



WYE CREEK - NEW ZEALAND



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The Hidden Benefits Of Learning A New Skill

When thinking about getting fit and exercising more, our first thoughts are usually that we should join a gym or start jogging. While these are both worthwhile activities, we know that if you dislike the activity you're doing, the long-term benefits are usually not enough to keep you committed. There are a few things that are often overlooked when talking about exercising more, particularly the fact that you can often improve your life in more than one way if you find the right activity.

Finding the right activity can boost your confidence and increase your daily activity levels.

We all have different tastes in food and the same is true for exercise. Some of us chase the thrill of learning a new skill; others prefer the challenge of pushing their limits of endurance while others love being surrounded by nature. Exercise is good for everyone, but finding the right activity for you is going to make it much easier to make it a committed part of your lifestyle.

We are also more likely to enjoy doing activities that we are good at. Some people have great balance, while others have great eye hand coordination and someone who is an excellent dancer might be a terrible runner. Consider what you are personally good at and try to choose your activity based on this. Finding something that suits your routine is also an important component to making a new activity a part of your lifestyle.

Sometimes it is simply a lack of imagination that fails to get us off the couch. Jogging is not for everyone, but one of these sports might be.

Here's a quick list of less common activities that you may not have thought of trying: rock-climbing, volleyball, soccer, hula-hooping, slack-lining, golf, mountain biking, hiking, standup paddle boarding, roller skating, skateboarding, dancing, Pilates and yoga, just to name a few.

Learning new skills can be good for your brain.

Many people think that as they get older, learning new skills becomes too hard. The truth is, that with a bit of patience, you can surprise yourself with your ability to learn new things at any age. The brain is capable of incredible change and adaptation to new stimulus. Learning new things can be a great source of confidence and exercise has been shown to improve your brain function overall.

Many activities can help you meet new people and open you up to new communities.

Even solo sports often have well connected communities of like-minded enthusiasts. Surfers have surf clubs, or often meet each other in the water, rock climbers are always looking for more people to take adventures with and people who wake up at 5am to do boot camp together become great friends. As we leave high school and university, it can be harder to create new social connections. Using exercise as a way to make new friends can have a significant impact on your overall wellbeing. In many activities, the communities are extremely supportive of beginners and you might be surprised at how friendly they are to newcomers.

Your physiotherapist is able to give you great advice on which activities might suit your ability level and they can give you some tips to ensure you stay injury free when starting your new hobby.



 **Brain Teasers**
What does this puzzle mean?



De Quervain Tenosynovitis

What is it?

De Quervain Tenosynovitis is a condition that causes pain and swelling on the thumb side of your wrist. It happens when the tendons that move your thumb—the abductor pollicis longus (APL) and extensor pollicis brevis (EPB)—get irritated and inflamed as they pass through a small tunnel near the base of your thumb. This swelling can make it hard and painful to move your thumb and wrist, especially when you're gripping something or twisting your wrist. If it's not treated, the tendon sheath can thicken, making thumb movement even more difficult.

What are the symptoms?

The most common symptom is pain near the base of your thumb, often described as a dull ache or sharp pain on the side of your wrist. This pain might spread up your forearm and tends to get worse when you move your thumb or wrist, especially when gripping, pinching, or twisting. You might also notice swelling, a snapping feeling when you move your thumb, or even a bump where the tendons are inflamed. In some cases, moving your thumb becomes

stiff or painful, and there is tenderness at the base of the thumb.

How does it happen?

This condition often results from overusing your thumb and wrist. Activities like golfing, playing musical instruments, fishing, carpentry, or even frequent texting can strain these tendons. New mothers are especially prone to it because of the repetitive motion of lifting their babies. Over time, constant gripping, twisting, or wringing motions can irritate the tendons and cause swelling. If this continues, scar tissue can develop, making movement even harder.

How can physiotherapy help?

Diagnosing De Quervain Tenosynovitis is usually straightforward. Your therapist will ask about your symptoms and perform a simple test called the Finkelstein test. In this test, you make a fist with your thumb tucked inside your fingers and then bend your wrist toward your little finger. If this causes sharp pain along the thumb side of your wrist, it's a strong sign of De Quervain's.

The primary goal of therapy is to reduce any pain and swelling of the tendons, this may include splinting of the wrist to rest the tendons.

Interventions to reduce inflammation including ice or heat and use of nonsteroidal anti-inflammatory drugs (NSAIDs) may be recommended. Your physiotherapist will also address any musculoskeletal factors that might be contributing to tendon stress through poor biomechanics. Muscle stretches and strengthening exercises may also be given.

If rest and splints aren't able to reduce symptoms sufficiently, a corticosteroid or platelet-rich plasma (PRP) injection can help lower inflammation and ease pain. In very rare cases, surgery might be needed to release the tight tendon sheath and give the tendons more room to move. This is usually a simple outpatient procedure, and most people recover quickly.

None of the information in this newsletter is a replacement for proper medical advice. Always see a medical professional for advice on your injury.



Answers: Try to understand

Caramelised Leek and Blue Cheese Pastry with Honey Drizzle

Ingredients:

- 1 sheet of Puff Pastry, thawed
- 2 Leeks, sliced into thick rounds
- 2 Tbsp Olive Oil
- 1 tbsp Balsamic Vinegar
- 100g Blue Cheese
- 1 Egg, beaten
- 2 Tbsp Honey
- Fresh Basil leaves, to garnish



1. Preheat oven to 200°C and line a large baking tray with baking paper.
2. Heat olive oil in a non-stick frying pan over medium heat. Add the sliced leek and cook for 6-8 minutes, flipping gently, until golden brown and caramelised. Add the balsamic vinegar, stirring lightly to coat the leeks. Set leeks aside to cool.
3. Lay the puff pastry onto the lined baking tray. Arrange the caramelised leeks evenly over the pastry. Crumble the blue cheese over the leeks.
4. Brush the edges of the puff pastry with the beaten egg to ensure a golden crust. Bake in the preheated oven for 15-20 minutes, or until the pastry is puffed and golden.

Drizzle with honey generously and serve immediately.



For Appointments Call

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