



MIRISSA - SRI LANKA

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Four Reasons Why Your Pain Is Not Improving

Most tissues in the body have healed completely in six to 12 weeks after an injury, however, many people find their pain lasts much longer than this. In fact, the intensity of the pain you feel is not always associated with a similar amount of damage. In some cases, there can be a severe amount of pain with almost no detectable damage. With this in mind, we explore some reasons why your pain might not be improving, long after the tissues have healed and how to help.

You're afraid of the pain.

Pain can mean many different things, for some of us pain can affect our ability to work or can be a symptom of a serious disease. What you believe about your pain can either amplify or reduce the symptoms you experience. If you feel that every time you experience pain you are causing more damage, you will naturally pay more attention to this and your nervous system will amplify the signals in an attempt to keep you safe.

Understanding the cause of your pain can often help pain feel less severe. This is one of the benefits of seeing a physiotherapist after your injury as they can help you to understand your pain, giving you more control over your recovery.

You started moving differently after the injury.

Immediately after an injury, it's natural to change the way you move to avoid painful movements. After a while, these changed movement patterns can become maladaptive and actually begin to cause pain and discomfort on their own due to the altered stress patterns placed on your body.

Correcting these adaptive movement patterns can often go a long way in reducing pain after an injury. You might not have noticed these changes and might need a physiotherapist to identify and help you to return to your usual movement pattern.

You have lost muscle strength since the injury.

While a certain amount of rest following an injury is always helpful, if we stop moving altogether, our muscles can lose strength. This can mean that our posture changes, we fatigue easier during our usual activities and that we are more susceptible to further injury. Less movement also means we actually focus on the pain more when it does happen. Physiotherapists are able to advise you on the right types and amounts of exercise for you in the period following your injury.

The pain has affected your lifestyle.

When pain affects your ability to sleep, work and even concentrate, it's not surprising that this can have a negative affect on your overall wellbeing and mental health. This can create a negative cycle of anxiety and depression that perpetuates and increases the experience of pain. If your pain is really getting you down, speaking to a mental health professional can actually be a valuable part of your physical recovery.



PHYSIOTIP

WANT TO LOSE WEIGHT? START BY CHANGING YOUR ROUTINE TO SIMPLY INCLUDE MORE MOVEMENT, JUST A LITTLE BIT EXTRA EACH DAY CAN MAKE A DIFFERENCE

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Brain Teasers

Always in you,
Sometimes on you;
If I surround you, I
can kill you. What
am I?

PHYSIOFACT.

THE TOTAL WEIGHT OF THE BACTERIA IN THE HUMAN BODY IS 2 KG.

Focus On The Broken Collarbone

What is it?

A broken collarbone, also known as the clavicle, is one of the most commonly broken bones in the body. The collarbone connects the front of the ribcage to the shoulder and is the only bony connection the arm has to the rest of the body. Many muscles attach to the collarbone, including the Deltoid and Pectoralis Major. The collarbone is the last bone in the body to finish growing, often still growing until the age of 23-25 years old.

As with most fractures, there are also often other injuries that may need to be dealt with at the same time. There are many important structures near the collarbone that can also be damaged including muscles, nerves and blood vessels. In very severe cases, the lung tissue under the collarbone can be damaged causing the lung to collapse.

How does it happen?

The most common way for this injury to occur is through a fall onto the shoulder. This can happen from a simple fall or sports such as mountain biking or rugby. It is a very common childhood injury but can happen at any age.

What are the symptoms?

Usually, a broken collarbone will cause moderate to severe pain over the broken area. The patient may have heard or felt a popping or cracking at the time of the injury and there may be an ongoing grinding or creaking with movements of the upper arm. If the skin is not broken there may be bruising and swelling over the painful area.

What is the treatment?

While very severe cases can be surgically fixed, more often a broken collarbone will be allowed to heal naturally with rest and monitoring. By

supporting the arm in a sling and providing pain relief the arm will mend on its own.

Physiotherapy and recovery:

Once a treatment plan has been decided by your medical team, your physiotherapist can help you to return to your pre injury strength and mobility with a full rehabilitation program. Your physiotherapist will help make sure you are able to recover to full muscle strength and mobility.

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. Water

Mixed Seed Pumpkin Bread



Ingredients:

- ½ cup of coconut oil
- 2 cups of plain flour
- 1 tsp. baking soda
- ½ tsp. baking powder
- 1½ tsp. ground cinnamon
- ¼ tsp. grated nutmeg
- ¼ tsp. ground cardamom
- ½ tsp. salt
- 1 cup brown sugar
- 2 large eggs
- 1 cup pumpkin puree
- 1/3 cup coconut cream
- 2 tsp. pure vanilla extract
- ¼ cup coarsely chopped walnuts
- ¼ cup roasted pumpkin seeds
- 2 Tbsp. salted sunflower seeds

1. Preheat an oven to 180 degrees Celsius or 350 degrees Fahrenheit. Prepare a medium sized cake tin by greasing with butter (or coconut oil) and a small amount of flour.
2. Mix the spices, flour, baking soda, baking powder and salt together in a medium sized bowl and set aside.
3. In a larger bowl, beat coconut oil and brown sugar until they are well mixed. Continue to beat mixture, slowly adding eggs one at a time, waiting a minute before adding the second egg. Once well combined, add the pumpkin puree, coconut cream and vanilla and continue mixing. Finally add flour mixture and beat on low speed until combined.
4. Spoon the mixture into the greased cake tin. Cover with walnuts, pecans, and seeds.
5. Bake mixture for 45-55 minutes until a golden brown colour. To test the inside, insert a wooden skewer, if it comes out clean it is ready. Set bread on a cooling rack and allow to cool for 15 minutes before serving.

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