

Sports Injuries

Back and Neck Injuries

Work Injuries

Dry Needling

Clinical Pilates

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## Wellness, Health and Physiotherapy

### QUEANBEYAN PHYSIOTHERAPY

Health and wellness are terms that are often used interchangeably and both are important in physiotherapy. While the terms are similar, they do have slightly different meanings.

*Health* refers to the state of wellbeing in physical, mental and social terms, rather than just the absence of disease. *Wellness*, however, encompasses the ability of a person to experience personal growth in emotional, physical, psychological, spiritual, social and intellectual terms. Both are important factors in maintaining a high quality of life.

Unfortunately, most healthcare systems cater primarily towards cure rather than prevention. An active lifestyle is one of the most effective ways of preventing the development of chronic diseases later in life, as well as being key when managing pre-existing conditions. Physiotherapists are well positioned to help you to develop and maintain an active lifestyle.

It is widely accepted that chronic, or non-communicable, diseases (NCDs) are the leading cause of death and disability in the modern world. The four most common of these are diabetes, cardiovascular disease, cancer, and chronic respiratory conditions. They have a common theme: each is associated, at least in part, with individual lifestyle choices and

behavioural patterns. Person-dependent factors including diet, exercise, alcohol and tobacco use play a role in the development of these chronic diseases.

For example, current guidelines suggest that healthy adults should undertake 30 minutes of moderate intensity exercise five days per week, in order to maintain ideal body weight and physical fitness. People who have pre-existing conditions such as diabetes need specifically tailored advice, which their physiotherapist can provide.

Goal setting can also be a useful tool in the development of health and wellness. Physiotherapists can help you to set and achieve SMART goals; i.e. objectives that are specific, measurable, achievable, realistic and timely.

**Little by little, you too can work towards the ultimate goal of total wellness and health! Speak to your physiotherapist about how you can improve your health and wellness.**

## PhysioTip

Many people feel indulgent when visiting a physiotherapist for a niggling pain, however, small pains can quickly become more serious and most conditions respond best when treated early.



### Brain Teasers

1. Which statement is correct; 7 and 5 is thirteen or 7 and 5 are thirteen?
2. There is a word that connects each of the pairs of words below. What is it?

A: Lock.... Piano  
B: Ship... Card  
C: Tree... Car



**Did you know that in some developed countries, falls kill more people than car accidents every year?**

While you are 9 times more likely to fall after age 65, it's never too early to start a falls prevention program. Talk to your physiotherapist about developing a personal falls prevention program and have a look at [www.clockyourself.physio](http://www.clockyourself.physio) for a fun app to get started.

## Trochanteric Bursitis

### What is Trochanteric Bursitis?

A bursa is a small jelly-like sac of fluid that sits between bone and soft tissue; there are many of them located around the body and their function is to reduce friction between two structures. When a bursa is irritated through excessive or abnormal stress, it can become inflamed.

The greater trochanter is the bony prominence you can feel on the side of your hip. This part of the thigh bone sticks out because this is where many muscles attach. There are two bursae near the trochanter, namely the gluteus medius bursa and the trochanteric bursa. Both can become irritated and inflamed and are covered under the umbrella term of "trochanteric bursitis".

### What are the symptoms?

This condition usually starts with pain on the outside of the hip, which can radiate to the knee and/or the back of the thigh. It is often made worse by repetitive movements such as

cycling, walking, getting into and out of cars, and walking up or down stairs.

Certain people are more at risk of developing trochanteric bursitis; for example, it is shown that women are affected more often than men and those involved in repetitive sports such as running and speed walking have also been shown to have higher occurrences of the condition. Previous hip injuries such as falls onto the side of the hip, bumping into furniture, or lying on the same side every night in bed without turning can predispose to trochanteric bursitis. Structural issues such as spinal arthritis, scoliosis or a leg length discrepancy can be considered as risk factors for this condition too.

### So, how is trochanteric bursitis treated?

There are a number of ways in which this condition can be managed. Firstly, patients should try conservative treatment; i.e. physiotherapy and activity modification. Those partaking in repetitive activities such as running

or cycling may require a period of relative rest and strengthening exercises of major muscle groups may be prescribed. Soft tissue release or massage by a qualified therapist can help by alleviating tightness and tension around the trochanteric bursa.

When conservative treatment doesn't seem to work, medical management may include corticosteroid injections or the use of anti-inflammatory drugs, either of which may be prescribed at the discretion of a medical doctor.

Although trochanteric bursitis can be a relatively straightforward condition to treat, as always, prevention is better than the cure. Planning an appropriate exercise regime that incorporates graduated strength and conditioning exercises is key in order to maintain healthy tissues and prevent painful conditions such as trochanteric bursitis. Speak to your physiotherapist for more information.

**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.**

**Brain Teaser Answers:**

1. Neither!  $7 + 5 = 12$  2. A: Key B: Deck C: Trunk

## Thin Lizzy's Dynamic Salad

Serves 2

### Ingredients:

1 cup Cabbage, finely sliced  
1 cup Red cabbage, finely sliced  
2 cups Mesclun lettuce  
½ Tomato, diced  
½ Cucumber, finely sliced  
1 cup Puy lentils, cooked al dente  
1 cup Pumpkin, chopped into cubes  
1 cup Sweet potato, chopped into cubes  
3 Tbsp. Olive Oil  
1 handful of Seeds, pumpkin and/or sunflower seeds  
½ handful Fresh herbs; chives/ parsley/basil

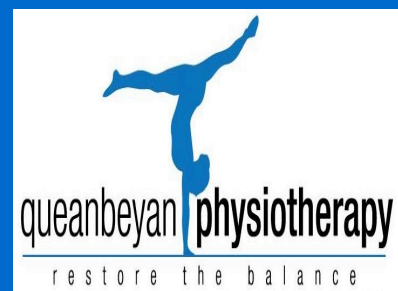
### Balsamic Dressing:

1 Tbsp. White balsamic Vinegar  
2 Tbsp. Olive Oil  
1 Tbsp. Lemon juice  
Salt/Pepper for taste

**Recipe by Lizzy Carson from Vknow Winebar and Restaurant Fernhill, Queenstown, NZ.**



1. Preheat oven to 200 degrees Celsius, place pumpkin and sweet potatoes in a roasting tray with olive oil and cook for 40-45 minutes until soft.
2. Place cabbage, lettuce, tomato and cucumber into a large salad bowl.
3. Allow roasted vegetables to cool for 10 minutes before adding to salad bowl along with lentils.
4. Prepare dressing by mixing dressing ingredients together in a small bowl and whisking briefly.
5. Mix herbs, seeds and vegetables together into mixing bowl and gently toss salad. Add dressing and garnish with herbs.



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