



Merivale Physiotherapy Clinic

Your body deserves the best of care

MPC NEWS

Merivale Physiotherapy Clinic News

Spring 2016

Our story continued..

Welcome to our spring edition newsletter.

Put a spring back in your step! The daffodils are blooming and the days are getting longer. Time to get active and get involved!

The focus of this newsletter is 'Self Management'. Make sure you take time to "Sharpen your Saw" and form your own Wellbeing plan. This means preserving and enhancing the greatest asset you have - you. There is little satisfaction in grinding through life with a blunt saw. It means having a balanced program for self-renewal in four areas of your life: physical, social/emotional, mental, and spiritual. This might mean getting back to a favourite activity, being more in the moment, spending time with our friends and whānau, or moving towards a goal or dream. Focus on things that build you up, make you feel good and help you get to where you'd like to go.

Reference: Steven Covey, Allright.org.nz/live-brighter

Physiotherapy and Wellbeing

Every physiotherapy assessment begins with a subjective analysis, where we find out what your physical limitations are and how your pain behaves. The 24 hour pattern of your pain guides the physical examination. Physical limitations may impact on your social activities such as sports teams or walking groups, which in turn can effect your mental wellbeing through reduced social involvement as well as physical disorder. Don't let your mindset believe that pain is something you have to live with.



PhysioFITT is a new initiative that aims to provide a pathway to physical activity for those who think getting started is too big an obstacle to overcome by themselves. PhysioFITT provides an initial step toward physical activity, and will involve on-going support to become and then maintain a level of physical activity that is personally sustainable. Our programs are tailored to you personally. You don't need a doctor's referral to get started but please feel free to ask your GP if PhysioFITT is suitable for you.

\$10 discount off the initial



appointment at Merivale Physio Clinic



"Appointments are all of 40 minute duration. This ensures you receive quality, individual and evidenced based treatment for your condition."

"We can register your ACC claim without needing to see your GP first"

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Phone 355 9775

Creating an Active Lifestyle

Physical inactivity is now identified as the fourth leading risk factor for global mortality. Physical inactivity levels are rising in many countries with major implications for the prevalence of non-communicable diseases and the general health of the population worldwide. It has been shown that participation in regular physical activity reduces the risk of:

- Coronary heart disease and stroke
- Diabetes, hypertension
- Colon cancer, breast cancer
- Depression

Additionally, physical activity is a key determinant of energy expenditure, and thus is fundamental to energy balance and weight control.

Reference: World Health Organisation

5 essential elements to changing health behaviour are:

1. Active involvement in problem solving, goal setting and written action plans (especially for conditions where the risk of deterioration is high)
2. Lifestyle changes, including eating a healthier diet, being physically active and stopping smoking
3. Informed decision-making
4. Medication management
5. Stress management and positive mental health.

Reference: Ministry of Health 2016- Self-Management support for people with long term conditions (2nd edition)

What is available in the community to help me manage my own level of physical activity?

Christchurch has a range of fantastic facilities and groups to get you started. Christchurch's location allows access to many tramp tracks, bike tracks, beaches and ski fields. There are more than 90 walking groups in Christchurch and many other exercise groups available for any level of fitness and function.

Exercise groups include Sit and be Fit, Christchurch city council classes, Green prescription, Arthritis society, Zumba gold, Private gyms, dance classes etc, some of which may be subsidised.

HealthInfo a health information website, brought to you by the Canterbury District Health Board (Canterbury DHB). **HealthInfo** has been written and approved by local healthcare professionals, and is specific to Canterbury, New Zealand.

When you read information on **HealthInfo**, you can feel confident that this is the information your medical professional wants you to read.



"Exercise is as necessary as food and drink to the running of our bodies."



Your Health is your Wealth

Joint surgery and physical therapy

There is currently an unmet need for surgery in the Canterbury region (Stuff/national/health.co.nz). If you are sitting on a waiting list what can you do to help delay, or better avoid the risks associated with surgery? In some instances conservative management involving a patient-specific rehabilitation programme and other lifestyle changes can be enough. These changes are important before and after surgery.

In the instance of joint osteoarthritis (OA) and cartilage damage, for really severe arthritis your GP may recommend surgical intervention, but up until then OA can be managed in the mild and moderate stages. Tips and hints can be found on the Arthritis NZ website. These include planning ahead and pacing your self, trying to get a good nights sleep, eating a balanced diet, regular exercise and making contact with Arthritis NZ. Here at Merivale Physiotherapy Clinic we can provide an exercise program to minimise your pain and maximise your functional ability. There is an optimal activity level for cartilage maintenance, with high and low activity resulting in cartilage degeneration.

Defect size of cartilage damage is currently used as one of the primary indicators for treatment selection– surgical or non surgical. Debridement can be considered as an initial treatment for defects $<2\text{cm}^2$. However, research has shown that in patients with OA, arthroscopic debridement has no advantage over optimal physical and medical care. Other surgical techniques used for larger defects include microfracture augmentation and autologous chondrocyte implantation.

Reference: Tommy S. de Windt M.D., Ph.D. (2016). Current Knee Cartilage Repair Algorithms. *Asperta Sports Medicine Journal*, Volume 5 June/July.

Hama Alizai, Alic Guermazi (2016). Quantitative MRI of Cartilage. *Asperta Sports Medicine Journal*, Volume 5 June/July.

Don't let the dread of getting in and out of the car keep you confined. Try this – to get in, back into the seat and then swing in your legs. To get out do the opposite, swinging your legs out first. (Arthritis NZ)

“No matter how slow you go, you are still lapping everybody on the couch”



How much exercise should we do?

Adults should do at least 30 mins of moderate-intensity physical activity or 15 minutes of high-intensity physical activity at least 5 days a week

Older adults should do at least 30 mins of moderate-intensity physical activity at least 5 days a week. If possible, add some high-intensity physical activity for extra health benefit and fitness.

LIFE'S FULL OF UPS AND DOWNS.
WHERE ARE YOU, YOUR FRIENDS, AND WHĀNAU AT?
VISIT ALLRIGHT.ORG.NZ



Movement is medicine



Livvy, Jan, Annabel

Contact Us



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TEAM PROFILE

Jan Smith, Director Physiotherapist. I have had a really busy year with opening a small satellite clinic at Christ's College. We do two sessions a week there and opened just when the rugby season was in full swing. It has been an exciting and rewarding experience being part of a busy school. They have now moved into the "rowing" season and that has kept me busy with performing muscle competency screenings where the boys are given a quick musculoskeletal assessment followed by fundamental movement pattern assessments. The objective of the movement competency screen is to identify which if any fundamental movement patterns can be aggressively loaded at the gym and which require developmental attention. Time will tell if it produces results in the boats at Maadi next year.

The highlight of my professional development was attending the PNZ conference in Auckland in September. We had some fantastic speakers including our Director General of Health, Chia Chuah. He reiterated that we have to change the way that health is delivered in NZ and that we all need to take more responsibility for our health and technology is still lagging behind in health! In the future we will be wearing wearable sensors and the data will transfer back to your app to tell you what you need to eat or even drink for breakfast! The brain and the body both need exercise and importantly neurodegenerative disorders can be delayed by keeping active. The powerful take home message that I got from the conference was "if you haven't got time for exercise now, then make time for illness later"! Good job I joined the gym earlier in the year!

Olivia Moody. I am enjoying being back at the Merivale Physiotherapy Clinic. As a Physiotherapist I like to keep up to date with the most recent research and techniques. I have been continuing my professional development through numerous education evenings. Recently I enjoyed a presentation by my idols Karim Khan and Jill Cook who contributed to my favourite text book and are great advocates for keeping up with research and challenging old ideas. I even had my favourite text book signed! We have great access to research databases, webinars and podcasts. I also find instructing one on one Pilates rehabilitation classes really rewarding. It is a great way bridge the gap between injury and getting back into your everyday passions.

Annabel Eberlein. I have enjoyed a really full ski season despite not having the best snow, and am looking forward to the spring weather to go tramping. I recently completed the 3 week Classic Outward Bound course which was a really good challenge and a lot of fun. I have continued my professional development by attending multiple course including a Mulligan Part B. All mulligan techniques follow the "PILL" response— painfree, instant response and long lasting— this makes them really comfortable and effective treatment for the patient.

We physio's meet every Thursday for an hour to practice our techniques, solve problem patients, discuss current research or have presentations from external sources to keep us updated.

Admin Staff News

We welcome Jan Silcock a new member to the administration staff at the Merivale Clinic.



Jan returned to Canterbury 18 months ago after 8 years living in Blenheim. She returned to Canterbury to enjoy both her daughters' grandchildren, a granddaughter and grandson. She worked in banking for 21 years before moving into a Medical Reception/ Administration role which she has done for the past 17 years. She brings plenty of experience to the team and has settled in quickly already!

Bliss Balls— Sweet Enough Cookbook less sugar, more taste

| | |
|-----------------------------------|------------------------|
| Makes 24 | For rolling: |
| 1 cup (150g) raw almonds | Desiccated coconut, |
| 3 tablespoons cocoa powder | chopped almonds, dried |
| 1/2 cup (50g) desiccated coconut | raspberry powder, chia |
| 18 (100g) dried dates | seeds or cacao nibs |
| 5 (25g) prunes | |
| Zest of 1/2 orange, finely grated | |
| Juice of 1 orange | |
| Pinch of salt | |

Blitz the almonds in the food processor until they form a stiff paste. This will take about 7 minutes at full speed. Add the remaining ingredients and process for 1-2 minutes until smooth. Shape the mixture into walnut sized balls, rolling them between the palms of your hands. Coat the balls with rolling ingredients. Place in the fridge for 2-3 hours to set. Store in an airtight container at room temperature.

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