



QUALITY OF LIFE PHYSIOTHERAPY UPDATE

EXERCISE YOUR BODY AND MIND

Brain Games

(Answers at the bottom of page)

- What comes once in a minute, twice in a moment, but never in a thousand years?
- What has many keys, but can't even open a single door?
- What tastes better than it smells?

Breakfast Cookies

(<http://afitphilosophy.com>)

1. 2 bananas
2. 1 cup quick oats
3. 1 tsp cinnamon

Instructions

1. Pre-heat oven to 180 degrees
2. Mash bananas with fork
3. Add oats and cinnamon, mix well
4. Divide mixture into 1 tbsp balls and place onto baking sheet
5. Bake for 15 minutes.



ANSWERS:

The letter "m", a piano, a tongue.

JULY 2017 | VOLUME 3 | ISSUE 7 | OSBORNE PARK

Osteoarthritis

As people age, some can develop osteoarthritis (OA). So what is OA and how does it impact on you and what can be done to improve your quality of life.

What is OA?

OA is a degenerative condition that affects the joints of the body. It occurs when cartilage between the bones breaks down leading to pain, stiffness and swelling. The picture below is of the knee joint.

Osteoarthritis (OA) - Definition

Osteoarthritis may result from wear and tear on the joint



•The normal cartilage lining is gradually worn away and the underlying bone is exposed.

Causes of OA

OA has no specific cause but several factors can increase the risk of developing OA. Factors include excess weight, injury or overuse, muscle imbalance and your genes

- Excess weight: being over-weight puts additional pressure on your hips and knees. Gradually over time the extra weight may cause the cartilage to break down faster.
- Injuries and overuse: repetitive movements or injuries to your joints can lead to increased damage to your cartilage. Standing for long periods, heavy lifting or repetitive bending can make the cartilage wear away.
- Muscle imbalance: if the muscles supporting the joint are weak it can lead to altered movement of the joint.

- Genes: genetic traits may make a person more prone to developing OA, such if they have poor joint alignment or poor cartilage formation.

Things to do to help protect your joints

- Exercise: maintaining muscle health and strength will help to prevent joint misalignment
- Weight management: maintaining a healthy weight will decrease the load through your joints
- Stretching: prevents muscles from getting too tight and sore and thus helps to prevent muscle imbalances around the joint
- Physiotherapy: can provide you with an individualized exercise program to strengthen the muscles around the joints, improve range of movement, help to correct any muscle imbalances and reduce pain.

Exercises to reduce help reduce pain and improve function

- Aerobics/Endurance. Current recommendations suggest you undertake 150 minutes of moderate-intensity aerobic exercise per week OR 75 minutes of vigorous-intensity aerobic exercise per week OR an equivalent combination of moderate and vigorous exercise.
- Strengthening muscles with hand or leg weights can help protect your joints and alleviate pain.

