



KAWARAU RIVER - OTAGO

Advance Physiotherapy



www.advancephysiotherapy.net.au

APRIL 2022

Four Things To Avoid With Muscle Tears

Our muscles play an important role in the movement of our body. Without our muscles, we wouldn't be able to bend our elbow or straighten our leg. As our muscles are soft and designed for flexibility, they are also prone to injury and if you have ever had a muscle tear, you know that they can be surprisingly painful.

In the period following a muscle tear, there are a few mistakes we see people make, that can actually make their injury worse and delay healing times. Here are a few of the most common mistakes we see.

1. Stretching

After a muscle tear, the damaged fibres slowly begin to heal and reattach to each other. This process can be quite fragile and during the early stages, aggressive stretching of recovering tissue can impair healing or even lead to more tearing. While gentle stretching a few days after the injury can have a positive effect, you should check with your physiotherapist to ensure you're not stretching too far and causing further damage.

2. Applying H.A.R.M.

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3. Failing to see a physiotherapist

The diagnosis of a muscle tear might seem straightforward, however, there might be more going on than you realize. Many conditions can mimic a muscle tear, or you may have suffered a tear due to an underlying weakness or pathology. Having a physiotherapist confirm your muscle tear or identify another condition is vital to ensuring you recover fully.

Your physiotherapist is also able to identify any factors that could lead to further injury and is able to help restore your tissue to its previous level.



4. Returning to sport too early

One of the most confusing things about muscle tears is that often they become less painful while the tissues are still not completely healed. Many people suffer another tear simply because they return to sport too early. While you may feel as though your tissues are back to full strength, the muscle fibres can still be healing and vulnerable to a tear. It is important to test your injury gradually, starting with gentle exercise and building up to high-intensity activities.

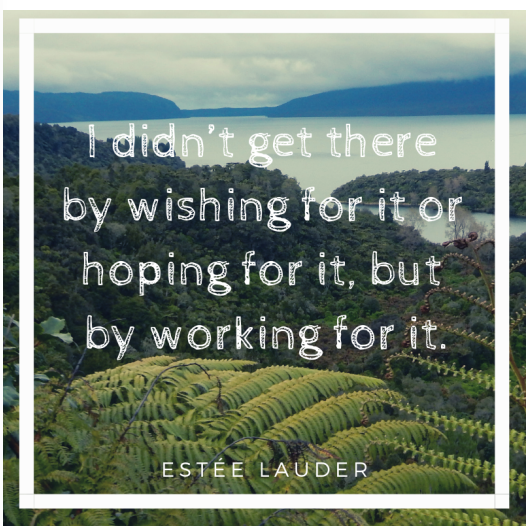
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Riddle Me This

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A girl has as many brothers as sisters, but each brother has only half as many brothers as sisters. How many brothers and sisters are there in the family?



AC Joint Sprains

What is it?

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How does it happen?

The usual way this joint and its ligaments are injured is a force that separates the shoulder away from the collarbone, usually in a downwards direction. This can occur from a fall into the ground where the top of the shoulder hits the ground first, a rugby tackle or a fall onto an outstretched hand.

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To confirm the diagnosis, your physiotherapist can perform some clinical tests and an X-ray can help to grade the severity of the injury.

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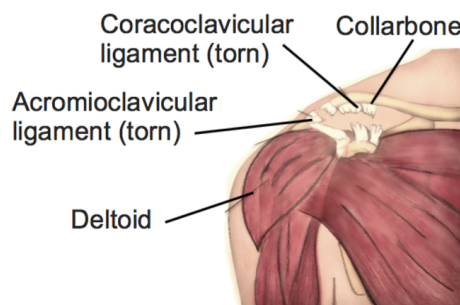
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Our Location:

31 Old North Road
Clare South Australia 5453
Phone 8885 7809

Monday - Thursday
9:00am - 5:30pm
Friday
8:00am - 4:00pm

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Christies Beach
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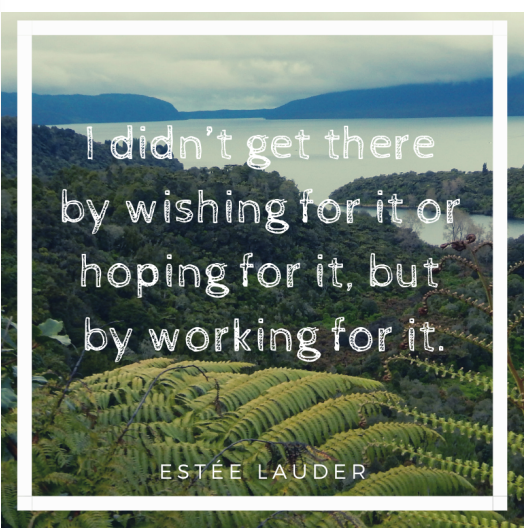
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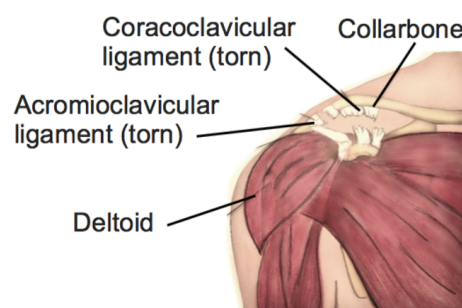
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GET IN TOUCH

T (08) 8382 4244

Christies Beach Manipulative
Physiotherapy
19 Hunt Crescent, Christies
Beach, SA

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CHURCHYARD
PHYSIOTHERAPY

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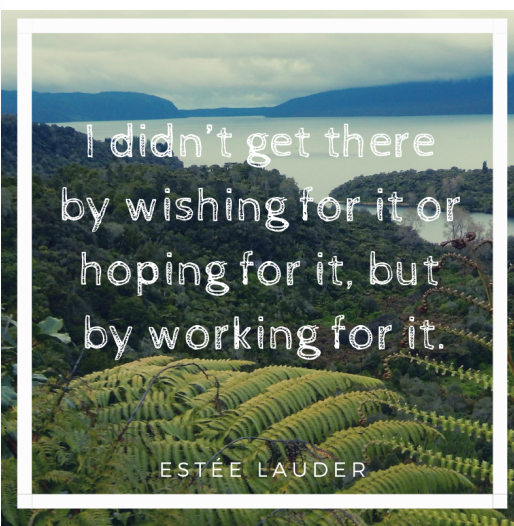
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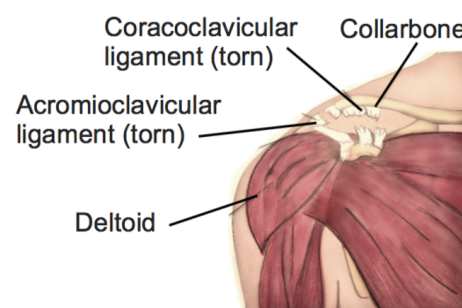
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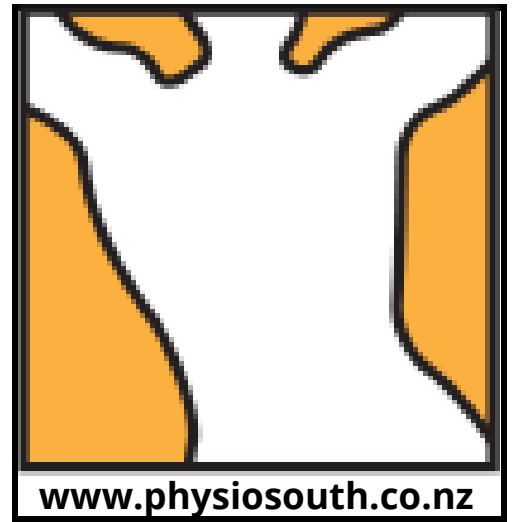


Clinic Hours

TOWN CLINIC - 193 Broadway
Ave, Palmerston North
MON & THURS 8am - 7pm
TUE & WED 8am - 5pm
FRI 8am - 4pm

MASSEY CLINIC - Massey
University Sport and
Recreation Centre
MON - THUR 8am - 5pm
FRI 8am - 4pm

For appointments call
(06) 354 8008



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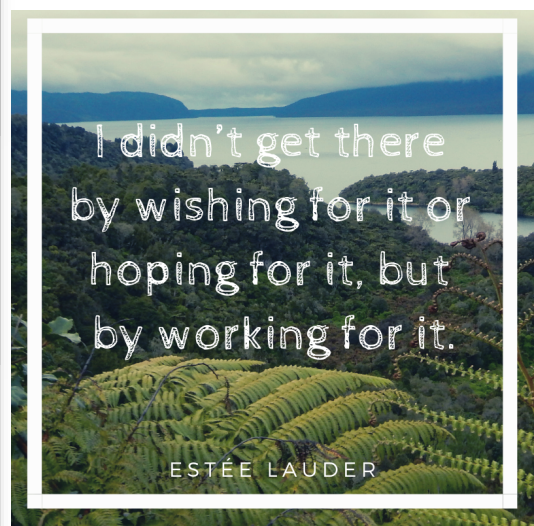
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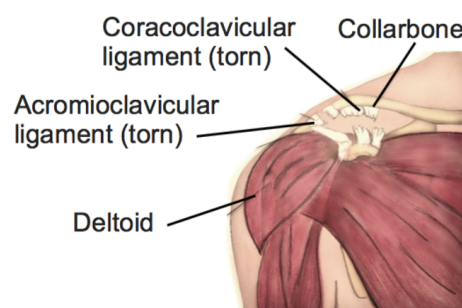
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COLOMBO
167 Colombo Street

PIONEER
Pioneer Leisure Centre
75 Lyttelton Street

CITYFITNESS MOORHOUSE
250 Moorhouse Avenue
Level 2, Harvey Norman Building

MOORHOUSE MEDICAL
3 Pilgrim Place

CITYFITNESS NORTHWOOD
1 Radcliffe Road,
Northwood, Belfast Supa Centre

RICCARTON
4-6 Yaldhurst Road

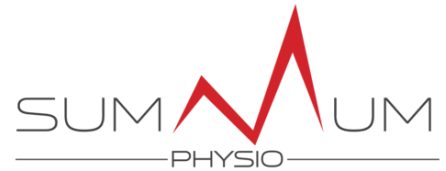
LINWOOD
20 Buckley's Road, Eastgate Mall
-upstairs in the Linwood Medical
Centre

KAIAPOI
Unit 6/77 Hilton Street

PEGASUS
52 Pegasus Main Street



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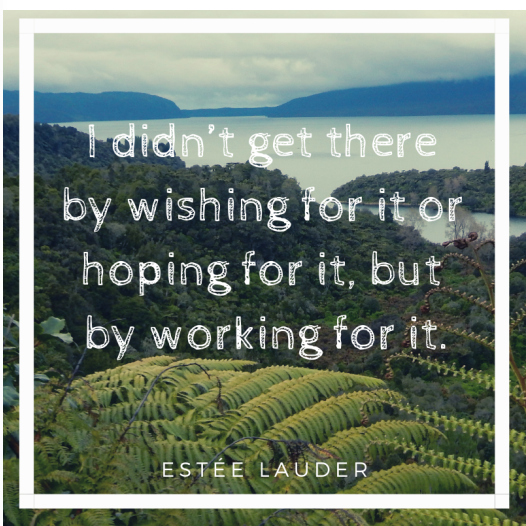
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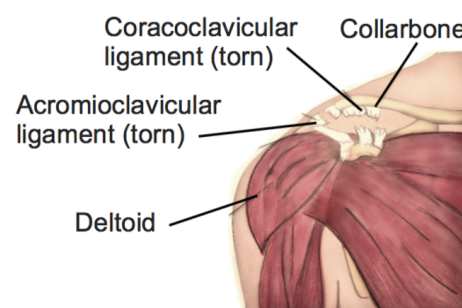
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Answers: 1. Three: A blonde, a brunette and a redhead. 2. Four sisters and three brothers

Baby Carrot and Almond Salad

Ingredients

- 1 bunch Baby Carrots
- 1 tbsp White Wine Vinegar
- 1 tsp Honey
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- 1 tbsp Peanut Oil
- 2 tbsp Almonds, roughly chopped



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Our location

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QC H4P 1W7

**For Appointments Call
(514) 506-7788**

www.physiosummum.com



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www.sportspphysioandrehab.com.au

APRIL 2022

Four Things To Avoid With Muscle Tears

Our muscles play an important role in the movement of our body. Without our muscles, we wouldn't be able to bend our elbow or straighten our leg. As our muscles are soft and designed for flexibility, they are also prone to injury and if you have ever had a muscle tear, you know that they can be surprisingly painful.

In the period following a muscle tear, there are a few mistakes we see people make, that can actually make their injury worse and delay healing times. Here are a few of the most common mistakes we see.

1. Stretching

After a muscle tear, the damaged fibres slowly begin to heal and reattach to each other. This process can be quite fragile and during the early stages, aggressive stretching of recovering tissue can impair healing or even lead to more tearing. While gentle stretching a few days after the injury can have a positive effect, you should check with your physiotherapist to ensure you're not stretching too far and causing further damage.

2. Applying H.A.R.M.

Most of us are aware of the acronym R.I.C.E (rest, apply ice, compress the area and elevate). The acronym H.A.R.M is less well known and is used to remember the things you shouldn't do after an injury. This stands for applying heat, drinking alcohol, running or massage. All of these activities can increase swelling, pain and increase the damage of the injury in the first 48-72 hours.

3. Failing to see a physiotherapist

The diagnosis of a muscle tear might seem straightforward, however, there might be more going on than you realize. Many conditions can mimic a muscle tear, or you may have suffered a tear due to an underlying weakness or pathology. Having a physiotherapist confirm your muscle tear or identify another condition is vital to ensuring you recover fully.

Your physiotherapist is also able to identify any factors that could lead to further injury and is able to help restore your tissue to its previous level.



4. Returning to sport too early

One of the most confusing things about muscle tears is that often they become less painful while the tissues are still not completely healed. Many people suffer another tear simply because they return to sport too early. While you may feel as though your tissues are back to full strength, the muscle fibres can still be healing and vulnerable to a tear. It is important to test your injury gradually, starting with gentle exercise and building up to high-intensity activities.

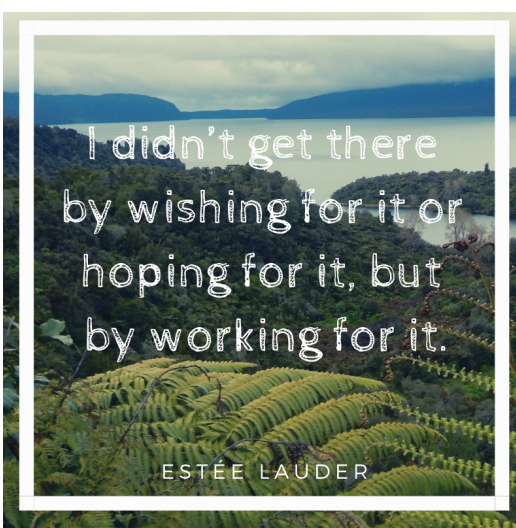
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Riddle Me This

A man describes his daughters, saying, "They are all blonde, but two; all brunette but two; and all redheaded but two." How many daughters does he have?

A girl has as many brothers as sisters, but each brother has only half as many brothers as sisters. How many brothers and sisters are there in the family?



AC Joint Sprains

What is it?

The AC (acromio-clavicular) joint is a thick fibrous joint that connects the top of the shoulder blade to the outer end of the collarbone. The joint is required to be strong and supportive and is the primary way in which weight-bearing forces are transferred from the upper limb to the rest of the skeleton. The joint is connected by three strong ligaments, the Acromioclavicular, Coracoclavicular and Corocoacromial ligaments.

How does it happen?

The usual way this joint and its ligaments are injured is a force that separates the shoulder away from the collarbone, usually in a downwards direction. This can occur from a fall into the ground where the top of the shoulder hits the ground first, a rugby tackle or a fall onto an outstretched hand.

What are the symptoms?

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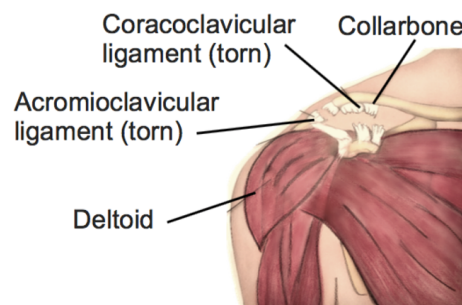
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Running Tips

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call us to make an appointment



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I didn't get there
by wishing for it or
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ESTÉE LAUDER

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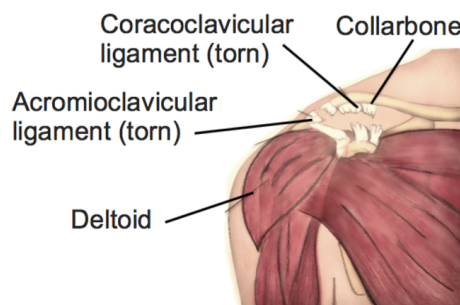
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