



CINQUE TERRE - ITALY



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Pregnancy and Physiotherapy

Pregnancy brings with it many changes, including physical, physiological and hormonal. As your baby and body grow, there are shifts to your centre of gravity and weight, and even your joints become more flexible. All of these changes can bring new aches and pains, along with many questions about how to protect your changing body and baby.



Guidelines in this area are usually separated into two categories: what is safe for the baby and what is safe for the mother. Some general recommendations include avoiding activities that may increase your risk of falling, such as skiing or mountain biking. It is also important to avoid overheating, particularly in the first trimester. This means avoiding hot yoga, spas, saunas and hot baths, and not exercising in very hot or humid conditions. Exercise itself is encouraged in most pregnancies; the key is to stay well hydrated and avoid getting overheated.

Activities that are safe for the mother focus on protecting your body from injury during each stage of pregnancy. For example, it is recommended to avoid heavy lifting, and to learn to activate and strengthen your pelvic floor. As your pregnancy progresses, the hormone relaxin acts on your joints and ligaments to help them become more flexible. This means your joints are a little less stable

than usual, which may slightly affect joint stability during exercise.

How can physiotherapy help?

Physiotherapy can help you at every stage of your pregnancy, with advice for pain management in labour and post-natal pelvic floor health. Finding the right physiotherapist with specialised training can make a real difference to your long term pelvic floor health, helping to prevent incontinence. Your physiotherapist can also help you treat back and pelvic pain that commonly arise during pregnancy. This can help prepare you for birth and help prevent ongoing back pain following the birth as your body readjusts.

This article is not intended to replace medical advice. Speak to your physiotherapist and medical practitioner for more information on how to stay fit, safe and healthy during your pregnancy.



Brain Teasers

Forward I am heavy, but backward I am not. What am I? The word

What English word has three consecutive double letters?

Tips For Managing Knee Pain

Strengthening quads and hamstrings can provide stability to a weak joint as well as reduce stress during weight bearing.



Rotator Cuff Tears

What is it?

The rotator cuff is a group of four small muscles that surround the shoulder joint. Their tendons attach to the humerus close to the joint line, acting as a cuff that supports and controls the shoulder. Their primary role is to stabilise the joint, keeping the head of the upper arm bone centred, and they also help produce rotational movements.

These tears are common and can occur in any of the four muscles. They usually happen within the tendon itself, most often the supraspinatus, near where it attaches to the bone, an area with a relatively poor blood supply. Common in racket and throwing sports, they are a leading cause of shoulder pain, and become more prevalent with age due to degenerative changes in the tissues.

What are the symptoms?

Many people have rotator cuff tears with no symptoms and are unaware of the injury. For others, they can be very painful and make the shoulder difficult to move, particularly overhead. The arm

may feel weak with a restricted range of movement, and pain often radiates down the arm and disturbs sleep at night. Interestingly, the size of a tear does not necessarily relate to the pain and dysfunction experienced, with small tears sometimes creating large problems and large tears going unnoticed.

What are the causes?

A fall onto an outstretched hand is a common cause of acute tears, as are rapid twisting or overstretching movements. However, most tears develop gradually through age related degeneration, where everyday activities damage tendon tissue that has lost strength and elasticity over time. Other causes include overuse, lifting or carrying heavy objects and repetitive overhead activities.

Poor biomechanics and a reduced blood supply over time can weaken the tendons, leaving them more susceptible to injury. This is a significant factor in both the development of tears and recovery outcomes.

How can physiotherapy help?

The main objectives of physiotherapy are to reduce pain, increase range of motion and strength, and improve shoulder

function. Your physiotherapist will help you set goals and reach them with a targeted rehabilitation program, manual therapy and education to get the most from your recovery.

While some tears are repaired surgically, research increasingly shows that for many tears, including some larger degenerative ones, a comprehensive rehabilitation program can achieve outcomes comparable to surgery. For this reason, a conservative approach is often recommended as the first treatment option. The time frame for recovery varies from person to person and depends on factors including whether surgery was chosen, the severity of the injury and function beforehand.

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. Ton 2. Bookkeeper

Chocolate Pistachio Bars

Ingredients:

Filling:

- ½ cup Coconut Oil
- ½ cup Cacao Powder
- ½ cup Almond Butter
- ¼ cup Honey
- ½ tsp Vanilla Extract
- ¼ tsp Salt
- ¼ cup Pistachios, chopped
- ¼ cup dried Raspberries

Chocolate Coating:

- 150g Chocolate chips
- 1 tsp Coconut Oil



1. Add all filling ingredients into a bowl and mix well. Pour into a large tray lined with baking paper, refrigerate for 20 minutes.
2. Once set, cut slice into bite-sized bars and set aside.
3. Carefully melt the chocolate in a metal bowl sitting above a pan of boiling water. Stir through coconut oil as the chocolate melts to improve consistency.
4. Using tongs, dip bars into the chocolate until completely covered and set aside on a tray. Place in the freezer until chocolate has hardened and becomes firm.

Sprinkle with coconut and serve when ready.


Physiotherapy

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