

MOVEMENT & RECOVERY

a ReLiva Physiotherapy monthly newsletter

www.reliva.in

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WORLD PHYSIOTHERAPY DAY

Dear Reader,

World Physiotherapy Day is on 8th September. We at ReLiva take this as an opportunity to raise awareness about the crucial contribution the profession makes to keeping people well, mobile and independent.

We are glad to share with you that we will be offering **FREE CONSULTATION on 8, 9, 11 & 12 September**, across all our clinics. This is part of ReLiva's commitment towards healthy and fit neighborhoods and communities.

We look forward to hear from you.

Editorial Team,
ReLiva Physiotherapy & Rehab

**FREE CONSULTATION on
8, 9, 11 & 12 September**

AGEING KNEES DON'T GO WEAK IN YOUR KNEES



Do you hear a sudden click in your knee while bending down? Do your knees hurt while squatting? Well, your knees are trying to convey their ageing story. It may not be wise to ignore the click sound, minor pain or swelling once you have crossed your 50's.

Osteoarthritis (OA) is common among ageing population and one of the leading causes of disability. It is the second most common problem & the most frequent joint disease with a prevalence of 22% to 39% in India.

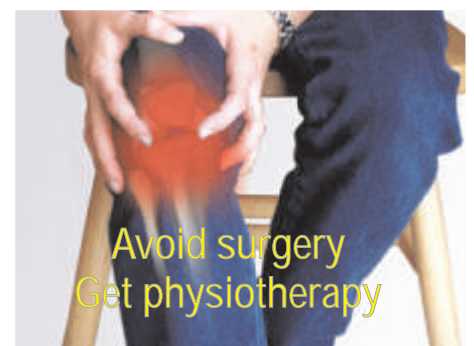
In Knee OA, the cartilage in the knee joint gradually wears away and it becomes frayed & rough and the space between the bones decreases. Arthritic knee usually begins with symptoms of joint click, pain and swelling that worsen in the morning. Knee arthritis can make it hard to do many activities such as walking and climbing stairs.

If unattended; the joint may become stiff & swollen, making it difficult to bend & straighten the knee. The knee may "lock" during the movement. It may creak, click, snap or make a grinding noise (crepitus). The pain can cause a feeling of weakness or buckling in the knee. Weather changes usually aggravate the symptoms - You may notice increased knee pain during rainy & cold weather.

Since OA is a degenerative condition; the damage occurred cannot be reversed. But timely intervention in the form of regular exercise and early Physiotherapy can arrest degeneration & maintain joint integrity.

Easy ways to manage OA knee :

- Manage your weight
- Keep a check on your Calcium & Vitamin D levels
- Avoid offending movements like squatting
- Do not delay : address the signs of pain in time
- Specific knee exercises



PATIENT SPEAK

Effective and sustainable recovery of our patients has always been our goal. Here is a recent feedback...

"Approximately 5 years back my knee cap was dislocated and I got a ligament tear. It got cured but this caused early aging of knees & my knee pain resurfaced after a few years. I couldn't perform my routine activities with ease. Here at ReLiva, I had a very positive experience & my condition is much better now. Dr. Supriya took persistent efforts with a lot of patience. Apart from focusing on my knee pain, Doctor also took efforts to improve overall muscle strength of my leg. I am really thankful for the extended support from ReLiva staff."

- Manisha Narvekar

ReLiva - the Physiotherapy Specialist
Call +91 992099 1584 for enquiry or visit www.reliva.in

IN THE NEWS



RELIVA IN SAPPHIRE HOSPITAL, KALWA

We are glad to inform you that physiotherapy care from ReLiva, is now available in Sapphire Hospital.

Sapphire, a 142 bedded Multi Speciality hospital in Kalwa, is one of the most modern and well equipped hospitals in Thane.

**FREE CONSULTATION on
8, 9, 11 & 12 September at all
ReLiva Clinics**

Physiotherapists keep people active



Physiotherapist to your Rescue

All healthy adults need to be physically active. Globally, around 26% of adults aged 18 and above are not active enough. Physical activity and exercise help people lead happy and healthy lives.

Injuries when not healed properly could cause lack of activity. The sooner you attend to your injury / aches & pains, the lesser time they are likely to take to heal and recover to your original activity level.

Physiotherapists keep people moving through interventions which maximize strength and mobility. Through advice and exercise programmes they support people of all ages to achieve their activity goals.

Buttock Pain : Blame Your Heavy Wallets

Do you experience a sharp pain right at the centre of your buttock; especially when you sit? Do you get a sharp shooting pain radiating down your legs?

Well, this could be because of your big fat wallet. When it comes to wallet, size matters !

Carrying a big wallet in your back pocket can cause a major trouble to your back & buttocks. Your wallet may be a one stop locale for keeping your cards, cash, bills & coins. But sitting with heavy wallets in your back pocket can put a lot of stress on your buttocks, back and hip.

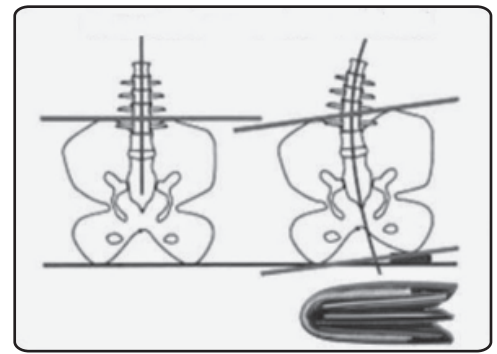
The problem starts when your nerve in the buttock, known as SCIATIC NERVE gets pinched between your wallet & buttock. It causes pain in your hip and/or buttock. It can also cause pain all the way from your buttock down your leg.

Stuffing a wallet in your back pocket also tilts your pelvis to one side which puts more stress on your spine.

Bigger the wallet; the more lopsided you sit & the acher your buttocks would be.

To minimize the stress on your buttock & spine, a small wallet that holds only the essentials is recommended. Instances of pain can be effectively managed by Physiotherapy treatment.

So carry a smart wallet without wrecking your back.



Physical activity isn't just exercise.

It can include also **working, playing, household chores and travelling.**

Physical activity improves muscular strength

Physiotherapists help you exercise safely to improve your flexibility, strength and function



Physical activity improves fitness

Physiotherapists help you take control of your health and stay well



Physical activity helps to reduce the risk of falls

Physiotherapists help to improve balance which reduces the risk of falling, hip and vertebral fractures



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