

MOVEMENT & RECOVERY

a ReLiva Physiotherapy monthly newsletter

www.reliva.in

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WELCOME WINTERS

Dear Reader,

Mercury has begun to drop and it surely means an enjoyable weather.

The dip in temperature along with the increasing pollution may also trigger chronic aches & pains and lung conditions like cough & cold and other chronic conditions like Asthma and COPD.

In this issue, we bring you advice to manage and deal with a few of these concerns.

Do write to us and let us know what would you like to read about, in the next issue.

Editorial Team,

ReLiva Physiotherapy & Rehab

COUGHING HARD? FINDING RELIEF FOR COPD



Winters are on their way and we are sure you must be waiting for those mornings under your cozy quilts. But these winters are also responsible for aggravation of many pulmonary conditions like asthma, bronchitis, emphysema etc. So let's understand the big umbrella comprising of these lung conditions.

Do you feel breathless with the change in temperature? Many people mistake their breathlessness & coughing as a part of normal ageing. It's detrimental to take notice of long standing symptoms of cough & breathlessness. These could be the symptoms of progressive lung diseases which fall under the broad category of COPD i.e Chronic Obstructive Pulmonary Diseases.

Cigarette smoking is far away the leading cause of COPD. It may also be caused by inhaling pollutants & is common in workers working in industries leading to secondary inhalation of fumes. At times COPD can also be genetic.

Attending your symptoms on time & visiting a good Chest Physician/ Pulmonologist will help you diagnose the condition & take the necessary measures.

Living with COPD can be stressful but small changes can make a bigger impact on the disease. Here are few tips:

- Understand your lungs
- Oxygen therapy & medications (as prescribed)
- Pulmonary Rehab & special breathing exercises
- Staying healthy & avoiding exacerbations
- Quit smoking & related aggravating factors

Read more at :

<http://reliva.in/physio-knowledge-center/copd-recovery-with-pulmonary-rehab>

**Lung Problems:
Could It Be COPD?**

- Shortness of breath
- Unintended weight loss
- Chronic cough that produces mucus
- Chest tightness, having to clear throat, first thing in the morning
- Wheezing
- Frequent chest infections

PATIENT SPEAK

Recovery of our patients has always been our goal. Here is a recent feedback...

"I used to get very breathless & tired in walking even few steps. I even got hospitalised after I lost breath & blacked out. After discharge, I started treatment with ReLiva. My sessions with ReLiva have helped me immensely in stabilizing my breathing pattern. I even went outside after months, for a short walk in the garden with Dr. Kashmira. At the end of my therapy, I am able to climb steps without losing breath & most importantly, I no longer have to remain hospitalized for loss of breath."

- Anil Rao, Kharghar

ReLiva - the Physiotherapy Specialist
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THOSE THROBBING LEGS

SHIN SPLINTS

Haven't you ever experienced a strong pain and/or swelling in the legs after a strenuous activity using your lower limb (legs) like running or aerobics? It's likely that you are experiencing what is known as shin splints. The area of the pain is at the shin. Tibia, popularly known as shin bone is the larger and stronger of the two bones in the leg below the knee, and it connects the knee with the ankle bones.

Running or repetitive weight bearing on the legs may lead to tension on the muscles around the shin bone. This causes swelling (inflammation) of the tissue around the bone, which causes pain.

Running on hard surfaces like concrete, running on uneven ground, beginning an exercise program after a long , increasing exercise intensity or duration too soon , running in worn out or ill fitting shoes are common causes of shin splints.

What to do?

The treatment of shin splints begins with Rest, Ice, Compression, and Elevation (RICE). All of these should help to decrease the involved inflammation and pain.

Once the pain has subsided, exercise can be resumed, but it must be built up gradually to prevent a recurrence. If the pain resumes, it is best to stop the activity immediately.

How to Prevent Shin Splints?

- Check the condition of your shoes. If they look worn out, or don't give you the support they once did, get a new pair.
- Strengthen calf muscles of your legs.
- Introduce any changes to your activity level gradually.
- Mix high-impact exercises like running with low-impact exercises like swimming.
- Warm up before exercise and stretch after a strenuous activity. This will also help you feel less sore the next day.



IN THE NEWS

RELIVA E-PHYSIO LAUNCHED

Physiotherapy advise that is accessible, convenient and effective brought to you by ReLiva using the latest technology with **Reliva e-Physio** (<http://reliva.physio>)

If you are unable to visit a clinic, you can take physiotherapy advise using an active internet connection and a web browser.



DO YOU KNOW YOUR SUNSHINE VITAMIN

Thought of catching up on sunshine today? The vitamin-D you intend to absorb is often called "Sunshine Vitamin" because your skin produces it by absorbing the sun-rays. We are sure that you know that Vitamin D is important for your bones to be strong.

But did you also know that **Vitamin D helps decrease the incidences of respiratory infection?**

According to the American Journal of Clinical Nutrition, seasonal influenza (during winters & rains) can be reduced with adequate Vitamin D3 supplementation.

Vitamin D not just strengthens your bones by calcium absorption, fights diseases or reduce depression; it also reduces the likelihood of seasonal cough, cold & flu. COPD patients may benefit a lot with sunshine through the acute episodes of respiratory infections during weather changes.

Adequate supplementation with regular breathing exercises (taught by a qualified physiotherapist) can aid in dealing with the episodes better. So next time your child is suffering from recurrent respiratory infections; check out for his/her "sunshine vitamin."



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