Sale / Heyfield: (03) 5144 6600 Maffra: (03) 5147 1259 Bairnsdale: (03) 5152 3422

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LOMBOK - INDONESIA

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Can Poor Balance Lead To Ankle Sprains?

Ankle sprains are one of the most common sporting injuries and most people have experienced one at least once in their lifetime. While they are common, this doesn't lessen their negative impacts. Surprisingly, having poor balance might be increasing your risk of ankle sprains. Here we discuss a few facts about balance and what you can do to reduce your risk of ankle injuries.

Why are ankles particularly vulnerable to injuries related to poor balance?

Our ankles have to support our entire body weight when standing on one foot. To provide us with agility as well as stability, our ankles have the ability to move from side to side as well as back and forwards. There is a complicated process constantly operating to keep your foot in the correct position while supporting all this weight, particularly with quick changes of direction, activities done on tiptoes, jumping and landing.

If the ankle rolls excessively inwards or outwards, the ligaments on the outside of the ankle can be damaged and torn. Balance is an important part of keeping the ankle in the correct alignment and not twisting too far to either side during challenging activities.

A study of high school basketball players by Timothy McGuine et al. in 2010 showed that students with poor balance were up to seven times more likely to sprain their ankle than students with good balance. Other studies have shown that balance training is an effective way of preventing falls in elderly populations.

Balance can vary from one leg to the other.

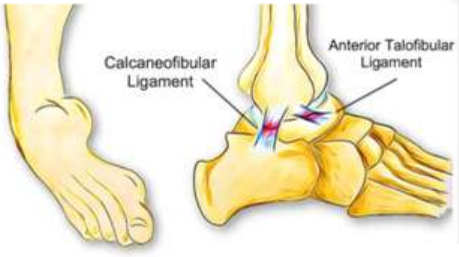
Most of us tend to favour one side of our body for all activities. This is more obvious in the upper body, with most of us identifying as either left or right handed. The same is also true for our lower body, with each of us favouring one leg over the other for balance activities. This can mean that one leg has better balance and strength than the other, leaving the other leg more vulnerable to injury.

Reduced balance can mean your body has to work harder to perform activities, with muscles activating in a less coordinated way. Improving your balance can also improve your body's efficiency of movement, which can, in turn, improve your overalls performance without actually improving your muscle strength.

Balance can be trained rapidly.

Balance is one of the most overlooked dimensions of physical health however, the good news is that it can be improved relatively quickly. Do a quick check to see if you can stand on each leg for two minutes with your eyes closed. If this is difficult you might find that improving your balance is a great next step in your training program.

Your physiotherapist is able to identify any deficits in your balance is and is able to develop a training program for you to improve your balance. Come and see us for an appointment to see how we can help. None of the information in this article is a replacement for proper medical advice. Always see a medical professional for advice on your individual injury.



Brain Teasers

Find a 10-digit number where the first digit is how many zeros in the number, the second digit is how many 1s in the number etc. until the tenth digit which is how many 9s in the number.

Patellofemoral Pain Syndrome

What Is It?

The knees function as hinges, allowing your legs to swing forwards and backwards smoothly as you walk, kick and run. The kneecap, also known as the patella, sits at the front of the knee and has a variety of functions, including guiding the muscles that straighten the knee, protecting the knee joint and absorbing forces when the knee is bent. When something goes wrong and the kneecap doesn't move up and down smoothly, the soft tissue between the kneecap and the knee can become irritated, causing pain in a predictable fashion. This is called patellofemoral pain syndrome (PFPS), sometimes also referred to as PFJ syndrome or runner's knee.

Pain is usually felt on the inside of the kneecap when you put pressure on your knees by running, squatting, bending, using stairs, or hopping. Sitting for long periods of time or keeping your knees bent could also result in pain.

What Causes It?

The kneecap sits in a shallow groove at the front of the knee and usually moves up and down as the knee bends and straightens without too much trouble. The quadriceps muscles, located at the front of the thigh, contract and pull on the kneecap, which then attaches to the lower leg and acts to straighten the knee. If one side of the quadriceps is stronger or tighter than the other, it can cause the kneecap to pull to one side and over time become irritated.
The cause of muscle imbalance or weakness can be for many reasons. In general, the outer muscles of the thigh tend to be stronger and tighter than the inside muscles. If you have poor posture and hip position, this often causes the outer muscles to work harder and the inside muscles to become weaker. Lack of arch support in your feet or simply a physical abnormality of the knees can also cause this condition.

How Can Physiotherapy Help?

Diagnosing patella-femoral pain syndrome correctly is important because pain on the inside of the knee can also be caused by injury, dislocation, inflammation, arthritis and a variety of other less common diseases.
With that in mind, it is helpful to know that your physiotherapist can diagnose PFPS and identify its likely causes.

Whether it is due to poor posture, a lack of arch support in your feet, or poor running technique, your physiotherapist will assess the problem and provide a specific treatment program to best approach your condition. PFP syndrome usually responds quite well to biomechanical analysis and correction of any muscular weakness and imbalance. Having the correct shoes and orthotics can also make a huge difference. There are some short-term treatments, such as patella taping, try needling, trigger point therapy and ultrasound, which may help alleviate symptoms quickly and keep you active while you address the other factors contributing to your pain.

In the rare case that your condition is not helped by physiotherapy, surgery is also considered as last resort. For more information, please feel free to ask your physiotherapist.

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.

Answers: 1. 6210001000

Spinach and Ricotta Lasagne

Ingredients:

16 Lasagne Sheets
680ml Tomato passata sauce
1 Onion, diced
5 Garlic Cloves, diced
10 Mushrooms, sliced
250g Spinach, chopped
500g Ricotta
1 cup grated Cheese
1 Egg
2 Tbsp. Oil
Salt and Pepper
1 tsp. Thyme
1 tsp. Chilli flakes

1. Preheat oven to 165 degrees Celsius. Sauté onion in a medium-sized pan for 7 minutes. Add garlic and continue to sauté for one minute. Add passata sauce and 2 cups of water, salt, pepper and chilli flakes to taste.
2. In another pan, sauté mushrooms for 10 minutes Add spinach and cook until wilted.
3. In a bowl stir together 500g ricotta, one egg, salt, pepper, and thyme to taste.
4. In a large baking dish, put a ladle full of tomato sauce in the bottom to cover. Cover with three lasagne sheets in a row, cover with tomato sauce, ricotta mixture, then spinach and mushroom. Repeat layering sequence. On the top layer place three lasagne sheets, one ladle of passata sauce, and sprinkle with grated cheese. Bake for 40-50 minutes.

Set aside to cool for 10 minutes before serving. Serves 8.