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## Newsletter - May 2017



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### HEALTH AND WELLNESS GOALS

With summer now well and truly behind us, we're gearing up for the cooler months. It can be hard to get out of bed on the cold and dark mornings, however, staying motivated will ensure that you stay on track to reaching your health goals.

Did you know that exercising (yes, even in winter!) boosts your happiness levels, helps you sleep better, reduces your risk of heart disease naturally, gives you an energy boost, increase energy, improve memory, increase self confidence and live longer, just to name a few.

Check out our Class Timetable on our website at [www.yambaphysio.com](http://www.yambaphysio.com) and join us weekly to beat the winter blues.

## MEN'S HEALTH



Men have a pelvic floor too!

Here at Yamba Physiotherapy we are passionate about Men's Health and promoting the message that incontinence is not just a "women's problem". In fact, the Continence Foundation of Australia states that an estimated 30 per cent of men who visit the GP are affected by incontinence, yet more than two thirds do not discuss the issue. This is despite the fact that the majority of men can be cured or better managed.

Additionally, more than 15 000 men are diagnosed with prostate cancer each year. This diagnosis is often followed by surgical procedures such as TURP or radical prostatectomy. This in itself can be a challenging time, however urinary incontinence is a common side effect of such procedures and can provide additional stress for many men.

There is strong research to support pelvic floor muscle training as a method of decreasing urinary incontinence post prostate surgery. Our Physiotherapist Meg is trained in the assessment of pelvic floor strength and is passionate about working with men both before and after their surgery to encourage optimal recovery. If you or someone you know:

- is about to undergo prostate surgery
  - has recently undergone prostate surgery
  - is having issues with urinary or fecal incontinence +/- erectile dysfunction
- then give Meg a call on 6645 8522 to arrange an appointment and regain control of the bits below the belt.

## CARROT & CORIANDER SOUP

### Ingredients

- 1 tbsp vegetable oil
- 1 onion, chopped
- 1 tsp ground coriander
- 1 potato, chopped
- 450g carrots, peeled and chopped
- 1.2L vegetable or chicken stock
- handful coriander (about ½ a supermarket packet)



### Method

1. Heat the oil in a large pan, add the onion, then fry for 5 mins until softened. Stir in the ground coriander and potato, then cook for 1 min. Add the carrots and stock, bring to the boil, then reduce the heat. Cover and cook for 20 mins until the carrots are tender.
2. Tip into food processor with the coriander. then blitz until smooth (you may need to do this in two batches). Return to pan, taste, add salt if necessary, then reheat to serve.

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## KATE'S 7 TIPS FOR PREVENTING INJURIES AND IMPROVING PERFORMANCE

### 1. Start at an appropriate level.

Many people start a season or an exercise program at a level that is way too high for their level of conditioning.

### 2. Mix it up.

There is no one perfect activity. Generally each activity has its good and bad points and biases a particular part of your body. Doing different things on different days breaks the monotony, allows for adequate recovery and produces a better overall result.

**3. Improve Performance.** If you want to improve sport performance include other activities. The high demands of sport require flexibility, strength, agility, speed, and endurance. Focusing on each of these components separately will result in better overall sporting performance.

### 4. Warm up properly.

This is rarely done properly. Warm-up should include activities that also improve your performance on the field as well as prevent injuries.

### 5. To brace or not to brace.

Which braces work and which don't? What is better brace or tape? Bracing and tape are fantastic when used properly however can waste your money or reduce your performance when not applied properly. A Physiotherapist is the best person to advise you on this.

### 6. Sort out the nigging injury.

Small aches and pains are sometimes indicative of a much larger problem looming under the surface. So if you have a problem it is both time and cost effective to sort it out early.

### 7. Get Screened.

Even if you don't have a problem it is worth a check-up to identify risks before injuries occur. Here at Yamba Physiotherapy and Sports Injuries Clinic, we offer functional movement screening and directed treatment of any imbalances detected.

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## MOTHER'S DAY

Wishing everyone a very happy Mother's Day. We hope you all get to take time out to enjoy this day, if not with your mother, then with those around you who make you feel special.



Some great last minute gift ideas we have available:

- **Heat Packs** - to ease any aches and pains.

- **"Grip It" socks** - great for walking around the house.
  - **Massage Voucher** - for a REAL treat.
  - **Flip Flops** - orthotic thongs - to look after those feet.
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## WRAP UP

That's it from us this month. Stay tuned for more information, tips and recipes next month.

We thank you for supporting our Physio family and hope we can continue to support and strengthen you in the future.



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