

# MOVEMENT & RECOVERY

a ReLiva Physiotherapy monthly newsletter

www.reliva.in

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## FIRST NEWSLETTER



Dear Reader,

In this auspicious month of Ganesh Chaturthi, as you prepare to welcome the Lord of success & wisdom, the remover of all obstacles, we are glad to invoke his blessings and share with you our first newsletter.

This newsletter is part of ReLiva's commitment towards healthy and fit neighborhoods and communities. We would endeavor to keep you informed about health topics relevant to you from a physiotherapy perspective. In order to not flood your mail box, we have kept it as a monthly initiative.

Your inputs and feedback on how we can improve this newsletter would be greatly appreciated. We look forward to hear from you.

Editorial Team,  
ReLiva Physiotherapy & Rehab

## LOW BACK PAIN YOU ARE NOT THE ONLY ONE

Low back pain (LBP) is very common and reported by 80% of people at some time in their life but a lot of people just live with the pain. Many a times, LBP is not serious and will usually get better with rest and movement. For everyday causes of lower back pain, standard at-home pain management is a reasonable approach. In fact, most cases of lower back pain are caused by a muscle strain and will get better relatively quickly and do not require medical treatment.

However, it may be serious, if you are suffering with pins & needles, numbness, referred pain, extreme pain, headaches, problems with speech, vision or hearing; in which case - please seek medical help immediately.

There are things you can do to help relieve the common back pain. But sometimes the pain can last a long time or keep coming back. If pain has lasted longer than one or two weeks, or begins to interfere with your mobility and daily activities, you should seek help from a trained medical professional for quick relief and recovery.

### Quick Tips to keep back pain away

1. Keep posture in mind
2. Have a good night's rest
3. Keep your back supported
4. Movement - Exercise regularly

You could find some very easy and convenient exercises for your back in the office setting on our website, at:

<http://reliva.in/physio-knowledge-center/5-minute-office-stretch-back-neck-pain>



## PATIENT SPEAK

Effective and sustainable recovery of our patients has always been our goal. Feedback like these makes it worthwhile...

*"I would like to compliment ReLiva Vashi Centre for doing a great job. I had severe pain in my right ankle for over 2 months due to an injury. Dr. Prachi and the centre head Dr. Anuradha did a wonderful job and addressed the problem in a systematic and consistent manner and I am able to move now without any issues." - Mr. Seshadri, Vashi*

ReLiva - the Physiotherapy Specialist  
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## RUN or REST: Preventing Common Running Injuries

Many runners will experience injury at some point in their running career. Most injuries sustained by runners are, what are termed 'overuse' or 'repetitive strain' injuries. Most of these are minor and will not affect them greatly. But there could be others, that could threaten to prevent them from enjoying their sport temporarily or, in the worst cases, permanently. The top **5 most common running injuries** include :

1. Runners knee (Knee pain)
2. Plantar fasciitis (Foot and Heel pain)
3. ITB friction syndrome (Outside of the Thigh pain)
4. Shin Splints (Shin bone pain)
5. Achilles tendon injury (Back of the Ankle and Heel pain)

First time runners need to be extra careful. If your body is not strong enough, or if you follow bad training practice, this can often result in overuse injuries.

### How does one prevent them?

- Improve and maintain your muscular flexibility by stretching exercises
- Keep up with muscle strengthening exercises
- Increase your mileage gradually and periodize your training schedules
- Cross train
- Wear correct type of running shoes based on your foot type & running technique
- Never ignore rest days
- Stay hydrated and eat a well balanced diet

If you do feel your legs are heavy and tired while running and you're carrying a niggle that you're worried could become more serious, it is best to stop and rest for a few days, giving the body a chance to recover at an early stage itself.

### IN THE NEWS

#### RELIVA IN PUNE

We are glad to inform you that physiotherapy care from ReLiva, is now available in Pune. Our latest clinic opened on 2<sup>nd</sup> July in Kalyani Nagar, Pune.

**Address:** ReLiva Physiotherapy, Seniority, Road Number 9, Goodwill Enclave, Kalyani Nagar, Pune, Maharashtra 411006

## ICE vs HEAT

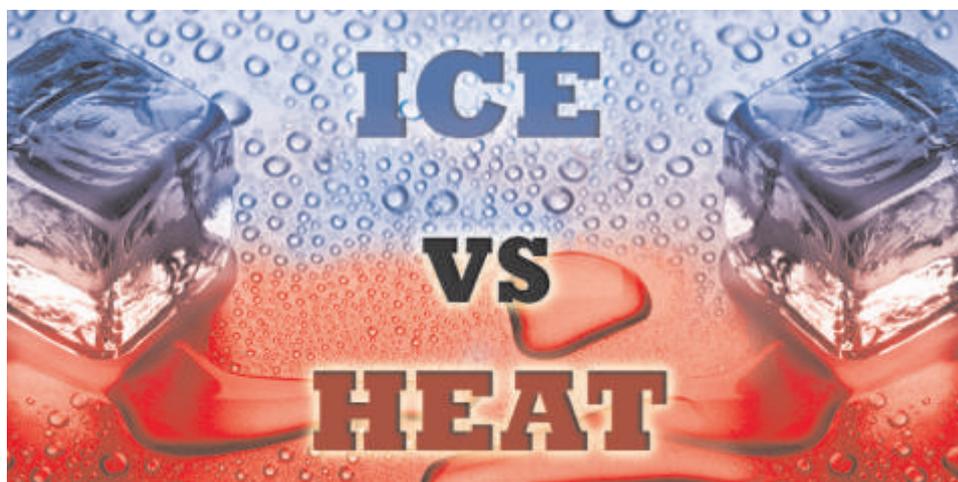
### What's Your Choice Of Treatment?

Ever had any doubts regarding application of ice or heat in case of acute pain?

We hear this question very often as to how to choose ice vs heat as a choice of treatment. Well, remember ice is for fresh injuries & heat is for stiff, chronic aching muscles. Acute injuries cause the soft tissues to inflame, turn red, hot & swollen. Icing is mostly a mild, drugless way of dulling the pain & inflammation. On the other hand, chronic pains usually involve a lot of tension in the muscles & soft tissues. Comfortable bearable heat will likely soothe these tensed muscles.

More importantly remember- WHAT ICE & HEAT ARE NOT FOR?

Both ice & heat are pointless when not needed. Heat can make acute inflammation significantly worse & ice can aggravate symptoms of tightness & stiffness. In fact it can also make any pain worse when it is unwanted. So, if you add heat to a fresh injury, watch out: it's going to get worse. Instead apply ice & CHILL.



### LIKE THIS NEWSLETTER?

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