

Incidental Exercise

ESSENTIAL PHYSIO

What is Incidental Exercise?

Have you ever wondered why some people 'just seem to lose weight'? Scientists have found that people who are constantly moving will burn more energy each day making weight loss easy without relying on the painful intense bouts of exercise at the gym that are so easy to put off. They just can't sit still and it turns out that this is a good thing.

Their secret is called "Incidental exercise". This is activity which is not planned, but incorporated into your daily routine. It's not necessarily about getting your heart rate up, or building muscle, but more about just being an active person and keeping your body moving.

One of the biggest health risks in our modern lifestyle is inactivity, and half an hour at the gym each day isn't going to reverse the effects of sitting down all day long. The good news is that you can easily incorporate incidental exercise into your day.

Here are a few ideas...

- Walk/ride/skate to work. For those who live close enough.
- If you must drive to work, park further away and walk ten minutes in and out.
- At every opportunity take the stairs, instead of the elevator.
- When you pick up the kids up from school take time to play and get involved.

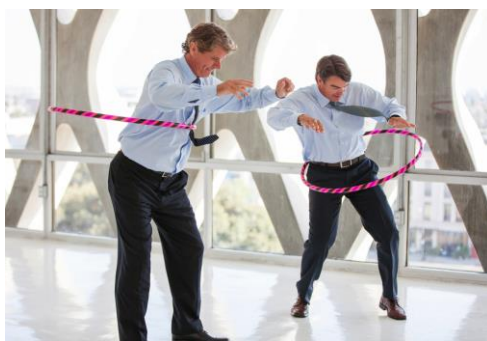
If you work in an office...

- Try to take all phone calls standing up, if you are on the phone for an extended period, walk around. It can actually help you to focus.
- Sit on an unstable surface, such as a fit ball, or stand up to work.
- If you have to chat to a colleague, ask them to go for a coffee run with you and chat on the way.

At home...

- Put on some music and be more active while cleaning, gardening or hanging out the washing.
- Make family time active time. Go for a family bike ride or make it part of your routine to go for a walk right after dinner.

It's important to note that incidental exercise does not replace that hour at the gym or of sport. However, incidental exercise will make the benefits of that hour last longer and help you feel better through the day.



How to cure a stitch

If you're like most people, when you run, you exhale as your right foot hits the ground. This puts downward pressure on your liver (which is mostly on your right side), which then tugs at the diaphragm and creates a side stitch. The fix: exhale as your left foot strikes the ground.

True or not? It's hard to say but might worth a try, especially for those who are just starting a new running program. Let us know how it goes!

Work this Out

1. Find a ten-digit number where the first digit is how many zeros in the number; the second digit is how many ones in the number etc. until the tenth digit, which is how many 9s in the number.

2. A traveler comes to a fork in the road, which leads to two villages. In one village the people always tell lies, and in the other village the people always tell the truth. The traveller would like to go to the village where everyone tells the truth. A man from one of the villages is standing in the middle of the fork, but there is no indication of which village he is from. The traveller asks the man one question and from that can tell where to go. What question did he ask?

Answer next page...

Focus on...

Patello-Femoral Pain Syndrome (PFPS)

WHAT IS IT?

The knees function as hinges, allowing your legs to swing smoothly as you walk, kick and run. The kneecap, also known as the patella, sits at the front of the knee and has a variety of functions, including guiding the muscles that straighten the knee, protecting the knee joint and absorbing forces when the knee is bent. When something goes wrong and the kneecap doesn't move up and down smoothly, the soft tissue between the kneecap and the knee can become irritated, causing pain in a predictable fashion. This is called patello-femoral pain syndrome (PFPS), sometimes also referred to as PFJ syndrome.

Pain is usually felt on the inside of the kneecap when you put pressure on your knees by running, squatting, bending, using stairs, or hopping. Sitting for long periods of time or keeping your knees bent could also result in pain.

WHAT CAUSES IT?

The kneecap sits in a shallow groove at the front of the knee and usually moves up and down as the knee bends and straightens without too much trouble.

The quadriceps muscles, located at the front of the thigh, contract and pull on the kneecap, which then attaches to the lower leg and act to straighten the knee. If one side of the quadriceps is stronger or tighter than the other, it can cause the kneecap to pull to one side and over time become irritated.

The cause of the muscle imbalance or weakness can be for many reasons. In general, the outer muscles of the thigh tend to be stronger and tighter than the inside muscles. If you have poor posture and hip position, this often causes the outer muscles to work harder and the inside muscles to become weaker. Lack of arch support in your feet or simply a physical abnormality of the knees can also cause this condition.

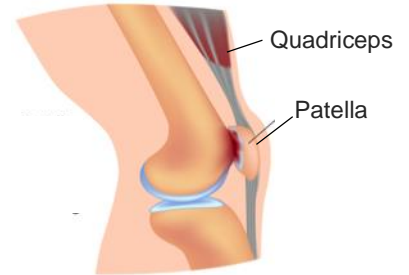
HOW CAN PHYSIOTHERAPY HELP?

Diagnosing patella-femoral pain syndrome correctly is important because pain on the inside of the knee can also be caused by injury, dislocation, inflammation, arthritis and a variety of other less common diseases.

With that in mind, it is helpful to know that your physiotherapist can diagnosis PFPS and identify its likely causes.

Whether it is due to poor posture, a lack of arch support in your feet, or poor running technique, your physiotherapist will assess the problem and provide a specific treatment program to best approach your condition. PFP syndrome usually responds quite well to biomechanical analysis and correction of any muscular weakness and imbalance. Having the correct shoes and orthotics can also make a huge difference. There are some short-term treatments, such as patella taping, try needling, trigger point therapy and ultrasound, which may help alleviate symptoms quickly and keep you active while you address the other factors contributing to your pain.

It the rare case that your condition is not helped by physiotherapy, surgery is also considered as last resort. For more information, please feel free to ask your physiotherapist.



Side view of the knee showing patella irritation

Answers: 1. 621 000 1000
2. The traveller asked which road goes to your village? He would then take the road the man pointed to because the truthful man would point to the truthful village, but the lying man would as well. 3. 204

Just one more puzzle

How many square are the on a Chess Board?

Hint: there are 8 small squares to one side

Answer above (no cheating!)

TED: IDEAS WORTH SHARING

This month watch:
"I've got 99 problems... Palsy is just one" by *Maysoon Zayid*.

Mysoon is a world famous comedian and writer. She also has cerebral palsy, but was brought up to believe that she could do anything. Watch her hilarious speech at www.Ted.com and realise that if she can do it, you can too.

Pak Choy Side Salad

Ingredients:

- 3 Pak Choi bunches
- 1 whole white Onion, finely chopped
- 1 tbsp Olive Oil
- 2 cloves of Garlic, finely diced
- 1 whole Zucchini, cut in half circles
- 5 tbsp Soy Sauce
- 2cm Ginger, finely diced

Step 1: Fry the diced onion in olive oil until soft and add two cloves of garlic, diced. Add cut zucchini and pak choy with the heads cut off.

Step 2: Once the pak choy has wilted, pour 5 tbsp of soy sauce over top and add the finely diced ginger.

This is a quick, tasty side salad which goes perfectly with beef or lamb. Serves Two



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