



THE ALGARVE - PORTUGAL

Achieving Wellness with Physiotherapy

While being healthy has always been promoted in society, in recent years, the shift towards wellness has been increasing. While the two concepts seem similar, there are some subtle differences between the two.

Health refers to the state of wellbeing in physical, mental and social terms, rather than just the absence of disease. Wellness, however, encompasses the ability of a person to experience personal growth in emotional, physical, psychological, spiritual, social and intellectual terms. It can be thought of as thriving rather than just surviving.

While you most certainly will notice when your health is failing, it can be harder to be aware that you've lost a little wellness. When it comes to physical wellness, this may mean that you have no pain, yet still feel a little stiff, or simply can't do as much as you would like to.

While in many ways, health can be measured objectively, wellness is a little more subjective. It is determined by your own goals and aspirations. If you are able to participate in activities you love, this can be vital to emotional and social wellness, not only physical health.

How can physiotherapy help improve wellness?

Your physiotherapist is able to work with you to set goals that are meaningful to you and develop a plan that makes these goals achievable.

Your physiotherapist can also help you to identify factors that may be holding you back from reaching these goals. In some cases, this could be a lack of balance, which reduces confidence in trying something new. Alternatively, an old injury that hasn't been fully rehabilitated may mean that you are subconsciously avoiding activity.

Little by little, you too can work towards the ultimate goal of total wellness and health. Speak to your physiotherapist about how you can improve your health and wellness.



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Brain Teasers

1. Who always asks who but never receives an answer?
2. What always runs but never walks, babbles but never talks, has a bed but never sleeps, has a mouth but never eats?

Anterior Ankle Impingement



This condition is characterised by a sharp pain at the front of your ankle when running, walking or going down stairs.

Focus on Ankylosing Spondylitis

What is Ankylosing Spondylitis?

Ankylosing Spondylitis (AS) is a type of inflammatory, autoimmune arthritis that primarily affects the spine. It is characterised by intermittent pain and progressive stiffness due to the inflammation and eventual hardening of the ligaments that surround the spine. The classic early symptoms of Ankylosing Spondylitis are pain and stiffness of the sacroiliac joints, the large joints connecting the pelvic bones to the sacrum in the lower back. In the final stages of the disease, the entire spine can become fused and rigid, often in a flexed, forward posture.

As this is an inflammatory disorder, many other systems and joints are often also affected. A significant number of people with AS also suffer from irritable bowel syndrome and inflammation of the eye.

What causes it?

The cause of Ankylosing Spondylitis is not clear, however, there are markers and predisposing factors that may contribute to

the development of the condition. Genetics, chronic stress and frequent gastrointestinal infections are among the predisposing factors. Men are affected more often than women and symptoms usually begin between the ages of 17 and 45 years.

What are the signs and symptoms?

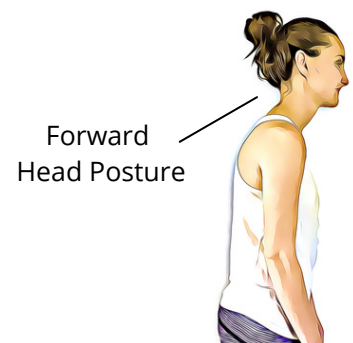
Intermittent back pain and progressive stiffness are the two most common symptoms of Ankylosing Spondylitis. Other tendons and ligaments may be affected, including those in the hands, feet and ribs. Symptoms tend to be worse following periods of rest, particularly first thing in the morning and improve following periods of activity. It is common for people to experience "flare-ups" and "remissions" of symptoms.

Some people with Ankylosing Spondylitis may experience mild discomfort in the spine from time to time, while others may experience severe and debilitating symptoms at frequent intervals with minimal time in remission from symptoms. Long term issues with AS include breathing difficulties due to thoracic and rib cage stiffness and severe spinal pain and immobility. Medical treatment focuses on reducing inflammation and slowing the disease process.

How can physiotherapy help?

Physiotherapy treatment aims to manage pain during flare-ups and maintain optimal posture as the disease progresses. Your physiotherapist will assess your spinal movement and posture as well as strength. If your hands, feet, hips or shoulders are affected, they will also provide you with specific exercises to help maintain mobility and strength in those joints. Many studies have proven the positive benefits of exercise for those with Ankylosing Spondylitis, such as improved rib cage expansion when breathing, and improved posture of the upper back and neck.

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



Answers: 1. An Owl 2. A River

Beetroot & Walnut Risotto

Ingredients:

4 Small Fresh Beetroots
¼ cup Shaved Parmesan Cheese
½ cup Chopped walnuts
2 cups of Arborio Rice
2 cups of Vegetable Stock
½ cup Red Wine
2 cloves of Garlic, Crushed
2 Tbsp. Olive Oil
Salt & Pepper



1. Chop the beetroot into 1cm cubes and place a large frying pan on medium heat; add olive oil, diced garlic, a pinch of salt and pepper, and beetroot and cover, stirring occasionally until beetroot becomes soft and tender.
2. Add 2 cups of Arborio rice to the frying pan and stir through beetroot evenly. Slowly add red wine, stirring gently until the rice has absorbed all the wine.
3. Begin to add vegetable stock, stirring through a quarter of a cup at a time. Lower heat and cover rice for 10-15 minutes, while continuing to stir risotto occasionally until rice is cooked through, add walnuts when rice is soft.
4. Sprinkle thin slices of Parmesan cheese over risotto and serve.

Serves Four

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