

MOVEMENT & RECOVERY

a ReLiva Physiotherapy monthly newsletter

www.reliva.in

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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 heat-related 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!”*

–AjayYadav

ReLiva - the Physiotherapy Specialist
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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 [neck collar](#) and [cervical pillows here](#).



Certain symptoms that occur less frequently include loss of balance and a loss of bladder and bowel control. These symptoms warrant immediate 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



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/>



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