



Merivale Physiotherapy Clinic

Your body deserves the best of care

Merivale Physiotherapy Clinic Newsletter

Winter 2018

Welcome to our winter edition newsletter

Autumn is well and truly here and with the cooler weather, we say a temporary goodbye to summer sports and say hello to all our winter favourites. Just because the cooler weather has arrived, don't let that stop you from keeping active! With the recent Winter Olympic Games and the Commonwealth Games on the Gold Coast, the best of sport was showcased. Let these events inspire you to give a new sport a go.

Quite often, people feel that they are not as active as they want to be or feel they should be. The World Health Organisation and Ministry of Health recommend at least two and a half hours of moderate or one and a quarter hours of vigorous physical activity spread throughout the week. This can also be broken up into smaller bite size pieces, for example 10 or 20 minutes at a time. Moderate physical activities makes breathing harder but you should be able to talk while doing them. This includes a brisk walk, swimming, playing a game of tennis. Vigorous physical activity makes breathing a lot harder than normal and you will not be able to talk easily while doing them. Examples of this include walking uphill, fast cycling, running, fast paced swimming and team sports.

Benefits of Being Active

- Be healthier and have more energy
- Maintain a healthy weight
- Live independently for longer
- Feel more relaxed and sleep better
- Lower your stress levels
- Improve posture and balance
- Keep your bones and muscles strong and joints flexible
- Reduce risk of heart disease, stroke, diabetes, some cancers, depression and falls

Other ways to build activity into your day can include taking the stairs, walking to the shops, parking further away from work, going for a walk at lunchtime with a friend, gardening. Also, sit less! Break up long periods of sitting by standing regularly to stretch, walk with colleagues instead of phoning, texting or emailing them, stand up and stretch when ads come on TV, and take regular breaks when driving long distances.

Use the *activity search* on activecanterbury.org.nz to find local classes and groups within Canterbury.

Physiotherapists can assess your individual needs and provide a programme of physical activity, called **PhysioFITT**, which is tailored for you.

Source: www.healthinfo.org.nz



"Appointments are all of 40 minute duration. This ensures you receive quality, individual and evidenced based treatment for your condition."

"We can register your ACC

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Activities to Consider:

- Swimming
- Walking
- Running
- Cycling
- Hiking
- Horse Riding
- Tennis
- Golf
- Badminton
- Aqua Jogging
- Gardening
- Soccer
- Basketball
- Table Tennis
- Ice skating
- Sailing
- Mountain Biking
- Pilates

Canterbury District Health Board recently launched the **PhysioFiTT Programme** as a way to help increase the levels of physical activity within the community.

PhysioFiTT is specifically designed to assist individuals who face physical, mental, personal or environmental barriers to exercising. It is a targeted programme of physical activity and exercise, provided by physiotherapists, for individuals who are inactive due to these barriers. With **PhysioFiTT**, we carry out an assessment with a view to manage and overcome the barriers of the individuals health condition(s), modifying and progressing the exercises to avoid flare ups.

FITT stands for:

- Frequency—how often
- Intensity—amount of effort
- Type—of exercise, e.g. endurance, strength, balance or a combination
- Time—how long at a time or over time

Although it focuses on those barriers, we can prescribe exercise and activity to anyone for wellbeing and performance goals.

PhysioFiTT consists of 3-4 sessions over a 3 to 6 months, depending on the amount of support and advice the individual requires. The process consists of taking a history which includes information about general health, medication, barriers to activity, goals and includes completing a physical activity questionnaire. This is then followed by calculating the Body Mass Index or BMI, balance, coordination, strength, cardiovascular and anaerobic fitness and flexibility assessment. All of this information combined then allows for us to create a safe exercise plan relevant to your individual's specific needs.

After starting the programme, your progress is progressed over 3-4 appointments which span over a 3 to 6 month period. Your physio will phone or email you between sessions to provide support and encourage accountability. The program is progressed to ensure that the challenge is increased. At the end of the programme, we will reassess progress against the original baseline measures. At the end of the programme, we are able to update your GP and keep them informed of your progress and achievements.

How active am I now?

During the last week, how much time did you spend on the following activities (mark one box in each row)?

Type of Activity	None	Less than 1 hour	1 to 3 hours	More than 3 hours
Activities such as swimming, jogging, aerobics, football, tennis, gym workout and so on.				
Cycling, including cycling to work and during leisure time.				
Walking, including walking to work, shopping, for pleasure and so on.				
Housework or childcare.				
Gardening or DIY work.				





Maintaining an active lifestyle is important in order to keep your body fit and healthy. By using a variety of exercises that include balance, endurance, strength and flexibility helps to keep your exercise routine varied and therefore more interesting. Ideally, all four types of workout would be included in your fitness routine.

There are four different aspects to fitness; these include balance, endurance, flexibility and strength training. Let's have a look at each of these.

Balance

Having good balance is important for many activities we do every day, such as walking or going up and down stairs. Improving balance can help to prevent falls, which is a common problem in older adults. Balance exercises can be done every day. Tai Chi and Yoga are exercises which can also challenge balance

Endurance

Also called aerobic exercise, endurance exercise includes activities that increase your breathing and heart rate such as walking, jogging, swimming and biking. Endurance activities keep your heart, lungs and circulatory system healthy and improves your overall fitness.

Flexibility

Flexibility exercises stretch your muscles and help keep your body flexible. These exercises do not directly improve your endurance or strength, but being flexible gives you more freedom of movement for other exercises as well as for everyday activities. It may also help you avoid discomfort when you have been in the same position for sometime, such as sitting in a meeting or on a plane flight. Stretches are done slowly and smoothly and should never cause pain or discomfort. Instead they should just feel like a good, comfortable stretch. If you are not used to stretching, hold the stretch for about 10 seconds. The more often you stretch, the easier it will become and eventually you will be able to hold the stretch for 30-60 seconds comfortably. It is usually easier to stretch when the muscles are already warm—if you are only doing stretching exercises, warm up with a few minutes of easy walking first. If you are doing endurance or strength exercises, stretch after completing these.

Strength

Muscle strength gives you the ability to perform everyday activities and helps protect your body from injury. Stronger muscles also lead to a boost in your metabolic rate, which means you burn more calories even when your body is at rest. Strength exercises can include free weights, resistance bands, machines or your body's own resistance. These can be done separate from your cardio activity or added on to an existing workout. Aim to exercise each muscle group at least two times per week, with a minimum of two days rest between workouts. The benefits of a well-balanced strength training program can increase strength of bones, muscles and connective tissues (tendons and ligaments); can lower risk of injury; can increase muscle mass making it easier for your body to burn calories and therefore maintain a healthy weight.

Looking for more information on everything health related?

Visit: healthinfo.org.nz



TEAM PROFILE



Jan Smith

This year started a little different from the previous one with regular trips to Lake Rhuataniwha to help out in the First Aid room at the rowing regattas and it culminated with the Maadi Cup in March. Congratulations to Christ's College for winning this prestigious trophy again and to St. Peter's of Cambridge collecting the girls trophy. What excitement there was to be at Maadi to witness Christ's College collecting five gold medals (U15 Quadruple Scull, U16x8, Under 17x8, Under 18x8, Under 16 coxed 4) and silver in the U18 novice 8. Their best ever Maadi Cup!

After completing the Dr. Angela Cadogan's Shoulder Course last year, Jan felt the need to get away from the desk and has just tramped the Kepler Track in TeAnau. Great walk, magnificent views and she even embraced a wee helicopter ride over the summit of Mt. Luxford when the pass was closed due to avalanche risk.

Our St. Albans satellite clinic is still operating out of the St. Albans Medical Centre while awaiting the building of the extension to start. Jan has seen the plans for our new purpose built Physio room at St. Albans Medical Centre and is looking forward to the build.

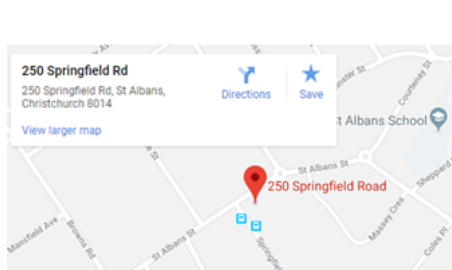
Sarah Skea

This year has seen me complete the NZMPA Mulligans part A course in Auckland. Mulligan's is a technique that uses your own movement in combination with joint mobilisation in order to increase the pain free range of movement within a joint. This is a great technique and can give really good results!

I've also set myself some goals for this year which include learning about photography and how to take a decent photo, learning a different style of cooking and I am hoping that I will take like a duck to water as I try to learn

Physio at St. Albans Medical Centre

We offer physio at two locations here in Christchurch at the Merivale Clinic on Papanui Road but also from St. Albans Medical Centre which is located at 250 Springfield Road. This is on the corner of St Albans Street and Springfield Road. The same great care at two convenient locations!



Contact Us



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Introducing Julia



I am the latest edition to The Merivale Clinic, working at reception. I was born and raised in Nelson and have spent the last 20 years working as a travel consultant in Auckland and here in Christchurch, but as my passion is now health and wellbeing I decided to make the change to the health sector. When I'm not at work I am fairly active and love to swim, walk, mountain bike and at the end of the week take a yoga class. I have a 10 year old daughter who also keeps me busy. I am loving my new role and am really enjoy meeting people and doing my bit to help! I am so lucky to work with such lovely people... Definitely the right move for me!

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