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A Global Campaign To Improve Balance

ALBANY CREEK PHYSIOTHERAPY

Keeping your balance is a complicated process. Although you might not realize it, your body is constantly making calculations and tiny postural readjustments to stay upright.

There are many parts of the body that work together to maintain balance, and this means that if one body system, for example vision, begins to fail, the other systems are able to compensate. The body is so good at doing this that you might not even notice your balance is deteriorating unless put under more difficult conditions.

Poor balance is associated with falls, longer hospitalization, permanent injury and even fatality. The good news is that balance can usually be improved. Your physiotherapist is an expert in balance and understands how to identify which aspects of your balance needs addressing and how to improve them.

Recently a global physiotherapy awareness campaign was launched called "One Leg Physio" which issues a challenge to people to reach their highest level of balance by working through a progressive list of challenges called the 'difficult dozen'.

The challenge is to make your way safely through as many the difficult dozen as you can and hold for at least 34 seconds.

You can participate in this global challenge yourself by going to the website, www.oneleg.physio and trying out the difficult dozen for yourself. Make sure you do so safely and protect yourself if there is any risk you might fall.

To help spread awareness, the campaign asks you to post pictures of your most successful attempt and post to social media with the hashtag #onelegphysio and tag two friends to challenge them. You can also compare your best times with those of people from all around the world. Don't forget to tag the clinic as well!

If you want to improve your balance, talk to your physiotherapist about developing a specialized program. They can do a thorough assessment to work out the most appropriate exercises to make the most improvements to your overall balance. This can be an important factor in preventing falls and injury, no matter your fitness level or age.



Number 8 of the Difficult Dozen - Arabesque

Brain Teasers

1. If someone steals \$100 from your till, then uses that money to purchase a \$70 product in your store, for which you give them \$30 change.

How much have they stolen from you?

2. Two friends are walking home carrying shopping bags. If the first friend were to give one bag to the second friend, they would be carrying an equal number. If the second friend gave one bag to the first then the first would then have double the amount of the second.

How many bags is each carrying?



Do you know about mental floss?

It's a great website that answers all the important questions, such as "Why is my McDonald's McFlurry Machine always out of order?"

Find out more at
www.mentalfloss.com

Sever's Disease

What is Sever's Disease?

Sever's disease is a condition that causes pain in the heel of children and adolescents. While it can be quite painful, it is a self-limiting condition that doesn't usually cause any long-term problems. Sever's disease is quite common and is actually the leading cause of heel pain in children and young adolescents.

Also known as calcaneal apophysitis, Sever's disease is an inflammation of the growth plate of the heel. A growth plate is the area of bone where bone is produced in the growing skeleton, and is often weaker than other bony areas. Repeated or excessive stress on this area can cause it to become inflamed and painful.

What are the symptoms?

Children might complain of heel pain that is worse when walking, running or jumping. This may be present following an increase in activity or after a growth spurt. Pain may also be felt when walking on heels.

Why does this happen?

The Achilles tendon attaches to the back of the heel, just next to the growth plate and puts force through this area during gait. If this force becomes too great, this growth plate can become irritated, starting a painful inflammatory process.

While increased activity is definitely a predisposing factor, other things may also contribute, such as; reduced movement of the ankle, abnormal foot movements when walking and tight calf muscles. It is also possible that Sever's disease will appear with no apparent cause.

What is the treatment?

While this is a self-limiting disorder that will go away on its own as the skeletal system completes growth, it can be quite painful and this may impact your child's activity levels and gait pattern.

To prevent any long-term issues from adaptations or changes in activity levels, your physiotherapist can work with your child to find solutions that allow maximum movement with minimum pain. Most

of the time, simple education and relative rest or ceasing of aggravating activities are effective, however recent studies have found that properly fitted orthotics can help reduce pain while maintaining activity. Physiotherapists can also address any factors, which may have caused excess stress in this region, such as abnormally tight muscles or poor gait patterns. They can also advise of pain relieving treatments and alternative forms of exercise if necessary. 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. \$30 + the full cost of the bought product

2. 7 and 5

Puy Lentil Salad

Ingredients:

- 1 Cup Puy Lentils
- 2 Celery Sticks
- 1 Carrot
- 1 Lemon Zest
- 1 Garlic Clove
- ½ tsp Deseeded Fresh Chilli- Diced
- 2 Tbsp White Wine
- 2 Cups Chicken Stock
- 1 Bay Leaf
- ½ Cup Shredded Green Cabbage
- ½ Cup Mix Leaf Lettuce

Dressing:

- 2 Tbsp Soy Sauce
- 1 Tbsp Lemon Juice
- 1 Tbsp Rice Wine Vinegar
- 2 Tbsp Olive Oil
- 1 Tbsp Honey

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

'This is a great salad to have on standby; the lentils can last in the fridge for a few days. Simply add cabbage, lettuce and dressing when you're ready to serve.'



1. Prepare lentils ahead of time; bring chicken stock and white wine to boil, along with bay leaf. Cook for 10 minutes until al dente and set aside.
2. Finely chop celery and carrot and sauté quickly in olive oil, add to lentils. Sauté and allow to cool.
3. Add cooled lentil mix to chopped cabbage and mix leaf lettuce in a large salad bowl.
4. Prepare salad dressing by mixing dressing ingredients together. Dress salad and serve.

Optional: This dish is delicious when served with with seared fresh salmon.

Serves 2.

Albany Creek Physiotherapy

Albany Place
640 Albany Creek Road
Albany Creek QLD

(07) 3264 3244