



VENICE - ITALY

How Physiotherapy Can Help Injury Healing

There is no doubt that the human body can be resilient. The body is capable of recovering from amazing amounts of damage, including broken bones. Perhaps because of this, many people feel that physiotherapy treatment can only speed up recovery and if they are not elite athletes then simply letting nature take its course is the best, and most cost-effective choice for them.

Speed of recovery, however, is only one very small measure of physiotherapy success and fails to fully represent how important proper treatment is. Here are a few things about injury healing you may not have been aware of.

1. Scar Tissue is more likely to form without treatment.

Scar tissue can cause ongoing pain and stiffness in skin, muscles and ligaments. Physiotherapy can prevent excess scarring through advice regarding movement, massage and other hands-on treatment.

2. Your ability to sense the position of your body, known as proprioception, is often damaged after an injury and can be retrained.

Impaired proprioception is a major factor in re-injury. If you've ever heard someone say "my knee/ankle/shoulder still doesn't feel 100%" then this could be why. Physiotherapy treatment aims to restore proprioception as a part of standard rehabilitation.

3. After healing, your body may not be the same as before.

Injured ligaments may be weaker, tor muscles and joints may be stiffer and tighter. While the original pain may resolve, there may still be some residual issues that need to be addressed to prevent rei-njury.



4. You may have picked up some bad habits while waiting for the injury to heal.

While in pain, we often change the way we do things, which can lead to the development of poor movement patterns and muscle imbalances. Even though the pain has gone, these new patterns can persist and create further problems down the road.

5. Injuries don't always heal completely.

On rare occasions, circumstances may prevent an injury from healing fully. The most serious example of this would be a fracture that cannot heal if the bone is not kept still enough.

Other factors that may prevent an injury from healing include poor circulation, diabetes, insufficient care of the injury and poor nutrition.

Your physiotherapist can assess your injury and develop a treatment plan that will both restore you to the best possible function and prevent further injuries.



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Don't wish it
were easier.
Wish you were
better.

— JIM ROHN



Brain Teasers

Solve these body part anagrams

ECAF
RMFOEAR
EKLAN

BUTHM
DHEA
ECKN

Travel Tips

Wear clothing
that allows
you to move
and sit
comfortably

See your physio for
tips on managing
pain while travelling

Tips for Keeping Bones Healthy

Most people know bones get lighter and more fragile with age. Fewer realise how much can be done about it. The right loading can slow bone loss, and often help rebuild bone strength, even later in life.

What Is Osteoporosis?

Osteoporosis is a condition where bones lose density and become more prone to fractures. It often develops with no symptoms until a fracture happens. The spine, hip, and wrist are most affected, and a fracture there can affect independence and long-term health.

Risk factors include age, family history, low body weight, hormonal changes around menopause, smoking, prolonged inactivity, and some medications.

The good news, bones respond to load

Bones are living tissue and respond to how they are used. When they take stress from higher-impact and resistance activities, the body lays down more bone. When they are inactive, bone is lost.

The Three Ingredients of Bone-Building Exercise

- Heavy resistance training. Strength work at 70 to 85 per cent of maximum effort stimulates bone growth. Squats, deadlifts, and overhead presses, carefully graded, work well.

- Impact activities. Brief, controlled impacts such as jumping, hopping, or stepping down from a height give short bursts of loading that stimulate bone formation.

- Balance and coordination. Strong bones help prevent fractures, and strong balance prevents the falls in the first place.

A good program runs two to three sessions a week, combining these elements and progressing over time.

Are there some risks?

Supervised strength and impact training is safe in older adults, even with low bone density, when it is tailored and progressed properly. The risk of doing nothing is generally greater than the risk of well-prescribed exercise.

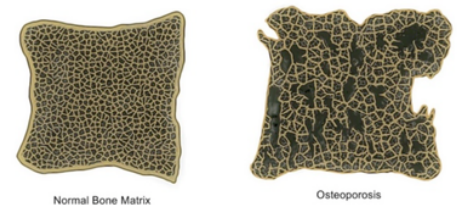
What to Avoid

- Excessive forward-bending exercises, particularly in advanced osteoporosis
- Starting heavy lifting without supervision if you have significant osteoporosis

How Can Physiotherapy Help?

A physiotherapist can assess your bone health history, exercise background, and goals, then build a program that safely includes strength, impact, and balance. We can also work with your GP or specialist so it fits your medical picture.

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: FACE THUMB FOREARM HEAD ANKLE NECK

Grilled Polenta with Rocket and Feta

Ingredients

- 2 cups Instant Polenta
- 5 cups Water
- 100g Parmesan Cheese
- 200g crumbled Feta Cheese
- 2 cups of Rocket Lettuce
- 6 Vine-ripened Tomatoes
- 3 Tbsp Olive Oil



1. Place tomatoes onto a baking tray lined with foil and drizzle with olive oil. Bake in a preheated oven at 170° Celsius for 1hr.
2. Bring water to a boil, reduce to low heat and slowly add polenta, stirring constantly for 6 minutes until polenta is smooth and thick, stir in parmesan cheese.
3. Place polenta onto a chopping board and flatten to 1.5cm height. Place in fridge for 40 minutes to set. Cut into 6cm by 6cm squares and spray both sides with olive oil.
4. Heat medium frying to medium heat, cook polenta pieces on each side for 2-3 minutes.
5. Wash rocket and place on top of baked polenta, cover with feta cheese and drizzle balsamic glaze over top to taste.



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