

MOVEMENT & RECOVERY

a ReLiva Physiotherapy monthly newsletter

www.reliva.in

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DIWALI GREETINGS

Dear Reader,



We wish you a safe, healthy and happy Diwali. Enjoy the festivities in a responsible manner and there shall be light of good health, joy & prosperity in your life and that of your loved ones.

We are delighted to share that we received a fabulous response to our special offer on the World Physiotherapy day, last month. We thank you for making good use of the opportunity and supporting us in our endeavor to support and encourage healthy and fit neighborhood and communities.

We look forward to hearing from you.

Editorial Team,

ReLiva Physiotherapy & Rehab

PLANTAR FASCIITIS IT'S A PAIN IN THE HEEL



Heel pain is a common foot condition. One may experience intense pain while you place weight on your heel. The pain usually builds up gradually and gets worse over time. Walking usually improves the pain, but it often gets bad again after walking or standing for a long time.

This type of pain could be due to the overuse of a tissue known as Plantar Fascia. Plantar Fascia is a broad, thick band of tissue that runs from under the heel to the front of the foot, helping to maintain the arch of the foot. In Plantar Fasciitis, the pain is felt under the heel and usually on the inside, and sometimes along the arch, mostly on walking and running.

Things You Must Know About Heel Pain :

- People who run or jog regularly, and older adults who are 40-60 years of age, are the two main groups affected by heel pain. Overweight individuals are also more at risk.
- **Correct diagnosis:** Heel pain could be caused due to different reasons. Let a qualified doctor diagnose the correct reason.
- **Rest your heel:** This may not be easy. But avoiding walking long distances and standing for long periods will surely help.
- **Pain relief:** Techniques such as icing, massage, ultrasound or electrical muscle stimulation can help to reduce the pain.
- **Stretching** the calf muscles and the plantar fascia and **strengthening** of the intrinsic foot muscles can improve the foot mechanics and relieve the stress on the fascia.
- **Foot mobilizations and supportive taping** is also known to have worked well.
- **Use of well fitting, appropriate shoes/orthotics:** Use of well fitting, appropriate shoes/orthotics.



Read more at : www.reliva.in/physio-knowledge-center/plantar-fasciitis-heel-pain/

PATIENT SPEAK

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

"I had been experiencing heel pain for two long years... especially, during the winters. Finally, I came to ReLiva to seek some comfort and pain relief. And I am happy to say that it really helped me a lot and I am much better now. The doctors and the staff at ReLiva is really attentive and very caring. Thank you ReLiva!"

- Mrs. Ranjana Barhale, Nerul Clinic

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ACHING MUSCLES AFTER DIWALI CLEANING?

It could be DOMS

DOMS is a pain or discomfort that occurs as a result of muscle damage after a strenuous exercise. It usually appears one or two days after the damage is done and can last for several days. The severity depends upon how much the muscle is damaged causing swelling, leading to the pain, stiffness and weakness

How to reduce DOMS:

- Rest and Recover
- Massage in the affected area
- NSAIDs may be used for pain relief
- Try an Icing or Contrast Water Bath
- Perform Gentle Stretching
- Keep yourself hydrated
- Warm Up before your next workout

Tips to Help Prevent Muscle Soreness After Exercise:

- Warm up thoroughly before any intense activity
- Cool down with gentle stretching after the intense activity and / or workout
- Progress gradually in a new program allowing the muscle time to adapt to new stress
- It is also important to allow the muscle to recover from work by giving sufficient rest periods



HOW TO KEEP AWAY FROM ZUMBA INJURIES

Last month we had three patients coming to our clinics, who had suffered injuries while doing Zumba. Interestingly, all had the same issue - pain in their knees. Zumba is the closest you could get to having fun and having a cardio workout at the same time. And surely, it's popular! But like any other sport, there is a risk of getting aches and pains. How do you fix it? If you have no pre-existing conditions that have caused trouble in your knees earlier, you could easily prevent injuries during Zumba.

Love Zumba ? Here are few tips to avoid Zumba injuries:

1. Check your shoes – are they comfortable and not too tight?
2. Do not use your running shoes for Zumba. Instead, go for shoes meant for cross-training or dancing ie. those with a flat base.
3. Choose an appropriate level. Not all Zumba classes are equal. Some are designed for first-timers and beginners, while some are targeted at regulars.
4. Minimise or best to avoid pivoting movements during Zumba. Make sure you are always keeping your knees pointing in the same direction as your toes.

WHAT IS DELAYED ONSET MUSCLE SORENESS (DOMS)?

Ever feel achy a couple of days AFTER a workout or physically demanding day?

DAY 1

The Workout
You have intense physical activity.

DAY 2

The Calm
You feel tired, but strangely okay.

DAY 3

The Storm of Pain
BAM! You feel incredibly achy and sore. That's DOMS!

IN THE NEWS

RELIVA EXPANDS ITS FOOTPRINT: OPENS IN MULUND, MUMBAI

Residents of Mulund in Mumbai will be able to access quality physiotherapy from ReLiva in their own neighbourhood from **1st September, 2017.**

Address: ReLiva Physiotherapy, 1, Vimal Building, BPS Road & Cross Road No 4, Near Devi Dayal Road Garden, Mulund (W)

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