

Bulimba



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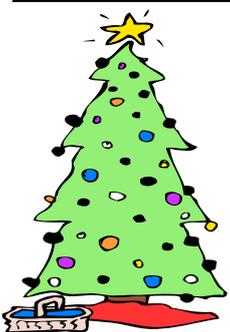
“Get active these school holidays”

Today, one in every five school-age children is overweight or obese. This figure has doubled in the last 10 years, but there are easy ways to put the fun back into physical activity;

1. Talk with your child about how physical activity is an important part of being healthy.
2. Provide simple equipment for your child to play with, balls, frisbees, jump ropes etc.
3. Encourage your child to try new activities like swimming, ball games in the backyard and cycling.
4. Build physical activities into your child's daily routine
 - Walk rather than drive to the shops and school
 - If you can't walk the whole way, park the car a few blocks away or get off the bus a few stops before your destination and walk the remainder.
 - Use the stairs rather than the lift or escalator.
5. Be a role model by being physically active yourself,
 - Take the whole family when you walk the dog.
 - Go to the park with your child and encourage them to climb, swing and run.

- Go for walks along the beach
 - Involve your child in helping around the house and digging in the garden.
6. Encourage any interest in neighborhood or school sports and recreational activities, check out what community activities are on offer in the local free paper.
 7. You don't have to be outside to be active, be creative in the house to.
 - Dance to music
 - Adapt ball games using a balloon or ping pong ball
 - Jump up the stairs
 - Use a hula hoop

All of these tips will not only help your child stay active, but will keep their spine, muscles and bones in much better working order!



“Some quick Christmas facts”

- The Queen's Christmas speech was first televised in 1957.
- Australians send more text messages on Christmas and New Year than any other days.
- The biggest selling Christmas single of all time is Bing Crosby's *White Christmas*.
- In 1643, the British Parliament officially abolished the celebration of Christmas.
- In 1974, the Australian city of Darwin was devastated late on Christmas Eve and in the early hours of Christmas morning by Cyclone Tracy.

“Tips for healthy holiday travel”

Going away this holiday season? Here are some quick tips to get you to your destination in top form.

Sitting for hours in a car or plane seat can give anyone aches, pains and head aches—and that’s even before you get there! The secret to comfortable travel is really just thinking a little more about what you are doing with your body when you’re travelling.

Work out

Use your travel time to keep your muscles moving.



Try some movements every half hour:

- Circle your feet under the seat
- Extend and relax your legs
- Squeeze and relax your bottom.
- Roll your shoulders
- Stretch your spine

Stand and move



Take every opportunity to move. For example:

- Stand or walk around while waiting for your flight. Make the most of the space before you have to sit on the plane.
- Take regular driving breaks to stretch your legs. You may even discover a hidden gem enroute.

Sit well

It is a common fallacy that you should ‘sit up straight’ at 90° to have a good posture. This position actually *increases* the stress on the lower back. Instead, try the following tips:

- Tilt the back rest of the seat backward at an angle of at least 20°.
- Tuck your bottom back into the seat
- Sliding a rolled towel or small pillow behind your lower back to give it extra support.
- Lift your book or magazine up to eye level so your back and neck stay straight.



A good sitting posture

Don’t let a niggling pain ruin your holiday. You’ve earned it so you should enjoy it!

“What should I do after an ankle sprain?”

An ankle sprain is when the ligaments—the bits of fibre that keep your bones together—are either stretched or torn. If you sprain your ankle, then you should, as soon as possible and for 72 hours after injury, use the RICE method.

Rest

Don’t play any sport, and avoid heavy physical activity. However, gentle, regular movements are to be encouraged.

Ice

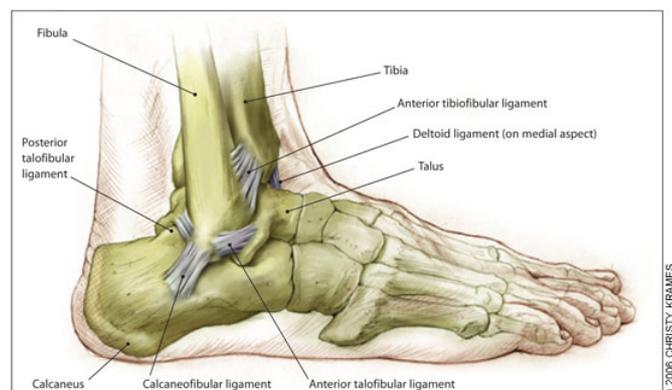
As soon as possible, and for 30 minutes every 2 hours, apply ice or a frozen gel pack wrapped in a towel.

Compression

Bandage the entire ankle and lower shin firmly. This helps to control swelling. Start at your toes, and work the bandage up your shin. Keep your foot pulled up, and twisted outward, as you apply the bandage.

Elevation

As much as possible, raise your ankle higher than the level of your heart to reduce swelling.



The ligaments of the ankle

Recovery time for ankle twists and sprains can be greatly reduced by physiotherapy. We can show you how to take care of your injury, as well as prescribe you exercises to prevent it from happening again.