

# essential physio

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## Posturing Yourself to Feel Better

ESSENTIAL PHYSIOTHERAPY

**Being told to stand up straight is a rite of passage for most teenagers. New research is showing that there is more to gain from having good posture than just a healthy spine. Your posture and body language have now been shown to affect the way you feel.**

Most people recognize that when you're unhappy or tired you naturally slouch and when you're feeling confident your shoulders are set back and you have a spring in your step.

What is more difficult to understand is that the reverse is also true. It seems that your posture can also affect your mood.

In a recent study, people who adopted a posture of confidence for two minutes before a job interview reported feeling more confident and actually performed better in the interview than people who adopted low confidence postures for the same period of time.

You already knew that a good posture could make you feel better but this adds a whole new dimension to the issue.

It also seems that you actually can run away from your problems. A study of college students suffering from mild to moderate depression showed improvement of their mood after starting a jogging program. When they were compared to students who took anti-depressants instead, they found the jogging students felt better quicker with fewer side effects.

By no means is exercise a replacement for supervised treatment, but it has a very useful place. Patients who combine high intensity exercise with other treatment types are also less likely to have recurring episodes of depression than those who don't.

So along with less pain, increased strength, lower risk of heart disease, obesity, diabetes and osteoporosis, you can add mental well-being to the list of reasons to move well and stay active.

## Hydrate Yourself

To spice up your water jug and entice you to have at least one extra cup a day why not try some of these interesting fruit combinations. Slice them up and add them to a jug of water for a few hours

- Cucumber lemon and Mint
- Cherry and Lime
- Lemon and Lavender
- Lemon and Basil
- Lemon and Blueberry
- Strawberry and Mint
- Blackberry and Ginger
- Watermelon and Mint
- Thyme and Blackberries
- Kiwi Strawberry and Basil

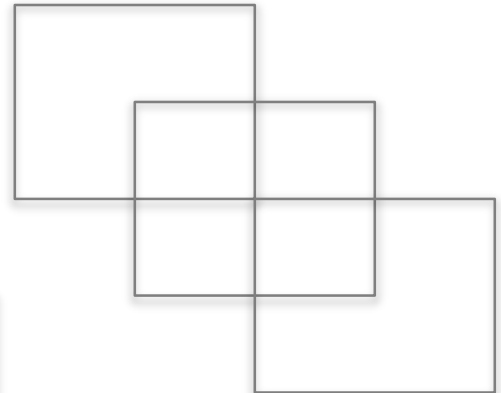


## Work This Out

Try to work out what each of the letters mean.  
Eg. "24 H in a D" is "24 Hours in a Day"

- 52 C in a P (W J)
- 7 D in a W
- 18 H on a GC
- 12 S of the Z
- 7 W of the W
- 3 W on a T
- 29 D in F in a LY

Answers on the next page...



## Work this Out

Trace this pattern of three crossing squares with a pencil in one continuous line without taking the pencil point off the paper.

You are not allowed to cross the line, or go over any part of it twice.

Focus on...

# Plantar Fasciitis

## WHAT IS IT?

The plantar fascia is a fibrous band on the underside of the foot that helps support the arch and deep muscles of the foot.

Often over time, the stress that is put upon the plantar fascia becomes too much and it begins to degenerate, causing pain when the foot is placed on the ground.

It is actually a breakdown of the fascia tissue, which develops many micro-tears. It is thought that as these tiny tears heal, scar tissue is laid down, making the fascia less flexible, which in turn contributes to the overall problem. In some cases patients will also develop bony deposits in the fascia at the heel, called heel spurs.

## WHAT ARE THE SYMPTOMS?

This is a progressive condition but also a self-limiting one. This means that it starts gradually, becomes worse and then eventually resolves itself. Without treatment, however, the condition can take up to two years to go away and is extremely painful.

The first symptoms are a slight pain on the inside of the heel in the mornings; usually the first steps of the day are the most painful. As the condition progresses there may be pain with walking or running and eventually after activity as well. In severe cases pain might be felt all the time, even when resting.

## HOW DOES IT HAPPEN?

For athletes it is likely that the problem is caused by training program errors, poor biomechanics, tight calves and inadequate support in footwear.

In other people, it's more likely that the problem is caused by standing for long periods on hard surfaces, increased age, changing from regularly wearing high heels to flat shoes, tight calves and unsupportive foot wear. Plantar fasciitis has also been linked to obesity or weight gain.

## HOW CAN PHYSIO HELP?

Your physiotherapist can diagnose the problem by examining the area. Usually a description of symptoms and physical evaluation can be enough. The first stage of treatment will involve identification of contributing factors and pain management.

Your physiotherapist can apply taping techniques to unload the fascia and use hands on techniques to restore flexibility to the calf muscles and fascia. This can provide great relief of pain, particularly in the early stages of treatment.

They will also advise you on a suitable training program, correct footwear, home exercises and stretches, specifically calf and plantar fascia stretches. They can also help make modifications to your running style if this is contributing to the problem.

There are surgical options for heel spur removal and steroidal injection however the evidence for these treatments doesn't show a lot of advantage over physiotherapy at this stage. If you have any questions, don't hesitate to ask your physiotherapist at your next appointment.



Plantar fasciitis

Irritation of the plantar Fascia

52 Cards in a pack Without Jokers 7 Days in a Week 18 Holes on a Golf Course 12 Signs of the Zodiac 7 Wonders of the World 3 Wheels on a Tricycle 29 Days in February in a Leap Year

## Did you know?

A solid iron ball 2400km wide sits at the heart of the earth. Although it is white hot, the pressure is so high the iron cannot melt.

1 litre of seawater contains 14 billionths of a gram of gold.

The ozone hole is shrinking. In 2012, the hole in the layer was smaller than it has ever been in the last 10 years.

## EXPOSING THE INVISIBLE DISEASE

*Multiple Sclerosis is a disease which strikes silently, many sufferers have symptoms which are unseen by everyone except the person living with them.*

*The **Seeing MS Project** has invited photographers to depict each symptom in a single image, inspired by stories of those touched by the disease.*

*To see what it's about  
Go to...*

[www.seeingms.com](http://www.seeingms.com)



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## Strawberry, Avocado and Sunflower Seed Salad With Coconut Vinaigrette

### Ingredients:

- 4 cups Mixed Salad Greens
- 8 Medium Strawberries
- 1 Medium Avocado
- 4 Tbsp. Hulled Roasted Sunflower Seeds
- 2 Tbsp. Coconut Vinegar
- 2 Tbsp. Extra Virgin Olive Oil

### OPTIONAL:

- 2 Tbsp. Feta cheese

Serves two.

Step 1: Add the salad greens to a large salad bowl.

Step 2: Slice the strawberries and avocados and mix them into the greens along with the sunflower seeds.

Step 3: Whisk the coconut vinegar and extra virgin olive oil in a small dish. Dress the salad to taste.