



WHISTLER - CANADA

Physio Direct  
Rural Physio at YOUR doorstep



FEBRUARY 2024

## Three Essential Things To Ask Your Physio

A visit to the physio is never high on anyone's wishlist. It usually means you've been the unfortunate victim of an injury or suffering from pain. While we love to treat our clients, we know that the most desirable outcome is that you no longer need us. Here are some questions that we suggest you ask any time you attend treatment to help you speed up your recovery.

### What can I do at home to optimise my recovery?

Physiotherapy treatment time is limited and often the most effective treatments are the exercises that you do at home. Your physiotherapist will give you a program to complete in your own time however, if you're open to it they will certainly have more suggestions for you. You can also ask what kinds of lifestyle modifications will speed up recovery and how to improve your overall health.

### What can I do to prevent this from happening again?

Understanding the root causes of your injury or condition is crucial for preventing future recurrences. By discussing prevention strategies with your physiotherapist, you can gain valuable insights into lifestyle modifications, ergonomic adjustments, and preventive exercises tailored to your individual needs. Whether it's addressing poor posture, modifying your workout routine, or implementing proper exercise techniques, proactive measures can help reduce the risk of re-injury and promote long-term well-being.

### How long should my recovery take?

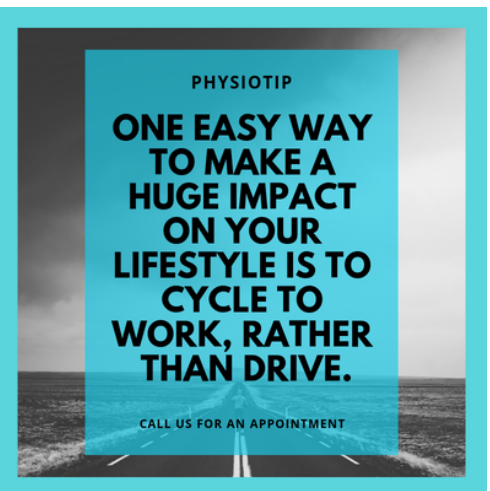
Recovery timelines can vary depending on the nature and severity of your condition, as well as individual factors

such as age and overall health. By asking your physiotherapist about expected recovery timelines, you can set realistic expectations and track your progress along the way. While some injuries may heal relatively quickly with thorough rehabilitation, others may require more time and patience. Knowing what to expect can help you make adjustments that will incorporate those timelines and

### What are the signs that I am fully recovered?

Achieving full recovery means more than just the absence of symptoms; it entails restoring optimal function, mobility, and quality of life. Your body is very effective at compensating for joint stiffness and muscle weakness for long periods before you start to notice symptoms. Your physiotherapist can identify any areas of concern and make sure you're well on your way to a pain-free future with less risk of injury. Often you can become pain-free by simply avoiding any activity that provokes pain, our goal is to make sure you can do everything you used to be able to do at full capacity.

**Your health and wellness are priceless commodities, a physiotherapist's role is to empower you to stay strong and pain-free. Any questions that can aid your understanding of treatment are always welcome and can often have a very positive impact on your recovery.**



## Brain Teasers

What happens when you throw a blue stone into the Red Sea?

Why are ghosts bad at lying?

## Hip Impingement

Untreated hip impingement can cause hip damage and is thought to be a risk factor for the development of osteoarthritis.



Pincer Impingement Cam Impingement

# Muscular Trigger Points

## What Are They?

Muscular trigger points are better known to most of us as muscle knots and can feel like painful, hard lumps located inside muscles. These knots can both be painful to touch and refer pain in surrounding areas. It is thought that trigger points form when a portion of muscle contracts abnormally, compressing the blood supply to this area, which, in turn, causes this part of the muscle to become extra sensitive. Trigger points are a common source of pain around the neck, shoulders, hips and lower back.

## What Causes Trigger Points?

Many factors can cause trigger points to develop; repeated stress, injuries, overuse and excessive loads are common examples. Inflammation, stress, nutritional deficiencies and prolonged unhealthy postures may also contribute to the formation of these painful areas. Generally speaking, muscular overload, where the demands placed on the muscle mean that the fibres are unable to

function optimally, is thought to be the primary cause of trigger points. This is why you might notice trigger points in weaker muscles or after starting a new training program.

## Signs and Symptoms

Pain caused by trigger points can often be mistaken for joint or nerve-related pain as it is often felt in a different location to the site of the trigger point. Trigger points feel like hard lumps in the muscles and may cause stiffness, heaviness, aching pain and general discomfort. They often cause the length of the affected tissues to shorten, which may be why trigger points can increase the symptoms of arthritis, tennis elbow, tendonitis and bursitis.

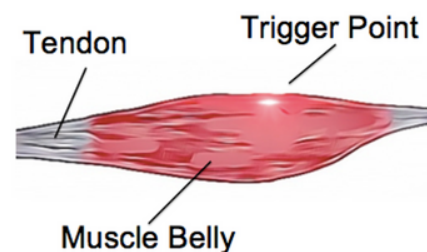
## How Can Physiotherapy Help?

Your physiotherapist will first assess and diagnose trigger points as the source of your pain. If they feel that treatment will be beneficial, there are a variety of techniques that can help, including dry needling, manual therapy, electrical stimulation, mechanical vibration, stretching and

strengthening exercises. While these techniques may be effective in treating trigger points, it is important to address any biomechanical faults that contribute to their development.

Your physiotherapist is able to identify causative factors such as poor training technique, posture and biomechanics and will prescribe an exercise program to address any muscle weaknesses and imbalances. If you have any questions about how trigger points might be affecting you, don't hesitate to ask your physiotherapist.

**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. It becomes wet! 2. Because you can see right through them.

# Zucchini Parmigiana

## Ingredients:

- 1 Large Fresh Zucchini
- 2 Cups Pureed Tomatoes
- 4 Large Fresh Basil Leaves
- 1 Small Clove of Garlic
- 50g Parmesan Cheese
- 100g Mozzarella Cheese
- Salt and Pepper
- Olive Oil



1. Preheat oven to 190 degrees Celsius. Wash and cut zucchini into slices approximately 1cm thick.
2. In a large saucepan add diced garlic, salt and pepper, tomato puree and basil. Cook sauce for about 10-15 minutes, reduce heat and simmer.
3. Coat each zucchini slice in oil and cover in parmesan cheese. Fry each side in a frying pan on medium heat. Place in a baking tray and cover in tomato sauce. Sprinkle mozzarella on top.
4. Bake for 20 minutes or until cheese is melted and golden. Chop basil and sprinkle on top.

**Serve when ready.**



## Physio Direct

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**No GP referral needed!**

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