?

Ankylosing Spondylitis (AS) is a type of inflammatory, autoimmune arthritis that primarily affects the spine. It is characterised by intermittent pain and progressive stiffness due to the inflammation and eventual hardening of the ligaments that surround the spine. The classic early symptoms of Ankylosing Spondylitis are pain and stiffness of the sacroiliac joints, the large joints connecting the pelvic bones to the sacrum in the lower back. In the final stages of the disease, the entire spine can become fused and rigid, often in a flexed, forward posture.

As this is an inflammatory disorder, many other systems and joints are often also affected. A significant number of people with AS also suffer from irritable bowel syndrome and inflammation of the eye.

## What causes it?

The cause of Ankylosing Spondylitis is not clear, however, there are markers and predisposing factors that may contribute to

the development of the condition. Genetics, chronic stress and frequent gastrointestinal infections are among the predisposing factors. Men are affected more often than women and symptoms usually begin between the ages of 17 and 45 years.

## What are the signs and symptoms?

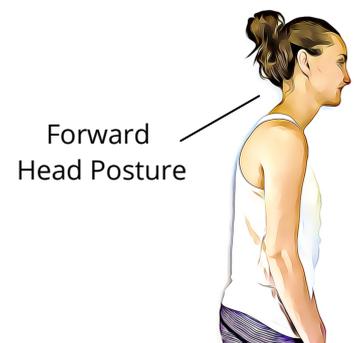
Intermittent back pain and progressive stiffness are the two most common symptoms of Ankylosing Spondylitis. Other tendons and ligaments may be affected, including those in the hands, feet and ribs. Symptoms tend to be worse following periods of rest, particularly first thing in the morning and improve following periods of activity. It is common for people to experience "flare-ups" and "remissions" of symptoms.

Some people with Ankylosing Spondylitis may experience mild discomfort in the spine from time to time, while others may experience severe and debilitating symptoms at frequent intervals with minimal time in remission from symptoms. Long term issues with AS include breathing difficulties due to thoracic and rib cage stiffness and severe spinal pain and immobility. Medical treatment focuses on reducing inflammation and slowing the disease process.

## How can physiotherapy help?

Physiotherapy treatment aims to manage pain during flare-ups and maintain optimal posture as the disease progresses. Your physiotherapist will assess your spinal movement and posture as well as strength. If your hands, feet, hips or shoulders are affected, they will also provide you with specific exercises to help maintain mobility and strength in those joints. Many studies have proven the positive benefits of exercise for those with Ankylosing Spondylitis, such as improved rib cage expansion when breathing, and improved posture of the upper back and neck.

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



Answers: 1. Envelope 2. The letter W 3. All of them!

# Cauliflower & Blue Cheese Soup

## Ingredients:

- 1 large Cauliflower
- 2 Tbsp. Butter
- 4 cups Vegetable Stock or Water
- 100g Blue Cheese
- 3 Tbsp. chopped Parsley
- 2 cloves Garlic
- 2 cups Milk
- Salt and Pepper
- ½ cup Cream
- Sliced, Roasted Almonds



1. Cut cauliflower into small pieces and place into a roasting dish, drizzle melted butter over top.
2. Spread pieces in a single layer, add garlic season with salt and pepper and pour 1 cup of stock or water into the base of the dish.
3. Roast at 180°C for about 40 minutes until tender and just starting to brown.
4. Blend cauliflower and juices until smooth then transfer to a large saucepan on medium heat; add the rest of the stock or water, blue cheese, parsley, milk and cream.
5. Reduce to low heat, simmer and stir occasionally until the soup is thick and creamy.

**Serve while hot and garnish with sliced almonds.**



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