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Why Is Good Posture So Important?

ESSENTIAL PHYSIOTHERAPY

Health care professionals seem to constantly be talking about posture. While many people take away the message that they should “stand up straighter” the truth about what good posture is and why you should aim to have it is a little more complicated.

One of the reasons why posture is so important is that the body has an ideal alignment for almost every joint that provides the most stability and efficiency for movement in that position.

This is particularly true for the spine, which has a large number of joints that work together to provide movement, stability and support for the body. The spine must also provide a stable base for the shoulder and head. When the spine is in its optimum position, this also allows for free movement of the nerves that supply the trunk, arms and legs.

While the human body is highly adaptable and will continue to function when a posture is not “ideal”, a lot of energy is wasted and undue stress is placed on the muscles, tendons and ligaments of the body. Over time this can cause pain, tightness and loss of flexibility.

While being able to find these optimum postures is important, it is also important to simply keep moving and not be stuck in the same position for long periods. No matter how ‘ideal’ a posture is, when joints are held in the same position for too long, this can be troublesome.

Working with a great base posture combined with regular movement and stretches can have a surprising impact on your overall wellbeing. Having good posture has been linked to higher self-esteem, improved concentration, and even better lung function.

Speak to your physiotherapist for practical tips on how to improve your posture throughout the day.



Brain Teasers

1. You need to cross a bridge, you have a fox, a chicken and a bag of grain.

The fox and the chicken cannot be left alone together or the fox will eat the chicken.

The chicken cannot be left alone with the grain or else it will eat the grain.

You can only take one thing at a time. How do you get everything safely to the other side of the bridge?

2. You have 10 seconds to think of a word that starts and ends with the letter N.

PhysioTip

Education is the enemy of pain and fear can amplify it.

Take the time to learn about your injury or condition for better results.

Tips For Preventing Workplace Injuries

Why are workplace injuries so common?

When we're at work, we often find ourselves doing the same task for hours on end. The more specialised our job is, the more likely this is to be true. The human body is designed to move and perform a variety of tasks, and is unaccustomed to repetitive behaviours.

At work we also find ourselves faced with time constraints and tasks that need to be completed immediately.

This can lead to lazy postures, lifting objects that are too heavy, or in a way that is rushed and unnecessary risk taking, just to get the job done.

Many injuries occur as a result of simple tasks done repeatedly over the course of several hours.

Often these issues begin slowly and take many months to resolve. Here are a few tips to keep yourself pain free in the workplace.

When lifting:

Assess the risk. Do you need to ask for help or use an assistive device?

Use your legs to power the movement. Your legs are the strongest part of your body.

Never bend and twist. This is terrible for your back and a significant trigger for injuries. Instead, lift and step to turn before putting the object down.

When moving trolleys:

Push rather than pull. This is a much more efficient movement.

Try to push at waist height and keep forces as close to your body as possible.

When doing desk based activities:

Try not to use the same side of your body all the time. Practise using both left and right hands for taking phone calls and mouse work.

Be aware of your posture. Good posture isn't about having a completely rigid and upright spine. It's about being able to let your spine sit comfortably in its natural curves and be able to move in and out of this easily.

Stretch to counteract positions you find yourself in for long periods.

Have your workplace set up assessed and corrected by a professional.

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.



Ingredients

- 2 cups mixed leaf lettuce
- 400g chickpeas
- 12 cherry tomatoes
- 500g sliced chorizo
- 2 tsp olive oil
- 2 tsp balsamic vinegar

Chickpea, Chorizo and Tomato salad

1. Sauté tomatoes in a frying pan on medium heat with a teaspoon of olive oil and a teaspoon of balsamic vinegar until tomatoes begin to soften. Set aside to cool.
2. Wipe frying pan and place back on heat. Place chorizo on pan and fry until slightly brown and crispy.
3. Mix all ingredients in a large salad bowl and dress with remaining olive oil and balsamic vinegar.

Brain Teaser Answers:

1. Start by taking the chicken across the bridge, so that the fox and the grain are left together. Then go back and get the grain. This time, leave the grain and take the chicken back with you. Then leave the chicken back on the original side and take the fox to the grain. Leave the fox with the grain, go back and get the chicken.
2. Noun. Could you think of any others?

Fun Fact

When you hit your 'funny bone' you actually haven't hit a bone at all. It is a nerve that has been irritated, explaining why a little knock to the outside of the elbow can hurt so much.



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