



MARGARET RIVER - AUSTRALIA

## Tips to Optimise Your Physiotherapy Sessions

Physiotherapy treatment can be life changing, helping you recover from traumatic injuries, chronic pain and get you on the road to your best performance levels.

There are ways to make sure you are optimising the effects of your treatment time. Here are a few tips from our team to help you get the most out of every session.

### 1. Ask your therapist questions about your condition

Understanding your condition and how to best manage it is one of the most important factors for a successful recovery. Effective therapists allow time for you to ask questions in a non-judgmental environment. There are no stupid questions, if you don't understand what is happening in your own body it is harder to follow advice and stick to protocols. This can also help you to cope with pain and feel less helpless in your recovery.

### 2. Follow your therapist's advice and do your exercises

Home exercises are a key part of your recovery, especially when treatment times are limited. Try to stick to your exercise program as seriously as you would a medicine schedule. It is also important to ensure that you are doing your exercises correctly at home. Don't be afraid to double and triple check your technique before leaving your appointment.

Your therapist will also provide you with advice regarding activities to avoid, how to stretch, when to rest and how to avoid further injury. If you're not sure about something, ask your therapist to write it down for you.

### 3. Track your progress

Nothing can be more disheartening than feeling like the appointments and exercises you're diligently attending to are making no difference. As therapists, we make regular measurements to track your improvement and know that while your symptoms might be staying constant, you are actually moving more and increasing stress on your body as you recover. Set your own measurements to help you track your recovery. This can help you stick to treatment and feel more positive as you complete your recovery journey.



### 4. Set goals and work with your physiotherapist to meet these.

The goals of recovery are different for everyone. Some of us want to be able to reach peak performance, such as running a marathon. For others, just getting through the day with a little less pain would be a huge success. Know your own goals and take the time to discuss this with your therapist, who will guide your treatment to help you meet these milestones.

**Our physiotherapists are happy to discuss your condition with you and share their tips to help you stay pain-free.**

**HEALTH  
DYNAMIX**  
Physiotherapy and Clinical Pilates

**41 Tunstall Square  
Doncaster East  
VIC 3109**

[www.healthdynamix.com.au](http://www.healthdynamix.com.au)

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## Brain Teasers

**FAREDCE**

Whatever you  
hold in your mind  
on a consistent  
basis is exactly  
what you will  
experience in  
your life.

— TONY ROBBINS

# LCL Tears

## What is the LCL?

The knee is one of the largest joints in the body and has only one plane of movement. This means it bends and straightens but does not twist (much) or move from side to side. To keep the knee from moving in other directions, the knee is supported by many strong ligaments, with two of these being found on either side of the knee. The inside ligament is the 'Medial Collateral Ligament' (MCL) and the outside one is the 'Lateral Collateral Ligament' (LCL). The primary role of the LCL is to prevent the lower leg from moving too far towards the midline in relation to the upper leg. Both the LCL and MCL are extremely strong ligaments and provide lots of support to the knee during movement however, they are still vulnerable to injury.

## How do tears happen?

The LCL is injured less often than the MCL, however tears do still occur. The most common way the ligament is damaged is through a force causing the knee to move inwards in relation to the upper leg, or a twisting of the knee. This can be seen in sports that involve changing directions or with a direct force, such as a rugby tackle. This injury can also occur from a simple fall and as with all sporting injuries, it is not only athletes who can be affected, anyone can tear their LCL in the right circumstances.

## What are the symptoms?

Following an injury to the LCL, common signs and symptoms are a 'popping' sound at the time of injury, immediate pain with weight bearing and swelling and a feeling instability. The severity of the injury will impact how much each of these symptoms are felt and LCL tears are classified as either Grade I, II or III, which helps to direct treatment. A grade I tear is where a few fibers of the ligament are stretched and damaged, a grade II is where this a partial rupture of the ligament with some instability of the knee and Grade III is a complete tear.

## How are LCL tears diagnosed?

Your physiotherapist is able to perform clinical tests to evaluate if there is any instability of the knee from an LCL tear. An MRI can confirm this diagnosis and an X-ray may be required to rule out any associated fracture. It is possible for nerve damage to occur at the same time as an LCL Tear, which will result in weakness and loss of sensation in the lower leg. Severe injuries are more likely to involve injury to other parts of the knee and your physiotherapist will make a full evaluation of all your injuries on assessment.

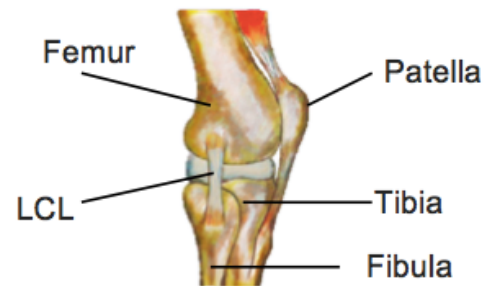
Most LCL tears are managed well with just physiotherapy and support of the joint, however severe tears and associated nerve damage may require surgery. Your physiotherapist and medical team will work together to help determine the best course of action for each individual injury.

## How can physiotherapy help?

For tears that don't require surgery, your therapist will advise you on how to best support and protect the injured joint. In the first 48 hours, RICE protocol (Rest, ice, compression, and elevation) is applied to reduce any pain, swelling, and inflammation. Following this period, you will be advised on how best to mobilise the joint whilst preventing any further damage. Return to sport will be dictated by healing times with a full recovery expected by 6-12 weeks.

Following ligament damage, balance, strength, and proprioception are often impacted and your physiotherapist will develop a program to address this, which is an important part of preventing further injury. Tears that are repaired surgically will require a longer program of rehabilitation and close liaison with the medical team.

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



Answers: Red in the face

# Saag Paneer



## Ingredients:

- 1 tsp. Turmeric
- 1/2 tsp. Cayenne Pepper
- 1 tsp. Salt
- 3 Tbsp Oil
- 350g Paneer
- 400g Spinach
- 1 Onion, diced
- 1 thumb Ginger, minced
- 4 cloves Garlic
- 1 Green Chilli
- 1/2 tsp. Garam Masala
- 2 tsp. ground Coriander
- 1 tsp ground Cumin
- 1/2 cup Plain Yoghurt

1. Whisk turmeric, cayenne pepper, salt and oil together in a small bowl. Add cubed paneer and allow to marinate. Blanch spinach in boiling water, then blend until a paste or sauce forms
2. Pan-fry marinated paneer on medium heat until browned and set aside.
3. Saute onions, garlic, ginger and chilli slowly until caramel coloured Add a little water to soften. Add garam masala, cumin, coriander and cook well.
4. Add spinach and stir well. Add salt and half a cup of water, simmer with lid off for 10 minutes.
5. Remove from heat, stir through half a cup of yoghurt then return to heat and cook for a further 5 minutes. Stir through paneer.

**Serve with rice or roti bread.**

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For appointments call  
03 8822 3020

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