

MOVEMENT & RECOVERY

a ReLiva Physiotherapy monthly newsletter

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ReLiva™
Physiotherapy & Rehab

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★ Thank you! ★

APPOINTMENTS

Issue 5 / December, 2017

WELCOME WINTERS

Dear Reader,

So, the winters have officially set in. You can now enjoy the yummy delights of the season and the pleasure of being outdoor with the enjoyable sunshine.

The dip in temperature may also trigger chronic aches & pains and lung conditions. Our pain threshold may go down during winter as the nerve endings get hypersensitive. It can wreak havoc on the ageing body in surprising and avoidable ways.

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

JOINT PAIN? ARTHRITIS CAN AFFECT ANYONE

Joint pain can occur anytime throughout the year, but in the cold and wet months, you may find it harder to cope with.

“Although a change in the weather will not cause arthritis, it can worsen the symptoms” says Dr Swapnaja Joshi (PT), musculo-skeletal specialist. When we are cold, our body restricts how much blood it sends around extremities, like our hands and feet, so that it can focus on supplying vital organs like the heart and lungs. This means we lose less heat from blood circulating near the surface of the skin, but it also means the joints get less blood and, for some, this can be painful.

Dr Joshi explains, *“temperature & weather changes can aggravate the symptoms.”* You may notice increased knee pain in the rainy or cold weather. Since Osteoarthritis (OA) is a degenerative condition; the damage occurred cannot be reversed. But timely intervention in the form of regular exercise or early Physiotherapy intervention can arrest degeneration & maintain joint integrity.

Pain is a protective mechanism to stop further damage but arthritic pain doesn't mean you should dive for the blanket and quit exercising altogether.

Top tips:

- Stay active. Go for a gentle walk everyday.
- Avoid offending movements in case of existing pain.
- Use your largest and strongest joints and muscles for daily tasks. For example, use a bag with a shoulder strap across your back, rather than holding a case or bag in one hand.
- Balance rest with activity. Take breaks as and when needed, but avoid resting for lengthy periods, as this can cause muscle stiffness.
- Practice specific exercises for joints.

ARTHRITIS: PHYSIOTHERAPY CAN HELP YOU

- stay active and independent
- be stronger, fitter & more flexible
- manage your pain



PATIENT SPEAK

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

“My mother had a lot of aches & pains starting from neck, back, elbow, wrist, leg pain – across all joints. ReLiva therapist has been continually attending to these pains and modifying various exercises to suit my mother's condition. She has had great relief: both stiffness and pain have reduced to a great extent.”

- Jitendra R, caregiver for Mrs Sharada

ReLiva - the Physiotherapy Specialist
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MANAGING ASTHMA: LEARNING TO BREATHE EASY

Cold air is a major trigger of asthma symptoms such as wheezing and shortness of breath. People with asthma should be especially careful in winter. A recent Indian Study on Epidemiology of Asthma, Respiratory Symptoms & Chronic Bronchitis (INSEARCH) suggested around 18 million Asthmatics in India which accounts for 3-38% in children & 2-12% in adults.

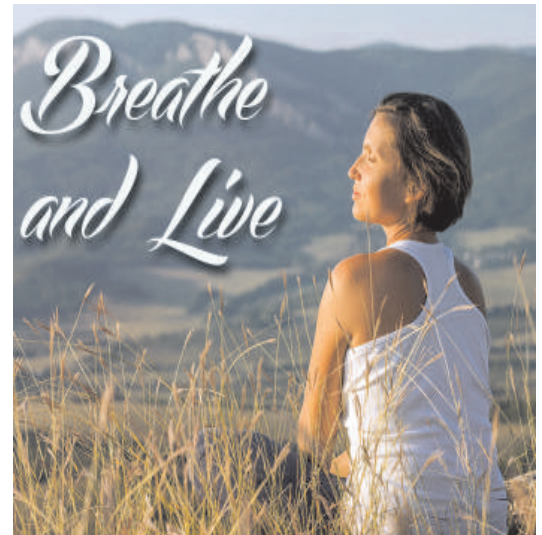
Asthma is a chronic long lasting disease that usually affects the lung which can begin in childhood or adulthood. Without proper care, it can become serious; especially in winters. Asthma patients would usually present with the following symptoms:

- Wheezing in the chest (whistling or whirling sound in the chest)
- Breathlessness either at rest or on activity
- Cough worsening in the night
- Chest tightness & pain due to continuous coughing

The airways of asthmatics are prone to some inflammatory reaction which narrows the airways. They at times become over sensitive to certain substances like pollens or for that matter even cold air. And when the symptoms suddenly flare up; we commonly term it as '**Asthmatic attack**'!

Top tips to prevent or minimise asthmatic episodes:

- Stay indoors on very cold, windy days. If you do go out, wear a scarf loosely over your nose and mouth.
- Be extra vigilant about taking your regular medications, and keep reliever inhalers close by.
- Improve your respiratory endurance with breathing exercises, and respirometry.
- Enroll for Pulmonary Rehab with a physiotherapist, that includes for :
 - Diaphragmatic Breathing
 - Thoracic Expansion &
 - Positioning techniques useful for breathing easily during the episode



DO YOU KNOW : PREGNANT WOMEN COULD GET DIABETES DESPITE NO FAMILY HISTORY

Increasingly common condition affecting pregnant women in India, is high blood sugar or Gestational Diabetes (GDM) despite no prior family history. It is estimated that about 4 million women are affected by GDM in India.

Gestational diabetes is a temporary form (in most cases) of diabetes in which the body does not produce adequate amounts of insulin to deal with sugar during pregnancy. Pregnant women who have never had diabetes before but who have high blood glucose (sugar) levels during pregnancy are said to have gestational diabetes.

What causes GDM is unknown, but certain theories link it to the placenta. Hormones from the placenta help the baby develop. But these hormones also block the action of the mother's insulin in her body. Without enough insulin, glucose cannot leave the blood and be changed to energy. Glucose builds up in the blood to high levels and results in GDM.



GDM influences both the mother and her baby. Common problems associated would be a bigger head of the baby leading to **complications in a normal delivery**, higher incidences of **jaundice** & occasionally **respiratory distress** in babies. The good news is that GDM can be prevented and managed well with holistic prenatal programs including a mix of planned exercise and nutrition guidance, like those offered by ReLiva. Check www.fabmoms.in to know more about such prenatal class.



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