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

truecare physiotherapy

truecarehealth.com.au

THE CATLIINS - NEW ZEALAND

OCTOBER 2026

Three Health Tips From Your Physio

As with all professions, your physiotherapist has a perspective on life that can only come from seeing thousands of people, all making different daily choices.

Here are some of our top tips, drawn from the experience of watching those choices play out over the long term.

Make Any Excuse to Move

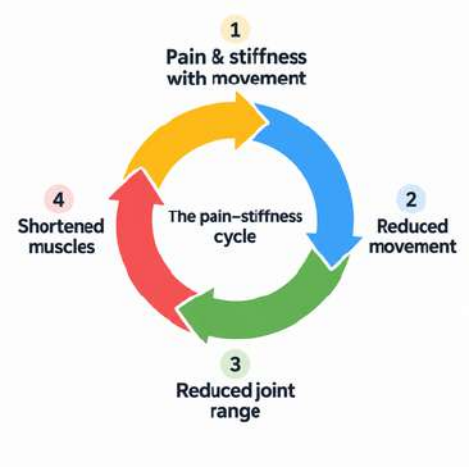
Movement is good for so many reasons: brain health, muscle and joint flexibility, cardiovascular health and overall wellbeing.

If you think only the time spent in the gym counts, you're missing out. The easiest way to stay healthy is to find ways to add movement to your daily routine. Add a bit more each day and notice when you start to feel just a bit better overall.

Fix Niggles Early

When people ask how long a condition will take to recover, a general rule of thumb is that the longer the pain has been present, the longer it will take to resolve. This is not true in every situation, but there is a simple explanation for the pattern.

When a part of your body is in pain or moving abnormally, the rest of your body slowly begins to adapt and overcompensate, and often comes under pressure itself. You might feel as though you should simply 'toughen up' when you have a twinge or niggle, but the reality is that those small problems



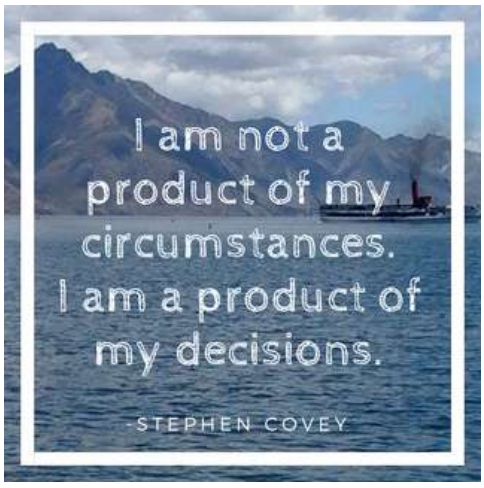
can turn into much larger and more complex issues as your body works its way through your normal activities.

Don't Call Yourself Old

A physiotherapist has the privilege of seeing a huge variety of people across a wide lifespan. One of the things that stands out is the vast difference in how ageing affects each of us. We have seen people in their 60s who are bed bound with frailty, and centenarians who still go jogging.

One of the factors that keeps people stronger, fitter and sharper is simply a belief that it is never too late to make improvements. Old is a relative term, and a mindset as much as anything else. If you set one goal this year, let it be to get a little bit fitter and stronger than last year.

Chat to our team for more of our best tips on how to stay healthy and pain-free.



Brain Teasers

What question can you never honestly answer "yes" to?

What can fill a room but takes up no space?

Focus On Dizziness

If you've ever suffered from a prolonged bout of dizziness, you'll know that it's extremely unpleasant and can make the simplest of tasks very difficult. What's even more confusing is that there are a myriad of reasons why you might be feeling dizzy, some more treatable than others. While it would be impossible to list all of the causes here, we've described a few of the most common below and how they differ in nature.

Benign Paroxysmal Positional Vertigo (BPPV)

BPPV is caused by tiny crystals moving out of place in the inner ear. It brings on short bursts of spinning, usually lasting less than a minute, triggered by changes in head position such as rolling over in bed, looking up, or bending down. The spinning settles when you keep still. BPPV is common, and it responds well to simple repositioning treatment.

Orthostatic Hypotension

Orthostatic Hypotension is by definition, a drop in blood pressure when you stand up. The dizziness is more of a light-headed, faint feeling than a spinning one, and it comes on within seconds of standing from sitting or lying down. It often eases once you have been upright for a moment. It is more common with age, dehydration, and certain medications. In severe cases this can cause fainting and subsequently lead to more serious injuries.

Postural Orthostatic Tachycardia Syndrome (POTS)

POTS also appears on standing, but the standout feature is a racing heart rather than a blood pressure drop. People often feel light-headed, shaky, and tired, and symptoms can last much longer than a brief head rush. POTS is more common in younger people, particularly women, and usually needs medical assessment to diagnose.

Cervicogenic Dizziness

This is dizziness linked to the neck. It tends to come on with neck pain, stiffness, or certain neck movements, rather than with head position or standing. It is more of an unsteady, off-balance feeling than true spinning. This condition often responds well to physiotherapy treatment.

How Physiotherapy Can Help

For BPPV and cervicogenic dizziness, a physiotherapist can assess the cause and often treat it directly, with repositioning techniques for BPPV and targeted neck and balance work for the neck. For orthostatic hypotension and POTS, we work alongside your doctor, and graded exercise can be part of the plan. If your dizziness is new, severe, or comes with other symptoms, see a medical professional first to rule out any more serious causes.

None of the information in this newsletter is a replacement for proper medical advice. Always see a medical professional for advice on your individual situation.

Answers: 1. Are you asleep yet? 2. Light

Tiramisu Chia Pudding

Ingredients:

3 Tbsp. Chia Seeds
1 cup Milk
1 Shot Espresso
2 tsp. Maple Syrup
1 tsp. Vanilla Extract
1 cup Greek Yoghurt
6 Medjool Dates
1 Tbsp. Butter
1 tsp. Cocoa Powder

1. Whisk the chia seeds, milk, espresso, 1 tsp. maple syrup and half the vanilla together. Leave for 10 minutes, whisk again, then chill for at least 2 hours or overnight, until set.
2. Stir the yoghurt with the remaining maple syrup and vanilla.
3. Melt the butter in a small pan, add the chopped dates and cook for 2 to 3 minutes, until soft and caramelised.
4. Layer the coffee chia and yoghurt into glasses, top with the dates and dust with cocoa. .

Serves two.

truecare physiotherapy

For Appointments Call

Sale / Heyfield:
(03) 5144 6600

Maffra:
(03) 5147 1259

Bairnsdale:
(03) 5152 3422

truecarehealth.com.au