MOVEMENT & RECOVERY

a ReLiva Physiotherapy monthly newsletter

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Dear Reader.

The season has begun to change – we are witnessing a clear shift from the long winters that we saw this year. As summers begin to set-in, we bring to you a set of guidelines that will help you exercise safely during summers and stay active.

This month, neck and shoulder get the spotlight for pain relief tips. Cervical pain is very common among both: young office-goers, owing to mobile and laptop usage and elderly, due to age related changes. Find out how neck pain can be managed at home.

We also cover the first aid that you can offer to soothe anyone who has **dislocated a shoulder**, an extremely painful condition to be in.

We love to read your feedback about the posts in the newsletter. Keep sending us your love!

Editorial Team
ReLiva Physiotherapy & Rehab

Stay Active: Summer Tips



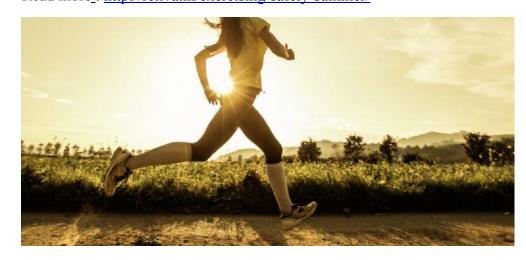
Summer heat combined with busy holiday calendar leaves little time for exercise and workout. We have put together a list of things you can do to stay active and fit safely despite the summer heat.

Here are few tips to exercise properly in summer without suffering the wrath of a heatstroke:

- 1. **Stay hydrated** Drink about two cups of water in the 2-3 cups of water before and after exercising.
- 2. Avoid afternoons To prevent energy draining and heat strokes.
- 3. **Dress up for the weather** Wear light weight, light coloured, loose fitting clothes cottons for ventilation.
- 4. Cover up Use sunglasses, sunscreens, hats for protection.
- 5. Go easy Avoid heavy rushed exercises.

People who don't exercise regularly or who are at increased risk of heatrelated illness, should avoid exercising in the heat. Instead, opt for a prescribed, gradual and incremental exercise programs.

Read more: http://reliva.in/exercising-safely-summer/



PATIENT SPEAK

Recovery of our patients has always been our goal. Here is a recent feedback from a patient who underwent Physiotherapy at ReLiva.

"Dr. Madhura & ReLiva Team were accurate with their very first assessment of my condition. I was struggling with pain because of sports injury ATFL since 4 months and was worried about my extensive expedition passion. But within 10 days of my session at ReLiva my pain score came down from 10 to 5 and that too without any painkillers. As a result of which I'm looking forward to refuel my expedition goals and sports back in action. All smiles!"

Cervical Spondylosis: Neck Pain

Cervical Spondylosis can affect both young and older people. It usually takes only 2-4 sessions with a Physiotherapist to resolve the neck pain owing to this. Here are some simple tips to ease neck pain at home until then.

- Rest when the pain becomes significant.
- Avoid over-stressing joints with forceful or prolonged activities.
- Avoid jarring or sudden movements.
- Exercise regularly to help you recover faster.
- Take an OTC pain relievers for immediate relief if excessive pain.
- Use hot/cold pack on your neck.
- Wear a neck supports to get temporary relief (under guidance of doctor). Find out more about <u>neck collar</u> and cervical pillows here.



Certain symptoms that occur less frequently include loss of balance and a loss of bladder and bowel control. These symptoms warrantimmediate medical attention.

Read more at: http://reliva.in/cervical-spondylosis/

Shoulder Dislocation: What to do?

If you have ever dislocated a shoulder, then you surely know that you should not try to pop your arm back in! Here is a list of Do's, Don'ts and the first line of care to treat a dislocated shoulder even before you make it to the doctor.

Do's

- See the doctor as soon as possible.
- Use a blanket or pillow, in the gap between the arm and side of the chest for support.
- Short frequent sessions of the prescribed exercises.
- Use a short sling to hold the arm.
- Use ice pack for relief.

Don'ts

- Move your upper arm frequently.
- Indulge in positions that could cause re-dislocation

What to do for dislocated shoulder?

Don't try to pop your arm back in yourself!

1) Avoid moving your upper arm
2) Use a simple sling to hold the lower arm across the chest
3) Use ice pack for pain relief until you see a doctor

* ReLiva Physlotherapist will help you with exercises to reduce the risk of dislocating your shoulder again

It is important to see a doctor to get started with the treatment of your shoulder injury and complete the recovery by regaining the lost strength with proper physiotherapy exercises.

Read more at: http://reliva.in/shoulder-dislocation-treatment/

