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|  | **Vol: 1 Issue: 1** |
| C:\Users\Glenfield PhysioFit\Desktop\physiofit logo HQ.jpg | PHYSIOFIT NEWSLETTER |
| OUR LOCATIONS:  3 Mubo Cres,  Wattle Grove  Ph: 9731 0666  F: 9731 0622  Cnr Kurrajong & Cowpasture Rd,  Horningsea Park  Ph: 9608 2336  F: 9825 9592  1 Stockton Ave,  Moorebank  Ph: 9822 5751  F: 9600 6948  OUR SERVICES:  Physiotherapy  Hydrotherapy  Home Visits  Remedial Massage | Editorial As we come into the final months of Winter, it is the perfect time to head down to the snows. The team at PhysioFit has been working meticulously on new video content on face book on different training tips, stretches and many more great advices so definitely check it out!  In this newsletter we will be looking at management of Osteoarthritis pain management, especially during these winter months where it can make the pain worse, as well as common ski injuries and how to manage them.  With best wishes,  Ruth Nitto  Practice Manager FAQ**Q: What can I do to help manage my Osteoarthritis pain?** **A:** Osteoarthritis is a common chronic joint disease which can affect one or multiple joints; it causes structural changes to the joints resulting in inflammation, pain, stiffness, muscle weakness, joint instability, and ultimately loss of function. Here are some quick tips to help manage osteoarthritis pain. **Heat:** Using heat keeps the joining warm and helps with decreasing pain and stiffness. A good tip is the first thing in the morning is to get into the shower or hot bath and use the heat to your advantage to move around the joint. **Massage:** Massage is a great therapy to help loosen the tight muscles and ease pain. **Sleep:** Poor sleeping pattern can worsen arthritis pain and fatigue; ensure that you get adequate quality sleep. Avoid caffeine, have a warm bath before bed and practice some relaxation sleep to help you sleep easier **Exercise:** Exercise has been shown to be one of the most effective ways to self manage your arthritis pain. It can help strengthen your muscles to help support painful joints, improve sleep quality and improve your overall mood. |

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# Topic of the month: Common Ski Injuries & How to Manage them

The ski season can bring an array of injuries but here’s the good news, since the 1970’s ski injuries have decreased by about 50%.  On average currently 2/1000 people skiing on one day will withstand an injury that needs medical attention.  
  
However if you find yourself injured, please read the advice below.  
**Top 4 most common ski injuries:**  
1       **Knee ligament injuries** **(ACL& MCL)**  
The anterior cruciate ligament and medical collateral ligament are one of the most common injuries in skiing that can happen from landing jumps, collisions or twisting and pulling the knee. Common symptoms include: pain, swelling in the area and below the knee cap, reduced mobility and instability of the knee joint.  
2       **Patella-Femoral Syndrome**  
PFS is when excessive load and strain is put on the knee caps which is usually caused by the bent position stance we adopt for skiing. Symptoms include pain in front or under the knee cap and weakness of the knee joint. Strengthening the upper and lower leg muscles (particular the quadriceps muscle group) are best to overcome this injury.  
3       **General low back pain**  
After long periods of time skiing, constant contraction of the low back and abdominal muscles can cause a dull ache or stiffness. Some people can also adopt a bent-over position when skiing which can exacerbate these symptoms. Stretching the lower back will help ease the muscle tightness.  
4       **Skier’s Thumb**  
This injury most commonly happens as a result of pressure put on the thumb from the poles and results in pain when moving the thumb, laxity and maybe swelling of the thumb. Skier’s thumb happens when the ligaments at the base of your thumb are over stretched or strained. Applying an ice pack and taping the thumb is commonly used to help support the thumb.

What happens if I get injured?  
  
**1**    **Stop** skiing and seek advice from a medical professional as soon as possible. This way you can get a diagnosis, determine the severity of the injury and guidance on how best to treat it.  
**2**    **Follow ‘PRICE’**  
**Protect** your injury from further injury, by using a support  
**Rest** for the next 2-3 days (dependant on the severity of your injury)  
**Ice wrap** a cold ice pack on the area for around 10 minutes every 4 hours. Do not put ICE directly on the skin.  
**Compression:** uses a compression bandage to initially limit movement. Do not leave it on whilst sleeping and do not become dependent on it.

**Elevation** support and elevate the area a little above the level of your heart.

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**3       Avoid ‘HARM’  
Heat** can increase swelling.  
**Alcohol** can increase bleeding and swelling (even if it is tempting to numb the pain!).  
**Running** or excess exercise can cause further damage.  
**Massage** INITIALLY can increase swelling and bleeding.

If you have any further questions or would like to book an apointment please do not hesitate to contact one the team here at Physiofit SWS. We will keep you fit for the ski season ahead.  
  
And don’t forget to keep an eye out for our staff member Stefania who is a Volunteer ski patrol member at Perisher

# Postural Talk

Here is an exercise that will help with your posture that you can do during your breaks when you’ve been sitting down for long periods of time on the computer.



Standing up tall, gently bring your shoulder blades together into the middle of your back gently and hold for 10 seconds. This helps to bring the shoulders back, counteracting that hunched posture.

Repeat this exercise 10 times, and do this for every 1-2 hours of sitting down.

This is a good exercise to help with people that sit on the computer for long period’s time and experience tightness and/or pain in their necks and shoulders.



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