

CARERS: SELF-CARE

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LEARNING OUTCOMES

- What does it mean to care?
- Understanding common injuries or pains
- How best to manage injuries and pain conservatively.

CARING

- ◉ What does this word mean?
- ◉ What does it mean to you?
- ◉ Advances in neonatal and critical care have allowed medically fragile children to survive
- ◉ Equipment - allows children to survive outside the hospital environment
- ◉ Children and young adults undergo frequent hospital appointments and hospitalisation.

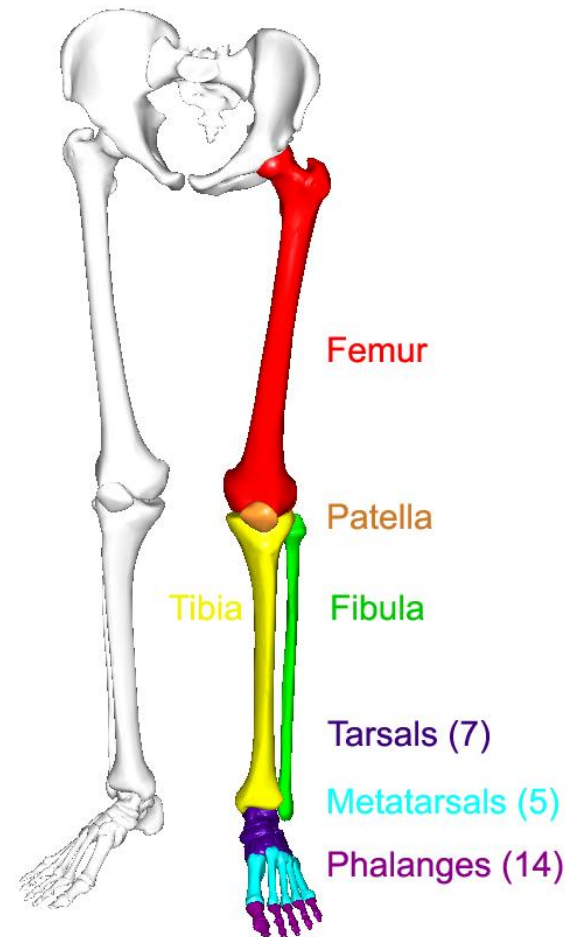
THE BODY



- The human body is designed for movement and efficiency.
- Our bodies consist of a number of biological systems that carry out specific functions.
- When injured or poorly managed there can be short and long term effects.

LOWER LIMB: ANKLE/KNEE/HIP

- ◉ Quads
- ◉ Tib/ Peroneus
- ◉ Hamstrings
- ◉ Calf
- ◉ Flexor/Adductors (foot).



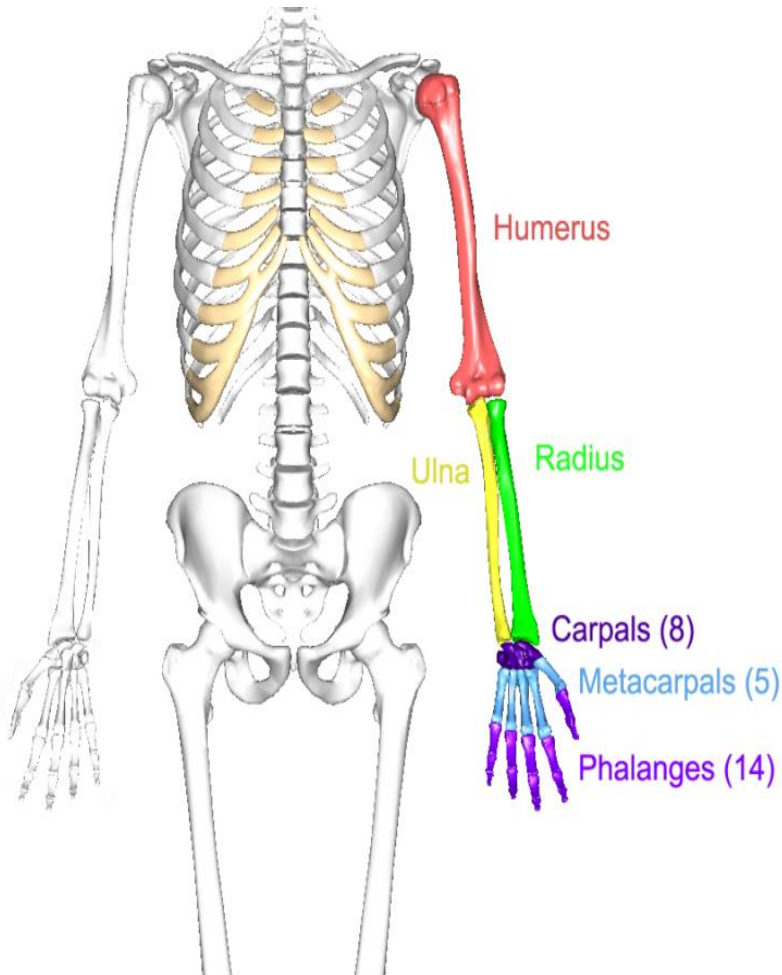
COMMON PROBLEMS

- ◉ **Hip pain** - Weakness and instability
- ◉ Repetitive action
- ◉ Pain during walking, squatting
- ◉ **Knee pain** - Articular cartilage damage
- ◉ Overload of the joint
- ◉ Arthritis
- ◉ Result - Pain, Stiffness, swelling, reduced function
- ◉ **Ankle pain**- Sprains and strains
- ◉ Joint instability

EXERCISES TO HELP

- Hip
- Knee
- Ankle

UPPER LIMB: SHOULDER/ELBOW/WRIST/HAND



- The shoulder sacrifices stability for mobility
- The structure is made up from the ligaments and muscles that attach to the bones.

COMMON PROBLEMS

- ◉ The Shoulder
- ◉ Pain due to underlying conditions
- ◉ Soft tissue injuries...
- ◉ ...but also weakness and instability during care/handling
- ◉ Dislocations
- ◉ Arthritis
- ◉ Bursitis

EXERCISES TO HELP

- Shoulder range and strength

THE BACK

- The spine is comprised of



COMMON PROBLEMS

- ◉ Low back pain
- ◉ -sciatica
- ◉ Mid back pain
- ◉ Cervico-genic headaches (neck pain)
- ◉ Disc injuries
- ◉ Boney malformations

EXERCISES TO HELP

- Low back pain

OFF LOAD

- Head
- Breathe
- Shoulders
- Arms
- Ankle
- Knee
- Hip (Stand-sit)
- Fist
- Extend

CONCLUSION

- ◉ A little exercise regularly will help the body to keep ticking over.
- If you have specific pain 2 days a week exercising those areas are key.
- ◉ Aim 75 minutes vigorous exercise a week.
- ◉ Think about the position and posture you give any activity.
- ◉ If you aren't good to go who you care for won't be good to go either!



**Move Your Body,
The Mind Will
Follow**



REFERENCES

- ◉ Drake, R. Vogl, A. Mitchell, A (2019) *Gray's Anatomy: For Students* 4th Edition Elsevier: London
- ◉ Slide 16 image [Available from] <https://asobergirlsguide.com/blog/f/move-your-body-the-mind-will-follow>
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