



MILAN - ITALY

Physio Direct
Rural Physio at YOUR doorstep



DECEMBER 2023

Physio Suggestions for a Healthier New Year

Our health is something that is easy to take for granted, and it's not until we've experienced a real loss of ability or comfort that we fully appreciate our health. It's a phrase we've all no doubt heard, but prevention really is the best medicine. The new year is often the time that we all begin to make changes to maintain our health and prevent future illnesses. Here are some tips to make sure the next year is the healthiest it can be.

1. Prioritise movement

Exercise and movement are arguably the most important factors when it comes to your health. Even more so than diet, weight and smoking status, believe it or not! If you do anything for your health this year, try to fit in some extra movement and exercise in any form you can.

2. Set your new years resolutions to begin at the end of January.

New years resolutions are almost doomed to failure. One of the reasons for this is that they are made at a time when people aren't undertaking their usual routine. New found enthusiasm quickly wanes when the reality of the usual grind sets back in. You may have more success if you plan to start once life is back to normal and specifically plan how your new goals can be integrated into your usual schedule.

3. Focus on small and incremental changes that you do regularly.

While big goals are important to set, small goals are easier to reach and can help release dopamine, reinforcing your behaviour and keeping you on track

with your long term goals. You can still aim for larger goals, but if you set smaller markers along the way, this will make the journey more achievable.



4. Buy or optimise your health insurance.

Two common mistakes when it comes to health insurance are to either not have any, which can help to cover the cost of physiotherapy or to not use what you have. When it comes to physiotherapy coverage, more often than not, rather than a safety net that you can use when something happens, policies are designed as a payment plan to help you spread out the costs and if you don't use your limits for one year they don't roll over into the next year.

5. Seek treatment for minor symptoms before they develop into larger problems.

Many conditions begin as a small niggle that is easy to ignore, and most people don't seek treatment until it's impossible to ignore. Unfortunately, in many cases, treatment also takes longer, the longer that an issue has been present. Seeking treatment early can help you avoid months of pain and dysfunction.

Ask your physiotherapist for more tip on how to reach your goals this year, no matter how big or small they are.

PHYSIOTIP

**POOR BALANCE
CAN BE A RISK
FACTOR FOR
FALLS AND ANKLE
SPRAINS**

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Brain Teaser

What do these three cryptic clues mean?

**Knee
Lights**

1234SA5FE89TY8876

TUNNELLIGHT

PHYSIOFACT.

**RIGHT-HANDED
PEOPLE CHEW
MOST OF THEIR
FOOD ON THE
RIGHT SIDE
OF THEIR MOUTH.**

Golfer's Elbow

(Medial Epicondyle Tendinopathy)

Golfer's elbow is tendinous overload injury of the tendon on the inside of the elbow, usually due to overuse. As its name implies, it is a condition common in golfers. However, as with all sporting injuries, this condition can affect anyone. Golfer's elbow is similar to Tennis elbow, occurring on the inside of the elbow rather than the outside.

What are the symptoms?

Typically, someone suffering from this condition will experience pain on the inside of the elbow, forearm and possibly extending down to the hand. The pain will be worst with activities that require gripping of the hand and movements of the wrist. Less common is the experience of pins and needles in the hand.

How does it happen?

The exact cause of this condition is unknown, however it is generally thought to occur when the forces transmitted through the tendon become too great. This can be due to increased demands on

the tendon or reduced quality of the tendon tissues. As the tendon is attached to muscles that bend the wrist and provide grip strength, activities such as golf, rock climbing or manual work that involve gripping objects can easily create forces that damage the tendon.

Conversely, factors such as poor blood supply or simply the normal processes of aging can reduce the quality of the tendon. If the tissue is not functioning well, then even simple but repetitive movements in an office job can cause Golfer's elbow.

There are a few other known contributing factors for Golfer's elbow, such as poor posture, neck dysfunction, a recent change in activity and a history of trauma, such as a fall onto an outstretched hand.

What is the treatment?

Golfer's elbow usually develops slowly, and healing can be a long process. The first step to effective treatment is accurate diagnosis, as many other conditions have similar symptoms and need to be excluded first by a medical professional. Once a diagnosis of golfer's elbow has been confirmed, treatment is aimed at

allowing tissues to heal and regenerate. This will require a certain level of rest, and changes to the forces affecting the tissues, sometimes through bracing or taping.

Specific exercises have been shown to assist tissues in coping with and responding to load; these are called "eccentric" exercises. Other treatments include increasing blood flow to the area to promote healing. In chronic and severe cases, injections of corticosteroids are used, and in severe cases surgery may be undertaken.

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



Answers: 1. Neon Lights 2. Safety in numbers 3. Light at the end of the tunnel

Roasted Broccoli with Lemon Parsley Sauce

Ingredients:

2 Whole Broccoli
Olive Oil
Salt and Pepper
1/2 Cup Crushed Cashews
1 Tbsp. Dukkah

Sauce:

1 clove garlic
Juice 1/2 Lemon
2 tsp Maple Syrup
1 Cup Fresh Parsley
1/2 Cup Plain yoghurt
1/2 teaspoon Red Chilli Flakes



1. Steam broccoli for 5 minutes to prepare for baking. Preheat oven to 250°C. Place steamed broccoli on a baking tray and let steam dry for 10 minutes.
2. Drizzle with olive oil and salt. Roast for 20 minutes, remove and sprinkle with dukkah and cashews and bake for another 10- 15 minutes.
3. To prepare sauce, blend parsley, garlic, lemon juice, maple syrup, yoghurt and chilli flakes to make a creamy sauce.
4. Remove broccoli, and allow to cool. Cover with sauce and serve as a delicious side dish.

Garnish with fresh parsley and dukkah.



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No GP referral needed!

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