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The Best Posture Is Your Next One

For years the general advice has been that good posture protects your back. Sit up straight, pull your shoulders back, do not slouch. Parents, teachers, and workplace guidelines all repeat it.

While it does make sense on the surface, the truth seems to be somewhat simpler. What seems to help most is regularly changing the position you are in through the day. Not aiming for perfect alignment at all times.

That seems to be good news for people with 'bad posture'.

Despite decades of that advice, research has actually not found a strong link between any specific posture and back pain. People with very upright posture can still have chronic pain, and long-term slouchers are often perfectly comfortable.

What Does Matter

What matters more is how long you hold any one position, how much you move across the day, and how well your tissues are conditioned to handle everyday loads.

Bodies are built to move. Hold any position too long, whatever it is, and muscles fatigue, joints stiffen, and discomfort builds. You can feel sore after three hours in an ergonomic chair, or stiff after the same time standing at a desk.

Vary Your Position

The aim is variety across the day. A few simple habits help:

- Change position every 20 to 30 minutes.

Set an alarm for yourself at work if you find



yourself too engaged in a task to remember.

- Move regularly through the day with short walks, stretches, or a few flights of stairs to break up long spells of sitting.

- If you're needing to be in a fixed posture for long periods of time, create a stretching routine that helps to compensate.

How Physiotherapy Can Help

If you are finding that you are having pain after any activity that requires long periods of time in one posture, come and have a chat with us. We can identify if the set up isn't quite right or if there are some factors at play that are leading to any pain or irritation.

This is particularly relevant if pain from working in an office is part of your concern, as we rarely spend more time one place than we do at the work desk. If an office desk setup isn't quite suited to you, you're actually more likely to fix in one posture to compensate.

Speak for our team for ideas on how to keep yourself moving throughout the day and stay out of one fixed posture.

Neck Pain



A common cause of neck pain is thoracic stiffness. Regular exercise that helps keep the spine flexible such as pilates can be extremely beneficial if you suffer from neck pain and headaches.



Brain Teasers

1. You are running in a race. You overtake the person in second place. Where are you coming in the race now?
2. What gets smaller every time it takes a bath?

PHYSIOFUNNY.

Q. WHAT EXERCISES
DID THE PHYSIO
GIVE THE PIRATE

A. PLANKS!

Understanding Shin Splints

Most runners and walkers have, at some point, been warned about getting the dreaded 'shin splints'. While it's a widely known term, it can actually refer to a variety of different conditions, each of which require a different treatment or approach to help heal.

In most cases these conditions can easily be told apart with a careful history and physical examination, without needing any additional diagnostic imaging. The most common of these conditions are as follows:

Medial Tibial Stress Syndrome

This is what most people would refer to as the classic shin splints. It is usually felt as a diffuse ache along the inside edge of the shin that warms up during activity and is often sore again afterwards. It is common in runners who have increased their training load, changed running surfaces, or have weak calf and hip muscles. It usually responds well to load management, strengthening, and a gradual return to running.

Tibial Stress Fracture

A stress fracture tends to cause a sharper, more localised pain over a specific point on the bone, which can be present at rest and gradually worsens over time. It is important to pick up early, as it needs a period of reduced impact and sometimes imaging to confirm. Continuing to run on it can make the injury worse.

Tendinopathy of the Shin Muscles

Tendinopathy causes pain along the front or inside of the shin that is usually felt as the foot moves. It is common in hikers, newer runners, or people whose footwear or training surface has recently changed. It tends to respond well to a progressive tendon loading program.

Chronic Exertional Compartment Syndrome

This is a less common cause. The pain builds up predictably during exercise, often with a feeling of tightness or pressure, and settles within a few minutes of stopping. Some people also notice numbness, foot drop, or weakness while running. Diagnosis usually involves specialist testing.

Nerve Irritation

Sometimes shin pain is referred from the lower back or comes from irritation of a local nerve. Pins and needles, numbness, or a burning quality are common clues.

How Can Physiotherapy Help?

Each of these conditions requires a different treatment approach, some are much more serious than others. Your physiotherapist will conduct a thorough assessment to identify the most likely cause of your shin pain and the factors contributing to it. In many cases the diagnosis is clear at the first visit, and a realistic plan to get you back to running or walking can be built from there.

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. Second Place 2. Soap

Coconut and Date Bliss Balls

Ingredients

- 1 cup Raw Almonds
- ¼ cup Coconut Flakes
- ¼ tsp. Vanilla Paste
- 5 Medjool Dates, pitted
- ½ tsp. Cinnamon
- 1 Tbsp. Water
- 1 Tbsp. Honey
- 1 tsp. Salt



1. Soak dates in a bowl of hot water ahead of time for at least an hour.
2. Combine almonds, coconut, cinnamon and salt into a food processor and blend until small crumbs appear.
3. Remove dates from water and add to the food processor along with the rest of the ingredients and blend for two more minutes.
4. When ingredients are mixed thoroughly, roll into balls and refrigerate to set. Cover in coconut flakes if desired.


Physiotherapy

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