

health

EXPERT NEWS

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Shoulder Pain Advice From An Olympian

Hear exclusively from an Olympic swimmer and physiotherapist on how you can prevent or treat shoulder pain so you can continue to swim

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This month's featured **Health Expert**
Raj Gandhi, Founder of **Relive Physiotherapy**
in **Chester, UK**



Who Is Raj Gandhi?

Raj Gandhi has specialised in orthopaedics, sports injuries and musculoskeletal medicine for over 20 years, and is the co-founder of Relive Physiotherapy. He did his Masters degree in Sports Physiotherapy and he has also gained a Postgraduate Diploma in Orthopaedic Medicine and Injection Therapy, and a Postgraduate Certificate in Independent Prescribing.

Raj is an all-round expert who has a special interest in treating back pain, neck pain and various sports injuries. He has worked as a Commonwealth Games Camp Physiotherapist and had a successful career in the NHS for over 10 years, before leaving to start Relive Physiotherapy. He has an excellent reputation among his colleagues and former employers for his Injection Therapy skills. He is passionate about giving all his patients manual, hands-on therapy. He loves talking to people!

Raj is a member of Association of Chartered Physiotherapists in Orthopaedic Medicine and Injection Therapy (ACPOMIT) the Acupuncture Association of Chartered Physiotherapists (AACP) and the Association of Chartered Physiotherapists in Sports Medicine (ACPSEM).

Raj is the mentor to our Physiotherapists and regularly undertakes training with all of them. He loves teaching and supporting others in their learning.

Raj is a father to 2 girls and in his free time he loves playing tennis, listening to audiobooks and doing photography.

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Health
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A warm welcome from Raj Gandhi

Chester's #1 Injection Therapy Expert and Founder of Relive Physiotherapy
www.relivephysiotherapy.co.uk



Who Is Chester's Injection Therapy Expert, Raj Gandhi?

I'm a leading physiotherapist in the Cheshire area, and owner of Relive Physiotherapy. I have extensive experience in the field, working as a physiotherapist for over two decades, and I pride myself on truly providing world-class treatment. I am known as the injection therapy expert in Chester, having practiced injection therapy for over a decade.

I was born in India but have now spent over two decades in the UK. Since graduating, I have achieved a Master's degree in Sports Physiotherapy and have attended various universities for a range of different courses to expand my expertise even further.

I have over 20 years of clinical experience, working in both the UK and India, treating all musculoskeletal disorders, sports injuries, and rheumatologic conditions. I am the only Independent Physiotherapist Prescriber in Chester and surrounding areas who can offer injection therapies such as steroid injections and hyaluronic acid injections (a supplement injection for osteoarthritis).

As the principal physiotherapist of Relive Physiotherapy, I continue to develop the range of quality services that the clinic provides in order to cement its status as the best clinic for assessment, diagnosis, treatment, and rehabilitation.



But don't just take my word for it - Relive Physiotherapy has actually been awarded Best Private Physiotherapy Clinic in the North West for the past four years in a row.

I'm passionate about delivering an outstanding and excellent person-centred approach that is both practical and functional. I am a dedicated clinician to my patients who actively engage in their welfare to help them recover faster. I am a "hands-on" therapist, using a range of manual therapy techniques, soft tissue massage, sports taping, strapping, acupuncture, and tailored exercises to ensure each patient leaves with improved flexibility, strength, stabilisation, and aerobic fitness.

Outside of my professional life, I enjoy spending time with my family: my wife, director and specialist physiotherapist at Relive Physiotherapy, and my two lovely children. We love to spend quality time together and have a particular passion for travel, as well as playing sports. I particularly enjoy keeping fit by regularly visiting the gym, as well as playing tennis, a sport that I follow closely.

Through my expert knowledge of and dedication to physiotherapy, I have truly earned my title of the leading injection therapy expert in Chester.

Who Can Benefit From Raj Gandhi's Help?

I see hundreds of people every week, who most of the time come to me with no idea about what's going on.

Frustratingly, in a lot of cases, people may have already tried a variety of treatments, or they may have even already seen a physiotherapist, but given only generic and ineffective exercises, and therefore fail to see real-time improvement.

Others may have visited a chiropractor, who clicked their pain point, but since then the pain has only gotten worse, preventing them from taking part in their favourite activities, sports, or even just day-to-day life.

Many patients will struggle to sleep during the night due to pain, or work and social life are severely impacted due to an inability to move joints properly, completely diminishing quality of



life and having a knock-on effect on mental health.

The ability to socialise, get back to work, or enjoy physical activity can be hugely limited by pain and discomfort.

A lot of grandparents come to me with arthritis, one of the key areas that can be treated with injection therapy. For example, people will often complain about struggles when doing something as simple as bending down and are told that there are no options available other than surgery, which is a last resort for many.

For those who think they're heading towards surgery, physiotherapy is a last chance to get relief. Many people arrive with the attitude of giving physiotherapy a try and to see what I and Relive Physiotherapy have to offer, after hearing so many positive reviews.

Frustratingly, I find that most of the conditions could have been treated much earlier in the journey of pain and discomfort, but it's never too late! Understanding their pain and where it is coming from helps patients to regain their confidence.

I give them the options of treatment, which includes injection therapy, a method that gets immediate pain reduction, and for those struggling with arthritic pain, a hyaluronic acid injection.

The hyaluronic acid injection is not a drug, but a supplement injection that helps to improve function and get you back to what you need to do. After hyaluronic injection treatment, you'll be able to do simple tasks such as using the stairs or bending down without having difficulty.

This injection also allows you to be able to play with your children or grandchildren, play your

favourite sports and activities, and truly enjoy life with your loved ones – something that you might have been missing out on for months if not years.

These are the people that I get to see and empower with life-changing care, providing me with immense happiness. I feel great satisfaction knowing I have been able to help so many people get their function back and, as the leading injection therapy expert in Chester, I will continue to do so for years to come.

What Are The Biggest Myths About Injection Therapy?

One of the biggest myths that I encounter on a day-to-day basis as the leading injection therapy expert is that arthritis is part of the aging process, and anyone getting old just has to live with it.

This is categorically untrue. I have been able to help people in their 60s, 70s, and 80s with various types of injections, particularly the hyaluronic acid supplement injection, to get out of pain. This injection lines the cartilage, giving it a smoother nature and lubricating the joint, thus allowing the patient to return to their activities, from simply getting out of a chair to competing in triathlons.

One client, in particular, came to me suffering from arthritis and was unable to ride his bike. After experiencing the benefits of the supplement injection, he is now completing 200 miles a week, providing him with immense freedom and joy from being able to return to his active pursuits.

He gets the supplement injections every year, which is what is recommended, and it gives him a great level of functional improvement, proving that no matter your age, there are options available to you and you don't have to accept the pain.

Another myth I hear often is that rest will make a problem go away on its own. A lot of clients that I see are self-employed and they worry that the solution they've been told from friends and family, rest, will prevent them from working and making a living. They cannot afford to take time off from work. I want everyone to know that this doesn't have to be the case, and early intervention is always the best.

They are often in a lot of distress and pain is disturbing the simplest of activities such as reaching, getting dressed, and even sleeping. At that point, when they come to me, I am able to listen to them, and then explain what the problem is and where it is coming from, giving them a bit more confidence, before providing them with the treatment necessary. Rest is not always going to make someone feel better.

There are many alternative options to help you get back to work or your sport quicker, including physio and cortisone injections. The cortisone injection acts like an anti-inflammatory, which helps to reduce the swelling and inflammation and reduces pain quicker.

This therefore allows for more effective physiotherapy, which works to restore and improve function, reduce the pain, and get you back to work or what you love to do as quickly as possible.

What Are The Core Beliefs Of Chester's #1 Injection Therapy Expert?

The core belief that I carry with me throughout my professional career is that nobody in this world deserves to be in pain and be limited in their actions and function.

This is the reason why I chose to become a physiotherapist. With a background in physiotherapy and an expert injection therapy skillset, I am best suited to help many people with their recovery process, speeding things up for them.

I also feel that everybody should be given a choice, and that choice should be an informed decision, not just leading them to generic physiotherapy where they're given basic exercises to take home and try, or to try massage.

At Relive Physiotherapy, I listen to the individual's pain story to determine how I can best help this person overcome their discomfort. Physiotherapy is a great choice, but if the pain is inhibiting function then it needs to be relieved quicker - if you had the chance to do this, why wouldn't you?

This is where the cortisone (or steroid) injection

comes in, which eases the pain much quicker, and paired with physio can make for a much more effective journey to relief.

I have more than 10 years of experience with injection therapy, treating hundreds of people with various conditions from shoulder pinch or frozen shoulder to tennis or golfers' elbow and plantar fasciitis, with people finding great improvement. Because of my passion for getting people out of pain, I feel like a part of my patients' journeys, attuning to my core belief that no one deserves to suffer from pain.

I also believe that being an expert physiotherapist, combined with having an extensive injection therapy skillset, is a great way of moving forward and providing the best level of care to patients.

Many times when I see people with arthritis, they are frustrated, having been told that there is nothing that can be done for them. They often resort to surgeries that are sometimes unsuccessful or end up causing more harm than good.

When I see patients, I believe them, I listen,





and I offer many different treatment choices to help them avoid this worrying surgery. I help people feel more comfortable by not only offering physiotherapy but also offering injection therapy.

What Makes Raj Gandhi Different?

I'm different from others in this field primarily due to my additional qualifications in prescribing, meaning you do not need a doctor's referral to get injection therapy treatment from me. I can offer physiotherapy plus injection therapy, which is not the case for many other physiotherapists.

Injection therapy can refer to a steroid injection, which is beneficial to those who are in a lot of pain and are looking for quick relief.

It can also refer to a hyaluronic acid injection, which is ideal for those who are suffering from arthritis.

If you are suffering from pain and have tried everything from self-help exercises to medication but are continuing to lose function, then the steroid injection could be your solution. For those dealing with arthritis, a hyaluronic acid injection, or cartilage supplement, can provide the relief that you need to regain function in your joints.

Most physiotherapy practices offer physio only, whereas at Relive Physiotherapy, I also offer injection therapy, which has proven to be a handy tool to help people quickly and effectively reduce their problems and achieve lasting results. This allows me to stand out amongst other physiotherapists in the area.

Another aspect that allows me to stand out is that I take the time to listen to my patients. Experiences with other clinicians may lead to patients feeling rushed, not listened to properly, and leave them feeling like just a number.

However, I take the time to listen to my patients' stories, worries, and goals, empowering them with the correct knowledge so that they can make an informed decision about their own health rather than be pushed down a specific route.

How Can People Find Out More About Working With Raj Gandhi?

If you would like to work with Raj and the team at Relive Physiotherapy in Chester, we have several simple options available.

Download Your Free Report On Our Website

This will give you practical advice and tips that you can get started on immediately.

Visit www.relivephysiotherapy.co.uk to download your **FREE** report or call us on **01244 630750**

Why Not Speak To An Expert For Free?

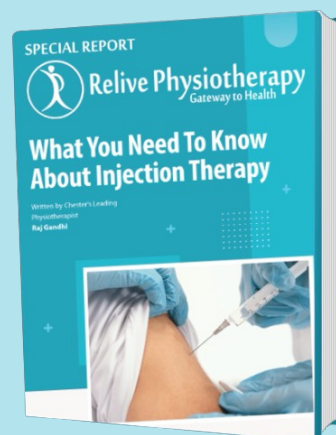
Arrange a **FREE** telephone consultation. You will be able to have a call with myself or my team and quickly start to understand what is going on with your knee.

Visit www.relivephysiotherapy.co.uk to download your **FREE** report or call us on **01244 630750**

Schedule Your FREE Taster Visit?

Arrange a **FREE** taster visit, where you get a chance to come to my clinic in Chester and talk to me, meet the team and learn what we can do to help you get back to doing what you love.

Visit www.relivephysiotherapy.co.uk to download your **FREE** report or call us on **01244 630750**



Shoulder Pain And Swimming: Top Tips From An Olympic Swimmer and Physiotherapist

by Lou Nicholettos, the **Leading Running Injury Expert**
in Cornwall & Founder of **Cornwall Physio, (UK)**
www.cornwallphysio.co.uk



We treat lots of Shoulder injuries here at Cornwall Physio in swimmers and non-swimmers alike.

With the Olympic games currently taking place it seemed like a great time to bring forward our very own Olympian, to give his top tips on treating and preventing shoulder pain...

Rob Bale is our Shoulder Specialist Physiotherapist here at Cornwall Physio and also has unique experience in dealing with his own shoulder injuries back in his former life as an Olympic Swimmer.

The most common issue faced by both novice and elite swimmers, has always been shoulder problems.

Here Rob gives us a unique insight into what's involved in training to be an Olympic swimmer, the kinds of problems this can create for the shoulder

joint and the steps that swimmers can take to look after their Shoulder's.

Introducing Rob...

"My names' Rob and in a former life, back before I became a Physiotherapist, I represented 'Team GB' at the Olympic games in London 2012. Like many swimmers, I had shoulder problems on and off throughout my career and this was actually a catalyst in me wanting to become a Physiotherapist."

Why Do Swimmers Get Shoulder Pain?

"Looking back to my club level swimming days as a teen, I remember my training, even then, being affected by shoulder pain. I was a Freestyle (front-crawl) swimmer, and for most training sessions the majority of those would be freestyle based. Thousands upon thousands of meters, week-in week-out, my shoulders always moving the same direction and working the same muscles in a very specific movement pattern.

"A 2010 study highlighted club swimmers, averaging 6000 to 10,000m per day during training sessions, generally held over 5-7 days with sessions twice a day, roughly equating to 60,000 to 80,000m per week, with an average stroke count of 8 to 10 per 25m, swimmers will perform in the region of 30,000 rotations of the shoulder each week!

"This is a clear factor for introducing imbalance into the joint. The action during the catch phase of all strokes is internal rotation of the shoulder in an overhead position – a very weak and unstable position for our shoulder if not supported correctly. Therefore, over time and with improper warmups or training to combat those forces, a majority of



You should be able to swim without the fear of shoulder pain.

swimmers can inevitably experience pain in their shoulders from swimming. I certainly did!"

So, Just How Much Does An Olympic Swimmer Train?

"At the most intensive point, my training schedule consisted of 10 swim sessions of 2.5 hours a week, we would average around 75,000 – 85,000m over the course of those 10 sessions. We then had weights training after morning sessions and dry land conditioning before each afternoon session. My coach would then also have the (not so) wonderful idea of giving us what he liked to call 'Hell Week', a week in which our sessions increased to 3 hours each and hitting 9,000 – 10,000m per session."

How Do Elite Swimmers Prevent Shoulder Pain?

"As you can imagine, our bodies broke down under such intensive work. Thankfully for me at the level I was training and competing at, we had a team physio who would be present for every session on poolside to provide treatment. I spent a lot of time with them working on my shoulders. We had access to high level testing equipment that could test the force output of each muscle group. There was a big discrepancy between the internal rotation strength and external rotation strength, highlighting an imbalance. The physios and gym staff worked together to develop detailed rehab plans and adapt any other exercise to minimise niggling the affected shoulder any further.

"Regular soft tissue release was a big help for me to keep on top of the tension that would build up during the swim sessions.

"In the majority of cases shoulder pain in swimmers is caused by an overload on the rotator cuff muscles. Muscles at the front of the shoulder are over worked and strong, whilst those at the back are lengthened, and weak. This develops an imbalance of the intricate system that stabilises the shoulder. Therefore, over time it can lead to tendon issues, potentially degenerative tears or wear and tear on the cartilage within the joint itself."

How Physiotherapy Can Prevent And Treat Shoulder Pain?

Swimmer's shoulders certainly take a lot of strain.

However, problems can be prevented with a good programme of strength work to improve the muscular imbalance and stretching to improve the mobility of the shoulder.

My approach as a Physiotherapist when I treat any swimmer is to first address the tightness around the shoulder. By releasing the soft tissues acting on the shoulder we can also influence the space inside the joint, if everything is tight this space can become less, couple this with irritated and inflamed tendons or a bursa this space becomes very compact and leads to what is termed, impingement.

Warming-Up Before You Swim

It is vital to perform a structured warm up routine before going swimming. Warming up the shoulders is a key step in reducing the chance of injury. The warm-up ensures the correct muscles are warmed, with blood flowing to them and are activating in the right way. A warm-up should consist of several elements:

1. **Blood flow** – actions like arm swings, skipping and even some light shadow boxing can get the blood pumping around the muscles of the shoulders.
2. **Activation** – use resistance bands to perform specific movements to activate the stability muscles of the shoulders, also think about position of the arm during the stroke, when you catch the water you are generally in an overhead position so consider, if able, doing some activation in overhead positions.
3. **Stroke Specific** – similar to arm swings but stroke focused, use these exercises to simulate a few stroke cycles to practice technique and warm-up to stroke specific demands.

If you experience any discomfort or pain following a swim, take some time to do some stretching and release work with a ball. At elite level, we had to do 30 mins of dry land cool down following every session. While you might not be able to spare 30mins after each swim, it is certainly important to fit in some form of stretching post swim.



Immediate Relief for Sciatica Pain: 5 Quick Techniques to Ease Discomfort

by **Brad Conder**, the **Leading Back Pain Expert**
in **Louisville & Founder of Focus Physical Therapy, Arizona (AZ)**
www.physicaltherapylouisville.com

IN the ebb and flow of daily living, the sharp jolt of sciatica pain can bring life's rhythm to a jarring halt.

For those who experience the relentless discomfort, each movement is tainted with anticipation of pain, transforming even a simple walk across the room into an arduous task.

The physical agony is often accompanied by an emotional burden – a silent cry for immediate relief and a return to comfort.

The Emotional Toll of Constant Discomfort

As you navigate through your day with the specter

of sciatica pain trailing every step, it can feel like you're carrying an invisible weight.

This pain doesn't just affect your body; it invades your mental space, casting a cloud over moments that should bring joy.

But even amidst this unwavering discomfort, it's important to hold onto hope – the promise that relief is within reach.

How Can Sciatica Pain Affect My Life?

Sciatica pain has the potential to ripple through all facets of your existence, from sleepless nights due to discomfort to missed opportunities for joy and

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"Your current state is not your final story. Sciatica, while challenging, can be mitigated, allowing you to reclaim the narrative of your life."



Sciatica can stop you from doing the things you love, disrupt your sleep, and reduce the overall quality of your life. But it doesn't have to last forever, there are natural solutions.

adventure.

It can be an uninvited disruptor of concentration at work, a dampener on social interactions, and a barrier to the active lifestyle you once led.

But let this be a message of hope: your current state is not your final story. Sciatica, while challenging, can be mitigated, allowing you to reclaim the narrative of your life.

Here are **5 quick techniques to ease discomfort...**

1. Gentle Stretching

- Begin with a simple seated spinal twist.
- Sit on the ground, cross one leg over the other, and gently twist towards the bent knee, holding for 30 seconds.
- Feel the stretch along the spine and through the outer hip of the crossed leg.
- Slowly release the twist and switch sides to stretch the other side of your body. This can help release tension along the sciatic nerve.

2. Heat Application

- Apply a heat pack to the lower back for 15–20 minutes to encourage muscle relaxation and provide immediate relief for sciatica pain.
- Allow the heat to penetrate the muscles for 15–20 minutes, allowing them to relax and loosen.
- The warmth can soothe tight muscles that may be pressing on the sciatic nerve.
- After 15–20 minutes, remove the heat pack and gently stretch the lower back and legs to further alleviate tension.

3. Mindful Posture

- Be conscious of your posture when sitting or standing.
- Poor posture can exacerbate sciatica symptoms.
- Make small adjustments such as sitting with a lumbar roll or standing evenly on both feet to alleviate nerve pressure.
- Keep your feet hip-width apart and your knees slightly bent to reduce strain on your lower back. Avoid locking your knees or arching your back excessively.
- If you need to sit for long periods, consider using a footrest to shift your weight and reduce pressure on your lower back.

4. Self-Massage

- Using a tennis ball, gently massage the lower back and gluteal area to target the piriformis muscle, which can affect the sciatica nerve when tense.
- Spend a few minutes messaging each side, paying attention to any areas of particular tightness or tenderness.
- Consider using other tools such as foam rollers or massage balls of varying sizes, to target different areas of tension in the lower back and hips.

5. Frequent Movement Breaks

- If you spend long hours sitting, take frequent breaks to stand up, walk, and stretch.
- Set a timer or schedule reminders to stand up, walk around, and perform gentle stretches every hour or so.
- During movement breaks, focus on stretching the muscles that may become tight from prolonged sitting, such as the hamstrings, hip flexors, and lower back.
- This constant change in position can prevent stiffness and provide immediate relief for sciatica pain.

Implementing these techniques into your routine can offer significant **immediate relief** for sciatica pain, serving as your first steps on your path to recovery.

While these tips can provide quick respite, it's crucial to **consult with a physical therapist** for a comprehensive treatment plan tailored to your needs.

At **Focus Physical Therapy**, they are dedicated to empowering you with the tools and knowledge to manage and overcome sciatica pain.

Take the first steps on the **road to recovery** and reach out to a specialist in sciatica and lower back pain. Prioritize your well-being and seek a personalized treatment plan that paves the way back to a life of ease and activity.



Are You An Athlete? Here's Why You Should Be Concerned About ACL Injuries & Surgery

by Michael Chin, the **Leading Running & Fitness Expert** in Milpitas & Founder of P3 Athletic and Physical Therapy, California (CA)

www.p3athletic.com

Over the past several years, anterior cruciate ligament (ACL) injuries have reached "epidemic levels", particularly among young athletes and women. Following this trend, here at P3 we've been seeing a growing trend in ACL injuries and concurrent reconstructive surgeries. In this article, you'll learn about the high cost (not just financial) of injuring your ACL, including the consequences of ACL reconstructive surgery.

What Is An ACL Injury?

For those not familiar with this type of injury, we'll highlight a few key points. The ACL is a ligament of the knee that connects the thigh bone to the shin bone. When that

ligament breaks, the two bones can move more freely creating instability and pain.

So what?

The vast majority of people who experience ACL injuries – especially the active population – are advised to proceed with arthroscopic surgery to reconstruct the ligament.

You might be thinking, "Great! So they can fix it, right?" The short answer is "yes", but many people don't realize the consequences of having a surgery like this, nor do they understand the alternatives.

Here's why you should be concerned about ACL injuries...

1. High Cost

Studies have shown that the billed cost of an ACL surgery ranges from \$20,000-\$50,000 with the average out-of-pocket costs at \$9,000. Don't forget the time needed to take off work because of immobility (first 2-6 weeks), doctors appointments, physical therapy, gym/rehab plan.

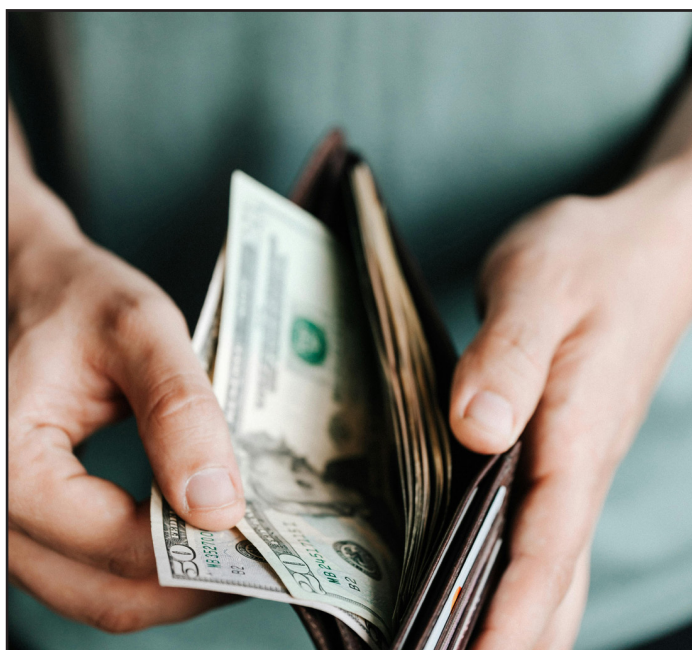
While health insurance may cover a portion of the expenses related to ACL surgery, it's essential to understand your policy's limitations and deductibles.

Depending on your insurance provider and plan, you may still be responsible for a significant portion of the costs, including co-pays, deductibles, and any services deemed out-of-network.

In addition to the direct expenses associated with surgery and recovery, there may be hidden costs to consider, such as transportation to and from medical appointments, childcare expenses (if applicable), and modifications to your living space to accommodate your mobility limitations during

recovery.

Also, most recoveries from ACL surgery take at least 1 year. What's more valuable than your time?



2. Loss of Independence

Without a doubt you'll be laid up for the first 2-6 weeks needing all friends and family on deck to help you navigate your home, do chores, go shopping, drive you around, etc.

It may not sound like a bad thing being waited on hand and foot, but most people following an ACL reconstruction can't stand not doing what they want with their body and taking care of themselves or their loved ones.

Feelings of helplessness, frustration, and even guilt may arise as you rely on others for basic needs and support. Additionally, the inability to engage in activities you enjoy or fulfill your responsibilities to yourself and others can lead to feelings of inadequacy and low self-esteem.



3: Pain

If a surgeon is going to probe into your knee and drill a new ligament into your bone, you can expect some pain and inflammation afterward. That's just the healing of the procedure. Don't forget, you still need to restore the motion and function of the knee with physical therapy. This inflammation contributes to feelings of stiffness and discomfort, further exacerbating the pain experienced during the early stages of recovery.

Pain and discomfort can significantly hinder your ability to restore normal range of motion and function to the knee joint during physical therapy. Activities such as bending and straightening the knee, weight-bearing exercises, and functional movements may be limited by pain, stiffness, and fear of exacerbating the surgical site.

Imagine trying to straighten and bend your knee after the trauma from metal tools cutting,

drilling, and screwing into your knee. Not the most comfortable experience to say the least.

Pain is a significant challenge that you will face following ACL surgery, impacting physical function, emotional well-being, and overall quality of life.



4: Long-Term Loss of Function

Let's face it, there's no guarantees when it comes to surgeries. Although a new ACL has been reconstructed, there are many factors that contribute to a SUCCESSFUL recovery. The big ones we see people struggle with are mobility, strength, and functional stability. Can your knee bend and straighten like the good leg? Can you squat and single-leg press the same

weight on each leg? Do you land, cut, and jump confidently with good form and mechanics?

Without getting these areas back to over 90% of your good leg, you may have difficulty returning to activity, sports, and putting yourself at risk for another injury.

For the active population especially, this can be very frustrating.

Why Tight Hips Could Be Causing Your Stiff Lower Back After Hiking, Biking, And Other Sports

by Patrick Figueiredo, the **Leading Back Pain Expert**
in Harker Heights & Founder of **Fyzical Therapy & Balance Centers**, Texas (TX)

www.backpainexperttharkerheights.com



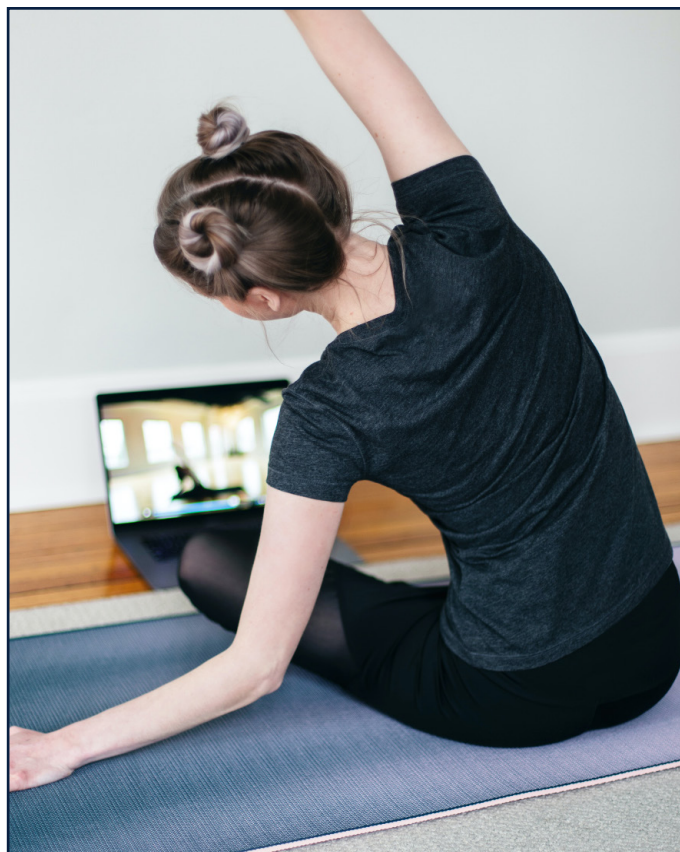
Are you an active person who has been experiencing lower back pain for a while?

I understand how frustrating and worrying it is when you can't do all the sports and other activities that you love.

It's very upsetting and debilitating and I know how it can affect your personal life too when you're not able to go on hiking trips and socialize with your friends.

Tight hips could be the cause of the problem.

Tight hips are common among people who participate in activities that involve a lot of hip movement, such as hiking, biking, and other sports.



Can Tight Hips Cause Back Pain?

If you've been suffering from a stiff lower back and are not sure why it's happening to you, then maybe the cause of your pain isn't in the back after all.

When our hips are tight, it affects our posture and the way we move, leading to compensations that tend to trigger lower back pain.

Tight hips can cause an anterior pelvic tilt, where the pelvis tilts forward, creating an excessive curvature in the lower back and causing a strain on the muscles.

That's why you may be experiencing pain and lower back stiffness, even if you are an active person and trying to stay healthy.

Tight hips and lower back pain go hand in hand. The good news is that you can do something about it.

How To Ease A Stiff Lower Back

If you're suffering from lower back pain that's been stopping you from enjoying your active life, then I fully appreciate how debilitating and upsetting it is.

When you can't do what you love and be active, it may affect your mental health negatively.

That's why it's so important to get better and get back to doing all these activities you like before the stiff lower back gets worse and stops you from doing more things.

Here are some key tips to ease your pain and stiff lower back.

Regular Hip Stretches

Stretching is one of the best ways to loosen up tight hips. You can try some simple stretches that target the hip flexors, glutes, and piriformis muscles.

Examples of these stretches include the pigeon pose, the butterfly stretch, and the lunge stretch. Do them regularly and your lower back pain stiffness should improve over time.

Strengthen Your Core

Doing core strengthening exercises can help relieve lower back pain.

Strong core muscles support the lower back and improve your posture, reducing the strain on your lower back muscles.

A stiff lower back can be daunting and stop you from doing many things, so it's better to do something about it now before it gets worse and causes more injuries.

Strengthening your core is the key to staying active and healthy.

Correct Your Posture

Try to maintain a good posture while sitting and



Don't let your walks be affected by hip pain

standing to prevent excessive strain on the lower back.

Adjust your chair, desk, and computer to ensure they are ergonomically friendly.

When standing, make sure you distribute your weight evenly to avoid putting extra pressure on one side.

Poor posture can lead to a stiff lower back and affect your overall body balance and health, so make sure you keep it right.

Regular Physical Activity

One way to keep your hips mobile is to move them regularly.

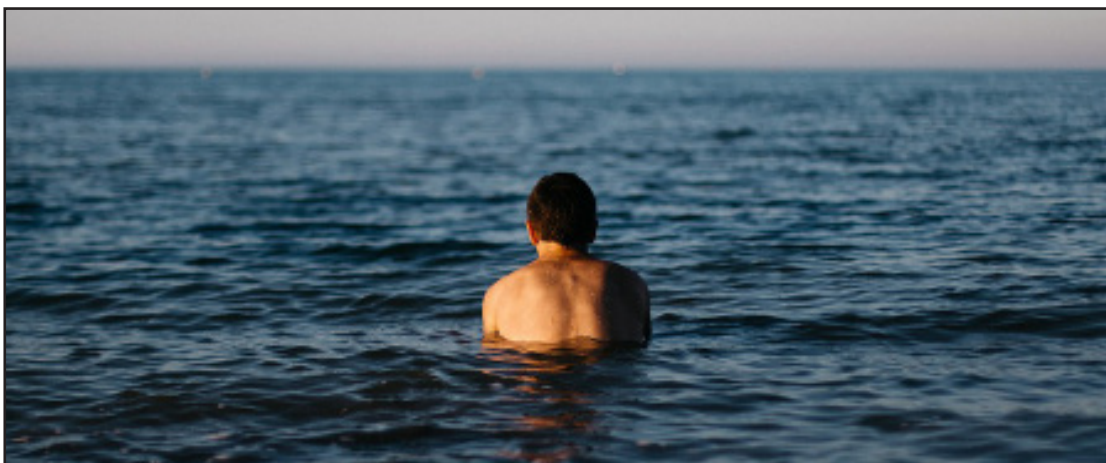
You can do this by engaging in activities such as walking, cycling, or swimming.

Physical activity also offers numerous other benefits, including improved cardiovascular health, decreased stress levels, and better sleep.

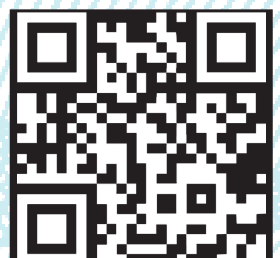
If you're an active person, then just keep doing what you're doing and engage in different physical activities to reduce your lower back stiffness.

The Best Treatment For Lower Back Stiffness

If you're suffering from lower back stiffness and are desperate for it to end and get back to your activities, then you might need some extra help. The above advice is great if you have a stiff lower back that's not so severe, but if you've been suffering from back pain for a long time, then it's best to seek specialist help. And there's no better time like NOW!



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How To Instill Healthier Habits Into Your Children

by **Joni Redlich**, the **Leading Special Needs Expert**
in New Jersey & Founder of **Kid PT (NJ)**

www.kidpt.com

Healthy habits throughout childhood are vital because they establish the foundation for a lifetime of physical, mental, and emotional wellbeing. These habits support growth and development, enhance academic and social performance, and reduce the risk of chronic illnesses later in life.

By instilling healthy eating, regular exercise, and proper sleep, children develop strong bodies, sharp minds, and resilient emotional health. Healthy habits can also foster self-discipline, boost self-esteem, and encourage positive relationships with food, physical activity, and self-image.

As parents we can instill these habits in our children early to begin a trajectory for a healthier, happier, and more fulfilling future.

Remember, children learn by example, so modeling these habits yourself can be one of the most effective ways to instill them in your children.

And above all, make it a point to have fun while incorporating these habits into your family's daily life. Healthy living doesn't have to be a chore; it can be an enjoyable journey for the whole family.

Healthy Habits for School Children

As children enter their school years, it's important to continue promoting healthy habits and provide them with the tools they need to thrive.

Here are some essential tips for school-aged children:

1. Nutrition

Involve your child in meal planning and preparation to teach them about nutrition and encourage them to try new foods.

Enjoy regular family meals, which can foster communication and connection.

2. Sleep

Ensure your child gets the recommended amount of sleep for their age (typically 9-11 hours per night).

Establish a consistent bedtime routine to promote healthy sleep patterns, encouraging all screen time to end at least an hour before bed.

3. Development

Aim for at least 1 hour of physical activity each day. Activities like sports, bike riding, and swimming are great options. Focus on what is fun and motivating for your child! Keep communication lines open and encourage your child

to express their feelings and concerns. Let your child know that their feelings are always valid.

Teach them problem-solving and coping skills to navigate challenges.

As a parent, you can't prevent your child from having to face hard things, but you can help them build the confidence and skills to do so successfully.

4. Independence and Responsibility

Encourage your child to take on age-appropriate responsibilities, such as chores and self-care tasks.

Foster independence by allowing them to make some decisions and learn from their mistakes.

“Remember, children learn by example, so modeling these habits yourself can be one of the most effective ways to instill them in your children.”



Involve your child in meal planning, cooking and preparation to help them understand nutrition

By focusing on these healthy habits and providing guidance and support, you can help your school-aged child navigate the challenges of growing up and prepare them for a successful future.

As children grow and transition into adolescence, parents continue to have a crucial role in promoting healthy habits and provide guidance for their growing independence.

Parents have less control of their children's choices as they get older, but they can continue to have a strong influence and be role models for living a healthy life. Fostering open communication about social and emotional well-being and offering support and guidance for navigating the complexities of teenage life is vital. Encourage them to limit screen time and engage in hobbies and interests outside of school.

Reinforce the importance of responsible behavior, including safe driving and avoiding any ideas of a risky outlook. Promote independence and responsibility by involving them in decision making and teaching life skills. Continue with regular check-ups and vaccinations, and emphasize the significance of mental health. By providing a supportive and healthy environment,

parents can help tweens and teens thrive during this pivotal stage of their lives.

Parents play a fundamental role in instilling healthy habits in their children. They are the primary influencers and role models, shaping a child's early experiences with food, exercise, and overall well-being. Through their guidance and example, parents establish the foundation for lifelong health.

By providing nutritious meals, encouraging physical activity, setting routines, and fostering open communication, parents not only promote physical health but also contribute to the development of essential life skills like self-discipline, self-esteem, and emotional resilience.

Parental involvement in teaching healthy habits not only benefits a child's immediate well-being but also equips them with the tools they need to make informed and positive choices as they grow into adulthood.

Is Constant Back Pain Bringing You Down?

by **Jereme and Sarah Trunk**, the **Leading Back Pain Experts** in Lake Country & Founder of **Balance Within**, Wisconsin (WI)

www.balancewithinpt.com



Are you struggling to do the things you love?

Is it difficult to swing a golf club, bend down to pick up the grandkids, rake leaves, read a book while sitting in your favorite chair or even enjoy a walk through the neighborhood?

Are you frustrated with not being able to keep up with your friends and family?

Have you tried just about everything and nothing has helped?

You are not alone.

It is the **LEADING CAUSE** of activity restrictions and work absences throughout the country. Back pain can range from a dull consistent pain to a sharp almost jabbing pain during times of movement or even rest.

But it is not always caused by a certain event or movement, it can appear almost out of nowhere. Some common causes are:

- ✓ **Muscle or ligament strain – from repetitive motion or a sudden awkward movement**
- ✓ **Herniated or bulging disc or discs**
- ✓ **Arthritis**
- ✓ **Inflammation**
- ✓ **Fractures**
- ✓ **Pregnancy**
- ✓ **Prolonged sitting**
- ✓ **Poor Posture**
- ✓ **Poor sleeping position**
- ✓ **Imbalances & stiffness in your body; stiffness usually comes first and then creates pain on and off**



How to Ease Back Pain Now...

Rest

Taking time off from activities to give your body time to recover is important. But after about 2 weeks, resting is no longer a good idea! Have you heard the phrase that motion is lotion? Well this is so true. If your pain is not getting better after resting a bit, you need some more help (how about PT?).

Apply ice/heat

Both can ease pain. Icing will help reduce the inflammation and heat will ease stiffness.

Low impact activity

Walking, biking, water exercises. You may not feel like moving with your knee pain but low impact activity can assist. Activities such as walking, biking, yoga or Tai Chi can keep your joints from stiffening up and causing more pain. Water exercises are also a great way to keep moving.

Maintain good posture

Body mechanics when sitting, standing and even sleeping can assist with pain relief.

Back pain is not something you need to live with.

Just because you are getting older, have arthritis or osteoporosis, does not mean you have to live with back pain.

How to Ease Back Pain Over Time...

Exercise

Movement and a regular exercise schedule provides so many benefits. Keeping your joints fluid and moving is key to prevent future problems as well. If exercise is hurting, PT can help so this feels great again.

Eat an anti-inflammatory diet

This helps with maintaining weight, helps to improve recovery rate and lowers the chances of developing arthritis or osteoporosis and reduces inflammation.

Wear supportive shoes – Orthotics

Your shoes may be the cause of your back pain. Those with pain should usually avoid flip-flops, sandals or high heels. Custom orthotics from **Foot Levelers** is a great option (**which we offer in our clinic!**) These custom made inserts as well as orthotic sandals to help support your feet, legs and knees.

Get Physical Therapy

Balancing out the body while making sure you have enough strength to support your joints, that the joints are moving OK and not too stuck and that the fascial system is not throwing things out of whack... addressing these issues and many others is how we get to the root cause and get you back to living your best life.

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Don't sit and suffer at work; get physical therapy to ease your pain

4 Proven Techniques For Sleeping With Annoying Neck Pain, Without Painkillers

by **Jennifer Penrose**, the **Leading Neck Pain Expert**
in Lacey & Founder of **Penrose Physical Therapy**, Washington (WA)

www.penrosept.com



Do you find yourself constantly interrupted by discomfort during your sleep, waking up frequently to adjust your position in a pointless attempt to find some relief?

Neck discomfort is an all too common issue that bothers countless individuals across the globe.

Those who have experienced it understand the debilitating nature of this pain.

Simple tasks like turning your head or reaching out can trigger intense pain that lingers for hours, sometimes even days. It's no surprise that the thought of going to bed fills you with dread!

Sleep should be a peaceful place, a time to rejuvenate and recharge, but for many, it's become a nightly battle. If you're reading this, chances are, you're all too familiar with this struggle. But there is hope.

In this article, we'll share four effective strategies to help you sleep with neck pain. But first, let's delve into what might be causing your neck discomfort.



The Sources of Your Neck Discomfort

Neck discomfort arises from a variety of factors, ranging from lifestyle choices to work-related risks. Understanding these causes is the first step towards managing and relieving neck pain.

Here are some prevalent reasons behind neck discomfort:

Gadget Usage

In our technologically driven era, many of you spend substantial amounts of time on electronic devices. Holding your gadget in the same position for prolonged periods can lead to neck discomfort, a condition often dubbed today as "tech neck."

This happens due to the strain on your neck muscles as you continually gaze at the screen. The consistent downward angle can exert significant pressure on the cervical spine, resulting in discomfort and potentially chronic pain in severe cases.

Taking regular breaks and adjusting your posture during device usage is vital to prevent this.

Office Work

A considerable number of people spend their working hours seated at a desk. This sedentary lifestyle often leads to poor posture and consequently, neck discomfort.

Slouching strains the neck muscles, causing pain and stiffness. Extended periods of sitting can also weaken the neck muscles, compounding the issue.

To combat this, regular breaks, standing and stretching, and an ergonomically set up workspace to encourage good posture are recommended.

Repetitive Strain Injury

Repetitive strain injuries are a frequent source of neck discomfort. These are common among athletes

and those whose occupations involve physical exertion.

Repeated actions like lifting, bending, or carrying heavy objects can result in neck muscle tension and pain. Over time, these repeated actions can cause small tears in the muscle fibres and inflammation, leading to discomfort and rigidity.

Using correct lifting techniques and incorporating regular rest periods can help prevent repetitive strain injuries.

The 4 Effective Strategies To Sleep With Neck Discomfort

Pillowwise Pillows

The right pillow can make a world of difference when it comes to neck pain. That's why we're excited to introduce Pillowwise – specially designed pillows to support your neck and reduce discomfort.

Pillowwise pillows are tailored to your specific needs, taking into account your body measurements, preferred sleeping position, and mattress type.

They're proven to provide optimal support and alignment, helping to reduce neck pain and improve sleep quality.

Don't let neck and shoulder pain control your life. Take action now, contact us at **(360) 456-1444** to take advantage of this **HUGE** saving!

Modify Your Sleeping Posture

Your sleeping posture can significantly influence your neck discomfort.



The position you sleep in is crucial in maintaining your spine's natural curvature and preventing unnecessary stress on your neck and shoulders. Back sleeping helps maintain your spine and neck in neutral alignment, reducing the likelihood of waking up with a stiff or painful neck.

Consider placing a pillow under your knees to support your spine's natural curve, reducing lower back pain risk. This alignment is key in reducing strain and promoting a night of restful sleep.

Incorporate Stretching Exercises

Including stretching exercises in your daily routine can greatly alleviate neck discomfort.

These exercises should target the neck area, improving flexibility, reducing stiffness, and increasing motion range. Simple movements like tilting your head sideways, rotating it, or gently pulling it towards your shoulder can prove beneficial.

These stretches can help relax the rigid muscles and boost blood flow to the area, encouraging healing.

Perform these exercises before bed to help relax the muscles and ready your body for a night of restorative sleep.

Cold Therapy

Applying cold to the neck area can be highly effective in reducing muscle inflammation. Cold therapy can decrease blood flow, reduce inflammation, and alleviate pain.

This method works by constricting the blood vessels of the muscles surrounding the neck. This process decreases blood flow to the muscles, helping to manage the discomfort.

Use a cold pack or a chilled towel and apply it to your neck for 15-20 minutes before going to bed.

This therapy can help soothe the muscles, reduce stiffness, and prepare your body for a restful night's sleep.

By addressing the root causes of neck discomfort and implementing these strategies, you can significantly improve your sleep quality and overall well-being. Don't let neck pain control your life; take action to regain peaceful nights of rejuvenating sleep.



The 4 Biggest Benefits of Using Orthotic Shoe Insoles

by Nash Danga, the **Leading Foot/Ankle Pain Expert** in Bolton & Founder of **T4 Physio**, Bolton (UK)

www.t4physio.co.uk

Are you currently suffering from foot, ankle, or knee pain?

You may have been suggested orthotics, but feel unsure of what they are, what the benefit is, and how they can help you.

Especially if your pain isn't in your foot or ankle – how can shoe insoles help my knee, hip and lower back pain?

But actually, our body is much more connected than we think.

Lower body pain is often related to problems further down the chain, meaning your feet!

This article contains useful information regarding orthotic shoe insoles and how they can benefit you.



What Are Orthotics?

Orthotics, in basic terms, is the science of designing and creating devices to support or improve joint function.

They come in many forms such as foot orthotics (insoles), spinal supports, and knee braces. Orthotics can be used to treat a range of conditions, from sporting injuries and arthritis to mobility issues.

Foot orthotics are custom-made shoe inserts, that are designed to provide targeted support while you're on the move, whether you're running, playing sports, or simply walking around the gym.

Are Custom Orthotics Worth It?

Custom orthotics (the type we provide here at T4 Physio) can be a great addition to your foot care routine if you suffer from chronic or recurring foot pain.

They are designed to provide extra cushioning and support specifically for parts of your feet to relieve stress and alleviate discomfort.

Custom orthotics are usually more expensive than the over-the-counter varieties you will see in High Street shops, but they offer a number of advantages that make them worth the extra cost.

Because our orthotics are made specifically for your feet, no two insoles are the same.

Your feet are different to anyone else.

The orthotics are made to measure and will feel more comfortable and provide more targeted support in the areas you need most because of this.

So, if you've tried orthotic shoe insoles from the supermarket or pharmacy in the past which didn't work, you might be shocked at the difference our orthotics can make to your pain.

Still not convinced?

[Read on to discover FOUR key additional benefits of custom orthotic shoe insoles...](#)

1. Safe, Natural, And Easy-To-Use Pain Relief

Many people who visit our clinic have heard about our ability to help them avoid nasty pills, and dangerous injections and surgery.

Regularly taking medication can leave you suffering from side effects, have an impact on your long-term health, and we've all heard stories in the news and on social media about people becoming addicted to pills.

And more drastic ways to relieve pain, in the form of injections and surgery, are terrifying prospects.

The worst part – injections and surgery aren't guaranteed fixes, and many people who have these procedures can end up with complications, and infections.

Or the pain can return after a year or two!

Our clinic is extremely busy because we help people avoid these things, and custom orthotics are just one of the ways that we can do that.

2. Improved Posture

Your feet are the foundation of your entire body, and poor foot health can have a ripple effect on your overall posture and alignment. Wearing custom orthotics can make a significant difference in maintaining good posture.

Custom orthotics are specifically designed to support the unique contours and arches of your feet – why our orthotics work much better than any off-the-shelf versions you may be considering or have tried before?

By correcting any misalignments in your feet, these comfortable shoe inserts help to promote a proper gait and more even weight distribution.

An improved posture means fewer aches and pains in **your everyday life!**

3. Reduced Fatigue

The cushioning effect of custom orthotics plays a significant role in reducing strain on your feet, ankles, and legs.

Ultimately allowing you to stay active for longer periods without experiencing discomfort or exhaustion.

So if you're busy, and you're on your feet all day, you won't suffer anywhere near as much as you do now.

Orthotic shoe insoles evenly distribute pressure across your entire foot and in turn, reduce the impact of each step.

These one-of-a-kind shoe inserts help to minimize the stress placed on your lower body during physical activities, and when you play sports or exercise.

As a result, your muscles experience less strain and require less energy, leading to reduced fatigue.

4. Injury Prevention

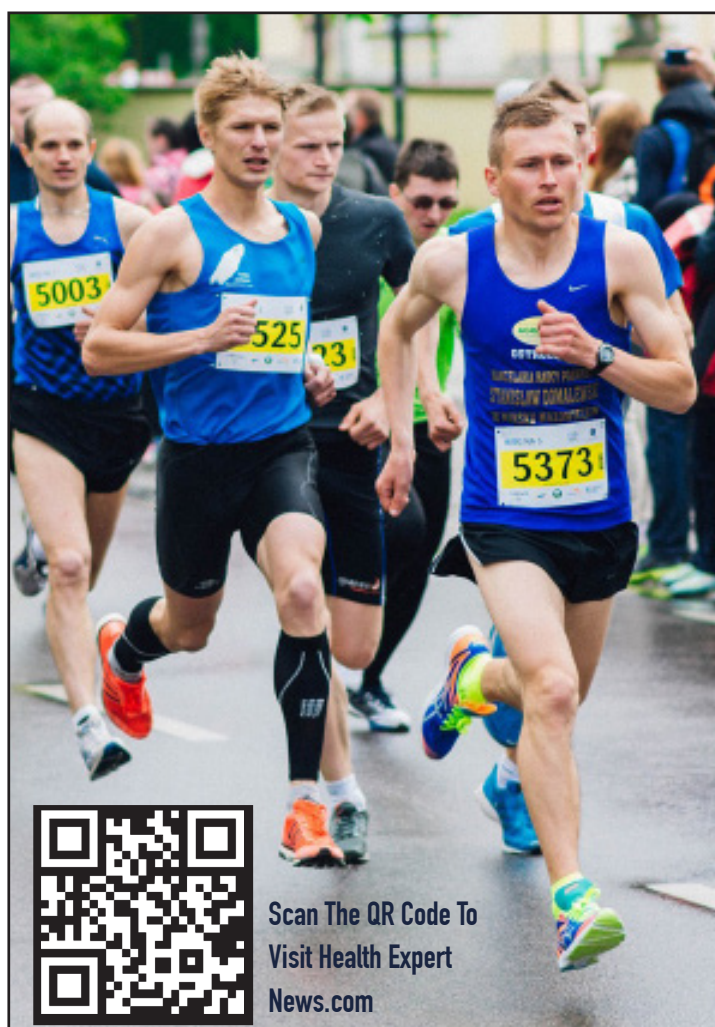
Another reason orthotics are in such high demand at our clinic is that custom orthotics play a crucial role in reducing the risk of common sports and gym injuries.

Your tailor-made insoles are designed to properly distribute force across your feet, ensuring that no single area bears excessive pressure or strain during physical activities.

So if you are playing tennis or football and changing direction sharply, you're less likely to injure yourself.

Moreover, custom orthotics can also aid in injury recovery by providing targeted support and cushioning.

This allows you to get back to your favourite activities such as running, hiking, or playing with your children faster than you would have been able to otherwise.



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