MOVEMENT & RECOVERY

a ReLiva Physiotherapy monthly newsletter

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Dear Reader,

As we head into the last month of the year 2018, it is time to look back and smile at what was well done and take corrective measures for what wasn't. So buckle up and get moving, to make it the best one.

If you are into running, then you must be already in the midst of training for the marathon season. Read on to find some quick pointers to run injury-free. In case there is an injury to deal with, we have that covered too for a quick recovery and getting back to your plans.

We also have a bit of surprise here (dedicated to our team of physiotherapists). Don't forget to scroll down to the end, to uncover that.

We wish you good health and good cheer.

Editorial Team,

ReLiva Physiotherapy & Rehab

Shoulder Pain Causes & Treatment

ReLiva™ Physiotherapy & Rehab

Did you know that shoulder pain affects 18-26% of adults? Symptoms can be persistent and disabling in terms of an individual's ability to carry out daily activities both at home and in the workplace.

Common causes of shoulder pain

Apart from sprain and strains, the most common causes include the following:

1. Shoulder Dislocation
2. Rotator Cuff Disease: Tendinitis and Bursitis
3. Torn Rotator Cuff
4. Frozen Shoulder (Adhesive Capsulitis)
5. Fracture
6. Arthritis of the Shoulder
7. Less common causes like tumors, infection, and nerve-related problems

Interesting Facts about Frozen Shoulder

- People with diabetes, stroke, lung disease, rheumatoid arthritis, and heart disease, or those who have been in an accident, are at a higher risk for frozen shoulder.
- Frozen shoulder is more common among women than men.
- People between the ages of 40 and 70 are most likely to experience it.

Read more http://reliva.in/shoulder-pain-causes-treatment/

PATIENT SPEAK

"I had severe pain in right shoulder. My doctor advised me to have physiotherapy. From the first day itself, Dr. Surya's approach was ***commendable.*** *She impressed me a lot through her treatment. The way she talks, she encourages me, and teaches me the exercises politely. Today, I have almost* ***recovered from pain*** *and I will definitely follow the exercises which she taught me in the future as well."*

– G. Radha

ReLiva - the Physiotherapy Specialist
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Marathon Training: Run without Injuries

As a runner, each new goal means muscle soreness and pushing the body to handle more stress. There are times when it is difficult yet important for runners to understand when they should keep pushing and when it's time to back off. In case you have already hurt yourself, here is a set of guidelines for treatment and self-care for running injuries to recover faster and effectively.

What pain is ok while running?

Know your body is within its acceptable limit when the pain qualifies in one of the following:

- It is overall general muscle soreness
- There is slight joint discomfort after workout or next day that goes away in 24 hours
- There is slight stiffness at the beginning of run or walk that goes away after first 10-15 minutes

What pain is not okay for running?

It is an absolute must to stop and pay attention if your pain qualifies for one of the following:

- Pain that is keeping you awake at night
- Pain that is evident at beginning of run/walk then becomes worse as run continues
- Pain that changes your stride or style of running
- Pain is beyond your usual tolerance level

Read more at http://reliva.in/marathon-training-running-without-injuries/

Being Physio

A real story or shall we say slice of life of a physiotherapist. After all, what it takes to being a physio?! (Isn't it unusual and equally exciting to get a glimpse of what goes on in the mind of a physio?)

Read on, to find it in her own words by clicking here

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