

MOVEMENT & RECOVERY

a ReLiva Physiotherapy monthly newsletter

www.reliva.in

Issue 14 / September, 2018



Dear Reader,

Come September and there is a flurry of activity all around. The festivities have just rolled in.

8 September was World Physiotherapy Day.

At ReLiva, we celebrated it with week-long activities across our clinics, creating awareness and propagating healthy and active lifestyle. This was one more step forward in our effort to create healthier neighborhoods.

And of course, now is the time to welcome **Vighnaharta, Lord Ganesh**. May his blessings be with you and us and all those around us.

As you step into the festival season, we bring to you in this issue **quick & easy exercises for back-pain** and few other common aches & pains. We hope you will find it beneficial.

So recover with ReLiva and let the festivities begin!

Editorial Team,

ReLiva Physiotherapy & Rehab

Exercises for Back Pain



75% of the Indian population reported lower back pain during their lifetime. It is likely that you will be suggested to take it easy and rest. Resting for more than a day or two can actually undermine healing and worsen pain. An optimal combination of rest and exercise is what will help your back.

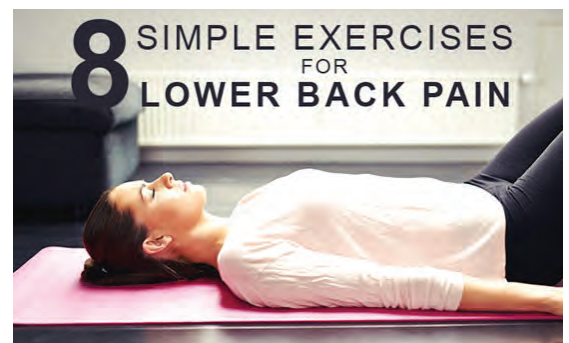
Benefits of exercising during Back Pain

An effective and comprehensive program of back exercises will be beneficial for reducing pain, improving movement and regaining functionality.

- Exercise Helps Correct Posture
- Exercise Develops Core Strength
- Exercise Promotes Flexibility
- Exercise Increases Body Awareness

8 simple exercises for Back Pain

1. Pelvic Tilt or Imprinting
2. Chest Lift
3. Supine Spinal Twist
4. Hamstring Stretch
5. Hip Flexor Stretch
6. Roll Backs
7. Kneeling Arm and Leg Reach
8. Progression: Plank



Read more <http://reliva.in/back-pain-exercises/>

PATIENT SPEAK

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

*"I was suffering from **lower back pain** for two weeks. Pain was severe when I sat for long hours. Doctors at ReLiva helped me understand that this is a posture related pain. Exercises prescribed to me worked well and within three weeks, my **pain was reduced to zero**. I would really recommend ReLiva for physiotherapy"-*

- Mayuresh Ghag

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

OSTEOPOROSIS




One in two women over 50 affected One in four men over 50 affected

Physiotherapy helps to stay active safely and improve bone & joints health



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#addlifetoyears

Get active. Stay active. Talk to a Physiotherapist today

FALL PREVENTION




32% of over-70s fall each year

10-25% of fallers sustain a serious injury

Physiotherapy led exercise programmes for elderly reduce falls by 32%



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In the News



Residents of Wakad, Pune will now be able to access effective, result-oriented treatment at a ReLiva clinic. We are delighted to share with you about the launch of our new Physiotherapy clinic in Pimpri Chinchwad, Pune in partnership with **Lifepoint Hospital**

Address: ReLiva @Lifepoint Hospital, Mumbai By-pass Road, Near Sayyaji Hotel, Pimpri-Chinchwad, Wakad, Pune

Contact: Call +91 9920991584 for appointments and enquiry.

CHRONIC BODY PAIN, TENDER JOINTS, STIFFNESS All About Fibromyalgia

People with fibromyalgia pain are often caught in a vicious cycle: Pain and fatigue prevent them from being active and exercising, but inactivity can trigger more pain and fatigue. Right information about fibromyalgia will lead you to its treatment.

How physiotherapy helps in Fibromyalgia

Physiotherapy can play a very important role in managing the signs & symptoms of fibromyalgia.

1. Pain, which is the most disabling symptom of this condition, is dealt aptly by :

- Hydrotherapy
- Cryotherapy
- Myofascial release techniques
- Tender point release therapy
- Electrotherapy

2. Stiffness is reduced by incorporating various techniques including the following:

- Stretching exercises
- Exercises for accurate range of motion (**ROM**)
- Strength training
- Aerobic exercises

3. Sufficient sleep can help combat the fatigue symptom in fibromyalgia.

A physiotherapist can help in following ways:

- Relaxation techniques
- Lifestyle modification
- Outdoor sports



ReLiva
Physiotherapy & Rehab

MYTH: THERE IS NOTHING THAT CAN BE DONE TO TREAT FIBROMYALGIA

FACT: PHYSIOTHERAPY CAN HELP PEOPLE WITH FIBROMYALGIA TO REDUCE THEIR SYMPTOMS

- Fatigue & Weakness
- Sleep Deprivation
- Pain & Stiffness of Joints
- Memory Problems

Read more <http://reliva.in/fibromyalgia/>



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