

Tips to
delay a
knee
operation



Health risks
of
prolonged
sitting



Welcome
our new
physio
Conor



OrthomedPhysio

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Congratulations Singapore National Netball and Welcome [Conor McHugh](#)

Congratulations to the Singapore National Netball team who were runners up in the SEA games in Kuala Lumpur. They continue to support Singapore Netball as their head physiotherapist. We wish him all the best with his relocation to Perth Australia to undertake a Masters in Sports Physiotherapy. They will be replaced by Conor McHugh in early October.



Looking after your knees – Get in early to avoid surgery

The number of knee replacements has increased by a whopping 30% in the last decade according to Australian data. Surgery can be avoided by looking after our knees in our early 20s and 30s. Read on to find out how.

<https://goo.gl/v2cv33>



Why is prolonged sitting so bad for us

A great video from SafeWork NSW Australia on the health risks associated with prolonged sitting and useful tips on prevention for the typical office worker.

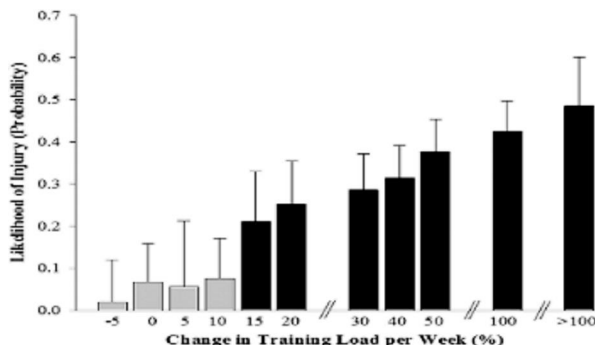
<https://goo.gl/xPYkgr>



Reduce injury by completing a preseason

Here is some evidence to show how likely you are to sustain an injury if you don't complete a preseason prior to returning to your sport.

<https://goo.gl/MF1r>



The training injury prevention paradox should athletes be training smarter and harder

If training load is increased by greater or equal to 15% per week the probability of injury increases between 21% 9% per week.

<https://goo.gl/SBMnv>



Is your iPhone giving you neck and back pain

The average weight of a head is .55.5kg and it has been proven that as the head bends forwards there is increasing force on the cervical spine as much as 27kgs.

<https://goo.gl/BwPrGw>



Should I continue to exercise with a painful achilles tendon

When undertaking treatment for an Achilles problem strengthening is the treatment of choice. This article suggests that exercising at a lower level of pain produces better results.

<https://goo.gl/68ifm>

Smartphones
cause neck
pain



Intensity
for Achilles
Rehab



NT
ISS
update
on the
treatment
of knee
injury



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