



TRAVEL DESTINATION: MUNDARING WEIR - AUSTRALIA



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## How Changing Your Posture Can Change Your Life

**Health care professionals seem to constantly be talking about posture. While many people take away the message that they should “stand up straighter” the truth about what good posture is and why you should aim to have it is a little more complicated.**

One of the reasons why posture is so important is that the body has an ideal alignment for almost every joint that provides the most stability and efficiency for movement in that position.

This is particularly true for the spine, which has a large number of joints that work together to provide movement, stability and support for the body. The spine must also provide a stable base for the shoulder and head. When the spine is in its optimum position, this also allows for free movement of the nerves that supply the trunk, arms and legs.

While the human body is highly adaptable and will continue to function when a posture is not “ideal”, a lot of energy is wasted and undue stress is placed on the muscles, tendons and ligaments of the body. Over time this can cause pain, tightness and loss of flexibility.

While being able to find these optimum postures is important, it is also important to simply keep moving and not be stuck in the same position for long periods. No matter how ‘ideal’ a posture is, when joints are held in the same position for too long, this can be troublesome.

Working with a great base posture combined with regular movement and stretches can have a surprising impact on your overall wellbeing. Having good posture has been linked to higher self-esteem, improved concentration, and even better lung function.

**Speak to your physiotherapist for practical tips on how to improve your posture throughout the day.**



## Achilles Tendon Pain



Tight calf muscles can lead to tension and injury of the achilles tendon. One of the common causes of muscle shortness in this area is wearing high heels every day.



## Brain Teasers

-Guess the next three letters in the series GTNTL.

-What does this mean?

I Right I

-What runs all around a backyard but never moves?-



# Focus On Sever's Disease

## What is Sever's Disease?

Sever's disease is a condition that causes pain in the heel of children and adolescents. While it can be quite painful, it is a self-limiting condition that doesn't usually cause any long-term problems. Sever's disease is quite common and is actually the leading cause of heel pain in children and young adolescents.

Also known as calcaneal apophysitis, Sever's disease is an inflammation of the growth plate of the heel. A growth plate is the area of bone where bone is produced in the growing skeleton, and is often weaker than other bony areas. Repeated or excessive stress on this area can cause it to become inflamed and painful.

## What are the symptoms?

Children might complain of heel pain that is worse when walking, running or jumping. This may be present following an increase in activity or after a growth spurt. Pain may also be felt when walking on heels.

## Why does this happen?

The Achilles tendon attaches to the back of the heel, just next to the growth plate and puts force through this area during gait. If this force becomes too great, this growth plate can become irritated, starting a painful inflammatory process.

While increased activity is definitely a predisposing factor, other things may also contribute, such as; reduced movement of the ankle, abnormal foot movements when walking and tight calf muscles. It is also possible that Sever's disease will appear with no apparent cause.

## What is the treatment?

While this is a self-limiting disorder that will go away on its own as the skeletal system completes growth, it can be quite painful and this may impact your child's activity levels and gait pattern.

To prevent any long-term issues from adaptations or changes in activity levels, your physiotherapist can work with your child to find solutions that allow maximum movement with minimum pain. Most

of the time, simple education and relative rest or ceasing of aggravating activities are effective, however recent studies have found that properly fitted orthotics can help reduce pain while maintaining activity. Physiotherapists can also address any factors, which may have caused excess stress in this region, such as abnormally tight muscles or poor gait patterns. They can also advise of pain relieving treatments and alternative forms of exercise if necessary. Speak to your physiotherapist for more information.

**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. INS (In the series, the first letter of each word in the sentence) 2. Right between the eyes 3. A Fence



## Ingredients:

3-4 large Onions, sliced  
3-4 Mushrooms, Sliced  
½ tsp. Fennel Seeds  
1 Cup Beef or Vegetable Stock  
1 Tbsp. Brandy  
1 Clove Garlic, diced  
200gm Gruyere or Tasty Cheese  
6 Slices Ciabatta Bread  
Olive Oil  
Salt & Pepper

**Serves two people**

## French Onion & Mushroom Soup

1. Heat a large frying pan to medium heat and add a Tbsp. Of olive oil. Add onions, garlic salt and pepper and cook for 20-30 minutes until they begin to caramelize, a teaspoon of sugar can be added to aid the process. Add fennel seeds and mushrooms and cook for a further 3-5 minutes.

2. Heat one cup of stock in a medium saucepan and bring to the boil. Season with salt and pepper. Add onions, mushrooms, two cups of water and brandy. Simmer soup until it reduces to a thick brown soup.

3. Remove from heat and serve into heat proof bowls. Place slices of bread on top of soup, cover with cheese and grill until cheese is crispy.

  
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