

Sports Injuries

Back and Neck Injuries

Work Injuries

Dry Needling

Clinical Pilates

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How To Make The Most Of Your Physio Treatment

QUEANBEYAN PHYSIOTHERAPY

Physiotherapy treatment can be life changing, helping you recover from traumatic injuries, chronic pain and get you on the road to your best performance levels. Here are a few tips to make sure you get the most out of your physiotherapy treatment.

1. Ask your therapist questions about your injury

Understanding your condition and how to best manage it is one of the most important factors for a successful recovery. Effective therapists allow time for you to ask questions in a non-judgmental environment. There are no stupid questions, if you don't understand what is happening in your own body it is harder to follow advice and stick to protocols. This can also help you to cope with pain and feel less helpless in your recovery.

2. Follow your therapist's advice and do your exercises

Home exercises are a key part of your recovery, especially when treatment times are limited. Try to stick to your exercise program as seriously as you would a medicine schedule. It is also important to ensure that you are doing your exercises correctly at home. Don't be afraid to double and triple check your technique before leaving your appointment.

Your therapist will also provide you with advice regarding activities to avoid, how to stretch, when to rest and how to avoid further injury. If you're not sure about something, ask your therapist to write it down for you.

3. Notice your improvements

Nothing can be more disheartening than feeling like the appointments and exercises you're diligently attending to are making no difference. As thereapists, we make regular measurements to track your improvement and know that while your symptoms might be staying constant, you are actually moving more and increasing stress on your body as you recover. Set your own measurements to help you track your recovery. This can help you stick to treatment and feel more positive as you complete your recovery journey.

4. Set goals and work with your physio to meet these.

The goals of recovery are different for everyone. Some of us want to be able to reach peak performance, such as running a marathon. For others, just getting through the day with a little less pain would be a huge success. Know your own goals and take the time to discuss this with your therapist, who will guide your treatment to help you meet these milestones.

Our physiotherapists are happy to discuss your condition with you and share their tips to help you stay pain-free.



Brain Teasers

1. What needs to be broken before it can be used?
2. What has a head and a tail but no body?
3. What can you hold without using your hands, or arms?
4. What has one eye but cannot see?
5. It belongs to you, but other people use it more than you do, what is it?

Did You Know?

The satisfying sound of cracking your knuckles comes from gas bubbles bursting in your joints.

PhysioTip

Regular movement and exercise are the best pain prevention strategy.

Wrist Sprains

What is a wrist sprain?

Wrist sprains are a general term used to describe any injury to the wrist that doesn't include a fracture. While this can indicate that they are not serious injuries, wrist sprains can be complicated injuries that require supervision and treatment to recover fully.

The wrist refers to the area where the bones of the forearm, the radius and ulna, meet and join the bones of the hand. The wrist is able to twist on itself and allows the hand to move to face palm up (supination) or palm down (pronation). The hand is also able to move up and down (flexion/extension) and side to side (abduction/adduction). To allow such complicated movements, the joint surfaces of the wrist are held together by a series of ligaments. When a wrist is sprained, it is usually these ligaments that have been damaged.

What are the symptoms?

The primary symptom of a sprained wrist is pain with movement of the

joint or when taking load, such as when holding a heavy object.

Ligament injuries are given a grading scale to indicate their severity, which can help to guide treatment. Grade I tears refers to a stretching or laxity of the ligament fibers and injuries of this grade usually heal with rest within 2-3 weeks. A grade II classification signifies that there has been a partial tear of the ligament fibers and will often need more time and treatment for recovery. Grade III tears refer to a full thickness rupture of a ligament and may require splinting or even surgery.

The most common cause of a wrist sprain is a fall onto an outstretched hand. Ligament injuries can also happen gradually through over use, although this is less common.

What is the treatment?

Your physiotherapist is able to help diagnosis a wrist sprain and can help to rule out a fracture. An X-ray might be required and your physiotherapist will perform special tests to help identify exactly which structure has been injured, giving the injury a grade, to help guide treatment.

How can physio help?

The key to effective recovery for a wrist sprain is often in ensuring that the right treatment protocols are in place for your injury. Grade I sprains will recover best with gentle exercises and early strengthening while Grade II to III injuries may require splinting or even a surgical consult for repair.

If surgery is the right course for you, your physiotherapist is able to guide you through this treatment pathway, helping you to prepare and recover from surgery to get the best outcome possible.

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. An egg 2. A coin 3. Your breath 4. A needle 5. Your name

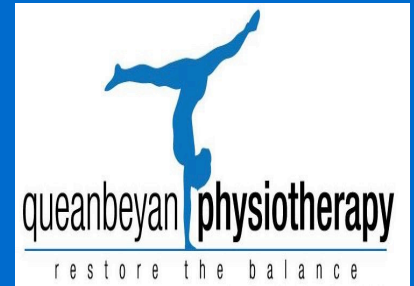
Roasted Cauliflower And Quinoa Salad

Ingredients:

1 Head Cauliflower
1 Small Red Onion
2 Tbsp. Olive Oil
1 handful Fresh Coriander
2 Clove of Garlic
1 tsp. Turmeric
½ tsp. Cumin
2 cups Quinoa
1 fresh Tomato
2 cups Vegetable Stock
¼ cup sliced Almonds
Salt and Pepper



1. Preheat oven to 180 degrees Celsius and line a baking tray with baking paper. Chop cauliflower into small cubes and drizzle with olive oil, turmeric and cumin. Slice onion into very small strips and add cauliflower pieces to a baking tray and cook for 30 minutes until soft and brown. Remove from heat and set aside.
2. In a medium-sized mixing bowl, add diced coriander (or basil), diced garlic, white balsamic vinegar, olive oil, diced tomato, almonds, salt and pepper. Mix together and set aside.
3. Bring a medium pot of water to boil and salt slightly. Add 2 cups of quinoa and cook for 5-10 minutes until cooked. Strain excess water and stir through olive oil mixture. Add roasted cauliflower and serve when ready.



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