



Advance Physio Clinic

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Advance Physio Clinic

2 Trevino Way
Cranbourne North
Victoria 3977

Ph: 03 5995 7060



Clinic Services:

- Neck and low back pain, neck, thoracic and lumbar disc bulges
- Sciatica
- Headaches/Migraines
- Clinical Pilates
- Rehabilitation after surgery, stroke and vehicle accidents
- Work injuries
- Sporting injuries

Clinic Hours:

Monday to Friday: 9am-7pm
Saturday: 9am - 12pm

Glucosamine for Healthy Joints

As you get older, you start to realize that your body may not be what it once was.

- More aches and pains come about
- You may not be as active like you were in your younger days.
- Simple movements may be more painful or challenging than they used to be

This is something that everyone will have to experience and some sooner than others.

It's not just average athletes like you and me that suffer from joint related issues, many major athletes suffer from joint pain. This joint pain could be a result of a painful injury, past or present or it could be from just the average wear and tear on your cartilage in your joints. Something that has been shown to help in many painful arthritic conditions is Glucosamine, and it is an easy to take supplement that you can add to your daily diet.

How does Glucosamine work?

Glucosamine is produced naturally in the body, however, over time this production can slow down considerably. So, by taking a daily Glucosamine supplement, you may help improve mobility, address the pain of arthritis, and assist in rehabilitating damaged cartilage.

Research shows that the supplement Glucosamine can reduce joint inflammation and pain, as well as assist in the rehabilitation of damaged and deteriorated joint cartilage. By adding the supplement to your daily diet, you will not be adding anything foreign or chemically produced to your body. The most inviting aspect of managing your arthritis with Glucosamine is that there are no adverse side effects.

It is very important to not only take good care of your body but to listen to your body as well. When it comes to being active, know your body's limits. Heavy workouts can take major tolls on your joints. Crash diets are not exactly good for your body and most importantly your heart. Glucosamine can not only help repair the damage that has already occurred but can prevent damage from occurring in the future. Glucosamine may be the key component you need to continue living a normal and active lifestyle, pain free. For more information on how Glucosamine can help with your joint and pain management don't hesitate to contact us at the clinic and one of our experienced physiotherapists can discuss whether Glucosamine will benefit you.

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Stress Handling tips

Tip # 4 - Shake it up

This quick exercise helps loosen the muscles in your neck and upper back. Stand or sit, stretch your arms out from your sides and shake your hands vigorously for about 10 seconds. Combine this with a little deep breathing and you'll do yourself twice as much good.

Did you know?

Most lipsticks contain fish scales



Healthy Recipe idea

Ingredients

1 cup dried green split peas
1 onion, chopped
2 carrots, finely chopped
4 stalks celery, finely chopped
6 cups chicken or vegetable stock
150 g lean sliced ham, chopped
2 tablespoons chopped fresh parsley
canola or olive oil spray
salt and pepper, to taste
2 teaspoons sesame oil
12 lettuce leaves

Pea & Ham Soup

1. Put the peas into a large bowl and cover generously with cold water. Stand for at least 6 hours or overnight, then drain well.
2. Spray a large pan with oil and heat. Add the onion, carrot and celery and cook over medium heat for 3 minutes or until soft.
3. Add the peas and stock, and bring to the boil. Reduce the heat and simmer, partially covered, for 30 minutes, or until the peas are very soft. Skim any froth while cooking.
4. Stir in the ham and parsley, and heat through. Season to taste and serve.

“ If opportunity doesn't knock, build a door -Milton Berle ”