



Welcome to the first Chandlers Physio Newsletter. Our aim of the newsletter is to provide you with knowledge on health and managing injuries and pain that will help keep you active and doing the things you want to do. We will also update you on any changes happening in the practice.

Rick Beal and Kate Kennedy have been at Chandlers Physio now for over 18 months and are really enjoying treating the Chandlers Hill and Happy Valley community. Rick is particularly interested in helping people with shoulder pain, so has written a short article on how to prevent or start improving it. Kate loves keeping strong herself and knows the benefits of doing resistance exercise at any age, so we have started by talking about how to maintain muscle mass throughout life.

Muscle Mass

Muscle mass is vital for healthy aging. After the age of 40 research shows that we lose up to 1% of our muscle mass per year, which is up to 10% loss each decade of life after 40. Muscle mass is of course important for our strength that we not only need for our day to day activities like carrying the shopping, cleaning the house or even getting out of a low lounge chair, but for the fun parts of life like going for long walks, playing sport or trying to keep up with the kids or grand kids.

Doing resistance exercise which includes lifting weights can be done at a local gym, or you can join a community based exercise class. But another great way that is free and convenient is to do resistance exercises at home using household items and your own body weight.

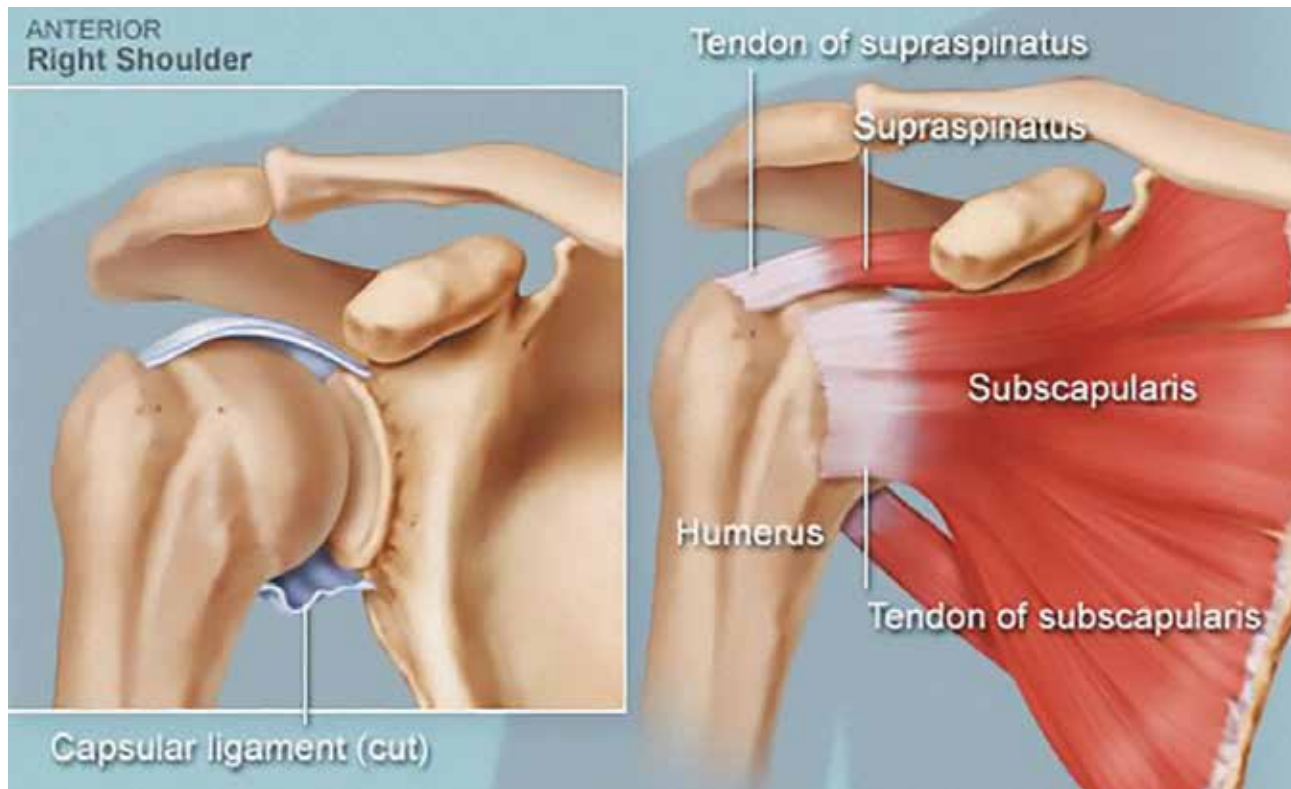
On Monday night the 30th of April on SBS, Michael Mosely's program "Trust me I'm a Doctor" (Season 4 Episode 1) showed a series of these exercises that you can easily do at home and incorporate into your daily routine.

The participants in his trial increased their muscle mass and strength quite considerably. Creating a habit of doing healthy exercises is the most effective way to achieve these results for yourself.

The exercises are:

1. Bicep Curls with a bag of flour in each hand
2. Lunge while vacuuming
3. Toothbrush Squat
4. Towel Tricep Extension
5. Wall Press Up
6. Dishwashing Calf Raises

We have tried the exercise ourselves at home and attached photos at the end of the newsletter for you to see more easily.



The Shoulder

Ok, so you want to do the resistance exercises, but can't do the upper body one's because you have a sore shoulder. Here is a brief article written by Rick Beal about shoulder pain.

The shoulder is a complex region, with a shallow ball and socket joint making it inherently unstable.

It requires assistance from the surrounding musculature to improve the stability, namely the rotator cuff muscles and the scapular(shoulder blade) stabilisers.

The rotator cuff muscles are deep in the joint and stop the head of the humerus riding up in the socket and rubbing on the bursa and rotator cuff tendons which irritates and can inflame them.

The scapular stabilisers are at the back of the shoulder and allow correct scapular positioning, opening up the joint which in turn allows the rotator cuff muscles to do their job properly.

This is even more important when we do things with our arms raised or overhead, as the scapular doesn't move as freely as it should, narrowing the space even further which can cause impingement.

Our daily routines involve working in front of our bodies 98% of the time, which pulls our shoulders forward. Over time, this can compromise the underlying structures, leading to tendon or bursa issues in the shoulder. So, posture plays a key role in shoulder function.

The good news is, we can correct these postural deficiencies with some simple exercises to strengthen our scapular stabilisers and rotator cuff muscles.

We just need to get out of the bad habit of letting everything roll forwards.



Here's THE FIRST TIP.

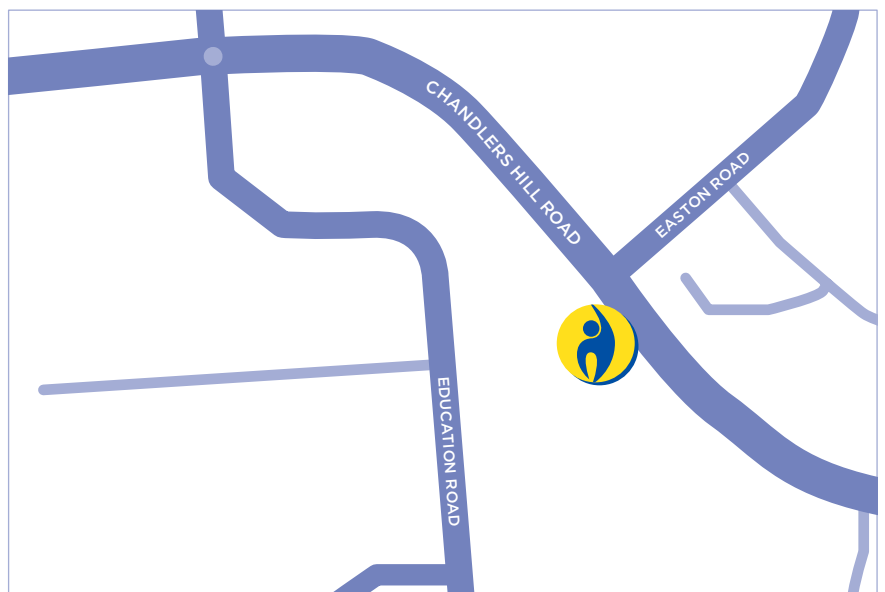
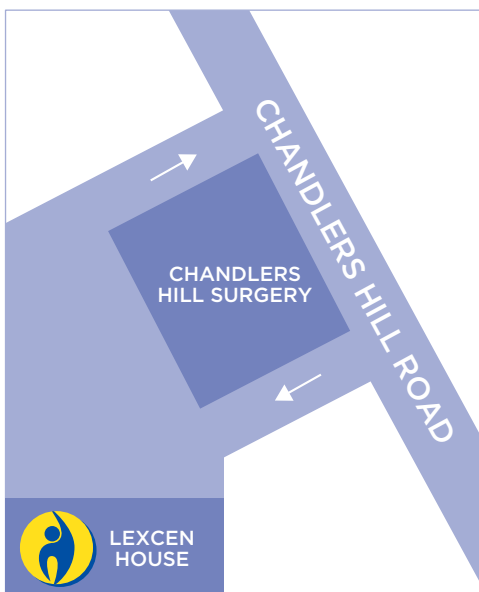
Every 1-2 hours, you need to take a break, and squeeze your shoulder blades back and together. Hold it for 10 seconds and repeat it 3 times.

When you feel like you've done it enough, do it some more.

Over time, this will help bring that shoulder blade back into it's best position, allowing for better shoulder function.

Here are some more specific exercises great for preventing or treating shoulder pain.

Everyone's shoulder pain is different, so if your pain is persistent it is best that you book in to see us and get it thoroughly assessed and treated with an exercise program that is specific to your injury. That way you will get the best results and get back to doing the things you want to sooner. The same for maintaining muscle mass. If you are unsure about carrying out the exercises outlined earlier, we can easily assess your situation and modify the exercise program specifically for your needs, whether it is for general health, sport or healthy aging we would be happy to help.



Easy at home exercises to incorporate into your every day, to maintain muscle mass.



Bicep Curls with Water Bottle



Lunge While Vacuuming



Toothbrush Squat



Towel Tricep Extensions



Dishwashing Calf Raises



Wall Press Ups

