



TRAVEL DESTINATION: GERTRUDE SADDLE – NEW ZEALAND

MAY 2021

Life Hack: Three Stretches for Common Problem Areas

Many of us know that office life can wreak havoc on our body. Even with the best intentions, finding time to reverse the pressures of 8 hours a day in a chair can be difficult. Here are three easy stretches to do daily that focus on common problem areas for office workers.

Chest Stretch:

Find a large flat wall and stand facing away from it. You may need to bend your knees slightly or step a few inches forward. Your pelvis, thoracic and base of your head should all be in contact with the wall, with small gaps where the curves of your spine are. If you are unable to keep your head to the wall, you may need to use a towel behind your head to make this position comfortable.

Tuck your chin in gently and keeping your palms facing forward, slide your arms along the wall, as high as you can without your head coming away from the wall.

This will stretch your pectoral muscles and help you to develop a sense of head position alignment with your body.

Lunges:

Kneel on one knee, place your other foot on the floor in front of

you and keep your knee bent to 90 degrees. Keeping your hips even, shift your weight forward until you feel a stretch at the front of your hip. Hold for 30seconds to 2 minutes and then swap legs.

This will stretch your Psoas muscles which are often tight from sitting for long periods.

Seated Hamstring Stretch:

Sit on the floor with one leg straight out in front of you. Bend your other leg and tuck your foot in towards your inner thigh. Reach forward and stretch towards your foot on the straightened leg, bending at your hips as much as possible. You should feel a stretch at the back of your thigh, if you feel a pull behind your knee you can point your toes or bend your knee slightly.

Hold for 30 seconds and slowly come back up, change legs and repeat three times on each side.

Check with your physiotherapist if there are other stretches that



Riddle Me This

What begins with T, ends with T and is full of T?

What freezes after it is overheated?

Scratch my head. What was once red is black instead.



Focus: The Broken Collarbone

What is it?

A broken collarbone, also known as the clavicle, is one of the most commonly broken bones in the body.

The collarbone connects the front of the ribcage to the shoulder and is the only bony connection the arm has to the rest of the body. Many muscles attach to the collarbone, including the Deltoid and Pectoralis Major.

How does it happen?

The most common way for this injury to occur is through a fall onto the shoulder. This can happen from a simple fall or sports such as mountain biking or rugby. It is a very common childhood injury but can happen at any age.

What are the symptoms?

Usually, a broken collarbone will cause moderate to severe pain over the broken area. The patient may have heard or felt a popping or cracking at the time of the injury and there may be an ongoing grinding or creaking with movements of the upper arm. If the skin is not broken there may be bruising and swelling over the painful area.

What is the treatment?

While very severe cases can be surgically fixed, more often a broken collarbone will be allowed to heal naturally with rest and monitoring. By supporting the arm in a sling and providing pain relief the arm will mend on its own. As with most fractures, there are also often other injuries that may need to be dealt with at the same time. There are many important structures near the collarbone that can also be damaged

including muscles, nerves and blood vessels. In very severe cases, the lung tissue under the collarbone can be damaged causing the lung to collapse.

Physiotherapy and recovery:

Once a treatment plan has been decided by your medical team, your physiotherapist can help you to return to your pre injury strength and mobility with a full rehabilitation program.

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. Teapot

2. A computer or car engine

3. Matchstick

Zucchini Parmigiana

Ingredients:

1 Large Fresh Zucchini
2 Cups Pureed Tomatoes
4 Large Fresh Basil Leaves
1 Small Clove of Garlic
50g Polenta
100g Mozzarella Cheese
Salt and Pepper
Olive Oil



- Preheat oven to 190 degrees Celsius. Wash and cut zucchini into slices approximately 1cm thick.
- In a large saucepan add diced garlic, salt and pepper, tomato puree and basil. Cook sauce for about 10-15 minutes, reduce heat and simmer.
- Coat each zucchini slice in oil and cover in polenta. Fry each side in a frying pan on medium heat. Place in a baking tray and cover in tomato sauce. Sprinkle mozzarella on top.
- Bake for 20 minutes or until cheese is melted and golden. Chop basil and sprinkle on top.

Serve when ready.

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Physiotherapy

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