



LAKE MATHESON



Should You Have a Joint Replacement?

One of the most impressive healthcare developments in history is the humble joint replacement. Many people are able to take a joint that is extremely painful and dysfunctional and give it a whole new lease on life.

The improvements of this surgery over the last few decades have meant that success rates for joint replacement surgery, particularly hip and knee replacements are even higher than ever. If you are struggling with joint pain related to arthritis, it can be difficult to know when to make the move. Here are a few things to consider before going for that surgical consult.

Don't assume pain is permanent once you hear the word arthritis

Pain is a complex beast and is usually never caused by one single thing. Most people will have some amount of arthritis in their joints past the age of 50, whether or not this is what is causing your pain will be unclear without first seeking physiotherapy treatment.

Many people have some level of degeneration in their joints without experiencing much discomfort at all. It's possible that an analysis of biomechanics, strengthening and manual therapy could all improve your symptoms significantly, even if osteoarthritis is present. A trial of physiotherapy treatment is recommended before surgery in most cases.

Pre-surgical strength and fitness are important

This means two things, first of all, your strength or exercise program before surgery will set you up for much better results. The second thing is that choosing when to have the surgery means not necessarily waiting until the pain is unbearable before going ahead, as time spent in significant pain can reduce your overall strength and fitness while also putting more stress on other joints.



Research the risks and side effects

While surgical outcomes are continually improving, no surgery comes without risks and some people will have ongoing pain and stiffness even after their surgery. It is important to make an informed decision about when and if you should have a joint replacement.

If you are considering a joint replacement, speak to your physiotherapist about all the ways they can support you through your journey and help you come to an informed decision about what is right for you.

Runner's Knee



Running with unsupportive shoes or on hard surfaces can increase your risk of patella pain.

Joint Calc

The University of Sheffield have developed a free tool to help you assess your personal risks and potential benefits from a joint replacement. Follow the link to find out more.

jointcalc.shef.ac.uk

PHYSIO FACT

NERVE IMPULSES SENT FROM THE BRAIN CAN MOVE AT A SPEED OF 119 M/SEC

Olecranon Bursitis

What is it?

Bursae are small sacs of fluid found throughout the body. These bursae produce synovial fluid and act to reduce friction between muscles, tendons, ligaments and bones as they move over each other. Bursae are located at strategic points, typically where there are higher points of stress. If a bursa is injured or irritated, it can become inflamed, painful, red and swollen and this condition is referred to as bursitis.

One bursa that is commonly affected is the olecranon bursa, which sits just over the hard bony process at the base of the elbow. Olecranon bursitis refers to inflammation of the bursa at this point and is a common condition, particularly in men between the ages of 30-60.

What causes it?

Olecranon bursitis has a few different causes including trauma, overuse and infection. A sharp blow to the elbow, through a fall or hit, might damage the bursa leading to bursitis. In other cases,

the bursa can be infected by bacteria, which enter the body through a small skin tear. Bursitis can also develop slowly through friction of the nearby muscles that cause the bursa to become irritated and inflamed.

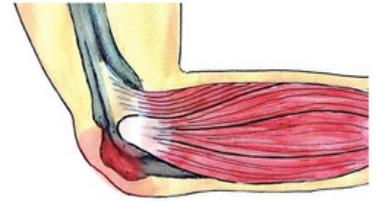
What are the symptoms?

The hallmark of this condition is a painful, red, swollen elbow. Typically pain is worst when resting on the tip of the elbow and/or with elbow movements, particularly when bending or straightening the elbow fully. The pain often lasts a few months and may not go away on its own. The pain may build up gradually, or come on suddenly, depending on the cause. Bursitis caused by infection (septic bursitis) may also be associated with general feelings of illness such as fatigue, fever and body aches.

What is the treatment?

As there are many different causes of this condition, accurate diagnosis is essential. Your physiotherapist is able to distinguish between olecranon bursitis and similar conditions such as rheumatoid arthritis or fibromyalgia. Septic bursitis will need to be treated by a medical professional who will determine the best course of action.

All types of bursitis can be managed initially with a RICE protocol to reduce pain and swelling (Rest, ice, compression and elevation). Mechanical causes of bursitis can require more in-depth identification of the factors that may have led to the development of this condition.



Your physiotherapist is able to address these factors plus provide taping support to unload the bursa along with manual therapy and an exercise program. If this is unsuccessful, cortisone injections are often used to reduce pain and inflammation. In severe cases where the pain persists despite all other attempts at treatment, the bursa can be surgically removed in a procedure called a bursectomy. Once the pain has subsided your physiotherapist is also able to help prevent any further recurrence.

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.

Honey, Date & Sesame Brittle

Ingredients

- 1 cup Raw Sesame Seeds
- 2 Tbsp. Chia Seeds
- 6 Medjool Dates, diced
- ¼ cup. Honey
- ¾ cup. Brown Sugar
- 2 tsp. Butter
- 1 Tbsp. Water
- ¼ tsp. Baking Soda
- ½ tsp. Vanilla Extract
- ¼ tsp. Cardamom
- ¼ tsp. Cinnamon



1. Combine sugar, honey, cardamom, cinnamon and water into a medium-sized saucepan. Bring to medium heat and stir until all ingredients are mixed together.

2. Add sesame seeds, chia seeds and dates and stir often until the mixture is an even consistency and begins to brown slightly. Keep on heat for 5-10 minutes, if you have a candy thermometer, the mixture should reach 150 °C.

3. Remove mixture from heat and stir vanilla extract and butter through. When the butter has completely melted, add baking soda and stir.

4. Spread mixture onto a greased baking tray and allow to cool. Once the mixture has hardened, use a spatula to separate from the tray and break into pieces.

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