

PhysioSA

For every physio who cares

Vol. 34 No.3
June 2020

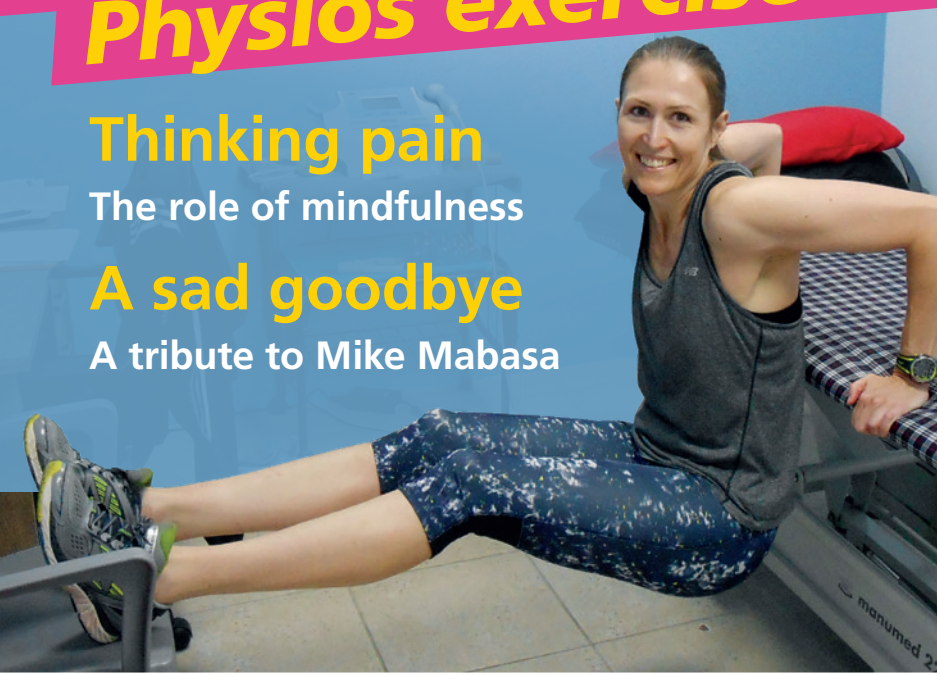


FIGHTING FIT

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Thinking pain
The role of mindfulness

A sad goodbye
A tribute to Mike Mabasa



- + Province activities
- + Graduating in lockdown
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PhysioSA™

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CONTENTS

Vol.34 No.3
June 2020

EDITOR'S COMMENT

- 2 **A shift in vision**
Rethinking life after COVID-19

TRIBUTE

- 3 **Farewell to Mike Mabasa**
A much-loved colleague has left us

STUDENTS

- 4 **Capped and gowned**
Graduating under COVID-19

PROVINCE

- 5 **Diaper bank – helping our elderly**
A heart-warming report
Just keep swimming!
Corné Stander reports from the Free State
- 6 **Promoting the profession**
SABC Career Expo 2019 in Mpumalanga

SIG

- 8 **Mindfulness and anxiety**
Linking pain and mindfulness
- 16 **Sports Strapping Course**
Some visuals from the latest course
- 17 **Introducing...**
The new Paediatrics Group officers
- 19 **On the water's edge**
A report from the Dusi Expo

PROFESSION

- 10 **Leading the way**
Physiotherapists show how to exercise under lockdown conditions!

MARKETING

- 17 **Reaching the bikers**
A Western Cape Sports group initiative

HEAD OFFICE

- 20 **I am the SASP!**
Meet some of the people you deal with at Head Office

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A shift in vision

The Big Pause gave us time to think and to gain a different perspective on life

This pandemic is moving so fast that what I read and thought about just two weeks ago feels as strange and dated as advertisements from the 1980s. Who knows what the world will look like by the time you read this?

But some things have become really clear and real during this bizarre and unexpected Big Pause, the weeks when life slowed and shrank:

- Our understanding of what's important has changed.
- Healthcare.
- The food system.
- Power and water.
- Digital connection.
- Sewerage and garbage services.

Really, those are what we couldn't do without. And teachers. Many parents discovered that, really, teachers do an awful lot, and it isn't a simple or easy matter to try and teach children at home. It takes the kind of time, energy, skill and creativity that many two-career families struggled with during this period.

From teachers to nurses to farmworkers, to the trench-diggers who spent a whole day restoring our water when a pipe burst, many in these crucial fields are among those

paid fairly poorly. That is possibly one thing we should talk about, how we value what people do in crucial areas.

Have you heard of a basic income grant – a monthly stipend that gets paid to everyone and is taxed back from those who don't need it? It's being discussed globally. Why? Because we've realised that it's not tenable, and becomes a huge burden on the state in a crisis, to have people in such precarious conditions that they can fall off the edge within days or weeks. Like wastepickers: a friend in welfare described how one day during lockdown, she saw a wastepicker sitting on the side of the road with an empty trolley, tears slowly sliding down his cheeks.

Just a couple of weeks later, she told me that daily, she was dealing with crowds of people desperate for food, emaciated women holding children with skin peeling due to the malnutrition. And South Africa was not alone in this.

In the USA, we saw endless queues at food banks; in wealthy Switzerland, too, people queued for food parcels. In Paris on one day alone, 1,600 families – living in a generous welfare state – were hungry enough to queue for precious food parcels. "There was a whole economy based on getting by," volunteer Bachir Ghouinem explained in a Reuters story. When the lockdown came and work stopped, they couldn't 'get by' anymore – an image that is all too familiar to us in South Africa. A basic income grant is just one idea for how we could do better in future.

We need to consider a whole universe of ideas for new ways to do better as communities. One such is the role of physiotherapy, in the ICU, on the ward, and, crucially, afterwards. More and more people are showing up to testify that a 'mild to moderate' bout of COVID-19 may mean as much as seven or eight weeks of serious debilitation, and, to get back to function, an urgent need for graded exercise, lung capacity exercises and more from the physiotherapist's toolbox. How should this be coded and paid for? How do we make sure it is part of the healthcare conversation around COVID-19?

COVID-19 offers a chance to shift our thinking, and create a new and more humane world which has its priorities right. Let's make sure physiotherapy is front and centre! 🌟

An urgent need for graded exercise, lung capacity exercises and more from the physiotherapist's toolbox.



Farewell to Mike Mabasa

Caren Fleishman pays tribute to a friend and colleague

Xitutwana Michael Mabasa was born on 3 December 1968 in Majosi village, Limpopo. He matriculated at Kheto Nxumalo High School and studied physiotherapy at MEDUNSA (now Sefako Makgatho Health Sciences University), where he graduated in 1993.

He started his physiotherapy career in 1994 at Hillbrow Hospital. In 1997 he joined the physio practice of Sklaar, Hirschowitz, Laidler & Partners in Turffontein, south of Johannesburg, where he was mentored by the iconic late Joanne Sklaar, her partners and others. He later became an associate in the practice. In 2017, after about 20 years in the South, he moved to his own practice in Randpark Ridge.

Mike's enthusiasm and thirst for knowledge was soon evident when he completed the Orthopaedic Manipulative Therapy (previously OMT) course as well as a Masters in Physiotherapy from Wits University in 2001.

Love of learning

Mike developed a passion for learning and a desire to provide the best care for his patients. He blossomed to become the outstanding, one-of-a-kind physio that he was, often being called 'Magic Mike'. His special field of interest was treatment and rehabilitation of neuromusculoskeletal injuries, especially the ankle and sports injuries.

Mike travelled extensively with various national federations and multicoded events over the years. These included the All Africa Games, twice, in 1999 in Alexandra, Johannesburg and 2003 in Nigeria; the Youth Commonwealth Games in Bendigo, Australia in 2004; two Olympic Games (Athens in 2004 and Beijing in 2008) and the Commonwealth Games in Melbourne in 2006, where Mike was chosen as the Chief Physiotherapist. He also travelled extensively with athletics teams over the years, including the IAAF (International Association of Athletics Federation) World Champs in Finland and Japan. In 2010, he was selected to treat the referees at the FIFA (Fédération Internationale de Football Association) World Cup in South Africa. He also worked with various federations over the years including SAFA (South African Football Association), Boxing SA and Cricket SA.

Complementing his own desire for knowledge, Mike wanted to educate, inspire and mentor younger physios. This he did while still in our practice, and continued




to do at his own practice. Mike also lectured part-time at Wits University to undergraduate and postgraduate physiotherapy students. He paved the way for many younger physios, and helped shape and inspire them to the best they can be and reach for their dreams... as he had been mentored so early on in his career.

The response to Mike's untimely passing has been overwhelming, from patients, doctors and colleagues alike. The words commonly used to describe him have been: inspirational, an excellent physio, a great friend, a legend, humble and a hugely positive influence.

Mike is survived by his wife, Hlamalani Sophy, and three children (Vukosi, Rifumo and his princess, Ntlharhi).

Mike was an integral part of my physio life for 20 years and his passing will leave a huge void in so many people's lives. Mike, you will be missed and will always be part of our physiotherapy family and profession.

Rest in peace. 



Capped and gowned

The Eastern Cape's Frere Hospital went out of its way to ensure two physiotherapy graduates did not miss out on graduation

The physiotherapy department at Frere Hospital in the Eastern Cape (EC) honoured two of their EC Community Service physiotherapists (who studied at Tukkies). They were meant to graduate recently, but of course their graduation ceremony was cancelled due to COVID-19, so this amazing physiotherapy department held their own ceremony for them at work. "When they were unable to celebrate their graduation we thought it important to bring graduation to them," says Eden Smith, chair of the Sun branch, East London.



Congratulations Caitlan Shadwell and Thania Kasimiotis. Caitlin responded a day later:

For so many people, a graduation is such a momentous occasion, as it feels like the culmination of all those years of hard work and sleepless nights; [your effort] finally gets recognised and you get to celebrate this massive achievement in your life! And even though it is just a formality, being able to walk across to the other side of the stage and feeling like an officially qualified graduate of physiotherapy is something we were both looking forward to. However, due to the COVID-19 crisis, we had been so busy at work we had even completely forgotten that yesterday was supposed to be the day we graduated and would have been home and seen all our friends and family.

So to walk into the department thinking we had an emergency meeting at 12pm during our lunch break, and then seeing all of our colleagues sitting there (in chairs 1m away from each other because of social distancing, haha) and clapping and cheering for us was something we will never ever forget. It was the best graduation we could have ever asked for and we wouldn't have wanted it any other way! In that moment we realized that our colleagues have in such a short time had become so much more than that. They are our friends – and friends are the family that you choose, all of them so full of kindness and the purest hearts to be able to pull off something as special as that amidst all the stress and anxiety we are currently faced with; to me that really shows the kind of people that physios are.

Both Thania and myself are incredibly passionate about physiotherapy, we love going to work every day, and we just feel so blessed to be able to do that in such an incredible department! All the physios absolutely love

what they do and you can see they care deeply about each and every patient that comes into our care. We could not have asked for a better department to be able to learn from during our community service year, especially during such trying times, like the one we are being faced with due to this pandemic. Our Head of Department is one of the most dynamic and proactive people we know, and we both just feel so grateful and blessed to be working alongside her, with the most wonderful team, being able to meet the amazing patients as we do

on a daily basis, doing what we love side by side as best friends.

There is a quote that I remember hearing for the first time in primary school that has stuck with me since: "Do what you love and love what you do, and you'll never work a day in your life," and I can honestly say that being a fully qualified and just recently graduated physiotherapist, our profession has made sure I can say that with the utmost confidence. And we just want to say a massive thank you to the Frere Physiotherapy Department for being such an integral part of that. ✨





Set-up done with everyone ready to start. From left: Riann Aartsman, Cilna Oosthuizen and Corné Stander.


Just keep swimming!

Corné Stander reports from the Free State

Did you say open water swimming? The SASP Free State Committee attended the Kopsie Aquatics Open water swim event along with a few private practices. The event consisted of a 5km, 3km, 1km and a 500m fun swim. It was also a qualifying event for the Midmar mile. In the quest to promote our profession, all swimmers were offered a session with a physiotherapist consisting of a massage and some advice for the swimmers about injuries and injury prevention. This was a wonderful opportunity to get the word out about the value of physiotherapy.



The day was well attended, and everyone enjoyed watching the event – and in the end even enjoyed swimming themselves.

In the end we must just remember to just keep swimming! 

Corné Stander giving a sport massage to one of the competitors



Diaper Bank – Helping our elderly


A heartwarming report from Zirkia van Zyl

In 2019 we hit the ground running as our annual SASP Free State community project was launched.

Our focus was on collecting adult incontinence wear for our elderly community members in need, to whom these items are essential on a daily basis and are desperately needed in large numbers. Donations were collected throughout the year by various local physiotherapists and physiotherapy practices.

We are proud to announce that our SASP members generously helped fill our diaper bank at the SASPFS Office in 2019. These diaper donations were a very welcomed initiative. By the end of November, we had collected our final donations, selected our beneficiary organisation and scheduled our delivery on behalf of our members for early December 2019. The Athalia Outreach, a non-profit organisation with the sole purpose of providing for the elderly, received us with heartfelt gratitude and very much appreciation for this donation.

We as SASP Free State committee truly appreciate each member's contribution to our project.

The SASP Free State committee will be announcing our exciting community project for this year soon. 



From the left: Ans Coetzee (Manager of Athalia Outreach), Alicia Granzier, Zirkia van Zyl and Rizelle Bierman

Promoting the Profession: SABC Career Expo 2019

At the end of 2019, the SASP Head Office and the SASP Mpumalanga branch had a stall in Riverside Mall in Nelspruit, when the SABC held their Career Expo for Grade 9-12 pupils.


The aim of this career day was to give information to Grade 9-12 pupils from the local community about career options and institutions where they can apply to study. There were about 20 exhibitors from different institutions, and approximately 400 learners from five different schools, as well as the public visiting the mall.

The learners arrived at different time slots; on arrival they heard a presentation about the day. The SASP were fortunate to have two time slots to address the different groups of learners and promote physiotherapy as a

profession to them. They were informed about what physiotherapy as a profession entails, where they can enrol to study physiotherapy, and were able to ask any questions they might have.

The stall drew many feet. At least two physiotherapists were on duty at any one time. The exhibition included posters, promotional material such as pens, cellphone stands, flash lights, skipping ropes, beach balls and more.

In the beginning material was handed out to all who asked, but it soon became apparent that learners only wanted to get a “freebie”, so strategy was changed to avoid a stampede and rather get the message across” learners could take a promotional item of choice once they had asked a question about the profession or could answer a question about the presentation. This made the one-on-one talks with the learners very successful.

It was a great and successful day where the SASP Mpumalanga could really promote the profession. 



Clockwise from top left:
Rolene Schoonraad, Hester Nel, Affie Botes (Mrs Mpumalanga finalist), Hyla Moffett. Rolene Schoonraad and Anke Oosthuizen. Susan Basson with a crowd of scholars. Hyla Moffett talking to some scholars. Rolene Schoonraad talking to scholars during presentation.




Exercise / deep stretch class with Praise Moves 2019

SASP united with an exercise group, Praise Moves (Nelspruit and Whiteriver Branches), in promoting the benefits of regular exercises and stretching to the general public. This group class and information session was held in the botanical gardens in Nelspruit and was advertised on social media and in the local newspaper.

Twenty three women from different spheres of life attended this day.

The event included a one-hour exercise class presented by Annelize Obermeyer (Praise Moves Nelspruit), focusing

on warm-up, core strength balance and proprioception training, deep stretching and proper cool-down.

Rolene Schoonraad was given a chance to promote healthy lifestyle by regular exercise in a talk to the ladies after the class. The women who attended the class received a goody bag with some SASP branded promotional material. Feedback at the end of the morning was positive, as many ladies complimented the team on a well-organised, fun and information-filled morning. 

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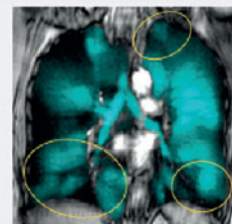
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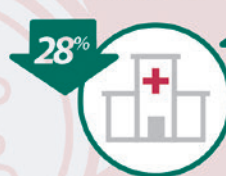


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Mindfulness and Anxiety

Ivo Visic, the PR/Media representative on the Pain Management Physiotherapy Group General Executive Committee, explores the concept of mindfulness

Mindfulness means paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally. (Jon Kabat Zin)

Mindfulness has been an increasingly popular buzzword in the last decade, gaining in popularity and fostering an exponential curve in the amount of research being applied to it. Here I am going to look at how mindfulness can be a useful practice in moderating psychological distress caused by anxiety (Miller et al, 1995). This is particularly relevant today, where we are all undergoing the slow trauma of lockdown and the sequelae of the corona virus pandemic.

We are not psychotherapists and appropriate referral is required for serious anxiety disorders such as post-traumatic stress disorder (PTSD); as always using our clinical judgement to stay within our scope of practice is important. That said, I think we are also well placed to provide our clients with practices and exercises to be more embodied and manage their anxiety symptoms as it manifests in a somatic way.

Polyvagal theory gives us a framework to understand the dynamics of the flight/fight/freeze response (Porges, 2011). In short, we are looking for a feeling of safety within our bodies and within our relationships/social bonding. In this vein, as physiotherapists we must first build up our therapeutic alliance with our client, to allow themselves to be held in relationship. A calm, prosodic voice and rhythm will go a long way in allowing our patients a safe space to let go into. Embodying the calm, mindful stance in ourselves will allow our patients to entrain to our calmer

rhythms, helping to create this safe space (Blackburn and Price, 2007).

Peter Levine's work on trauma has been groundbreaking in showing that unresolved trauma can lead to anxiety and depressive states, if not resolved (Levine, 1997). It is often through approaching our trauma incrementally, through the body and the felt sense of these states that allows us to start resolving that repressed energy. He calls his method Somatic Experiencing™ and I think that points to how important feeling what we are feeling, without the narrative and judgements about why, is: it can be deeply healing for anxiety and in turn chronic pain.

Brain changes

PTSD and anxiety states have been shown to change the brain on a physical level – deregulation of the brain areas associated with emotional regulation and over-activity of the fear center, the amygdala (Ryback, 2006). Mindfulness reverses these patterns by increasing prefrontal and hippocampal activity, and toning down

the amygdala (Leiders et al, 2012). We can use mindfulness to create a different physical structure in the brain which correlates to greater emotional flexibility and resilience.

Amongst mindfulness teachers in the past few years there has been an acknowledgment that our modern society is fraught with trauma, ranging from feelings of unease to post-traumatic stress disorder. How do we hold these spaces when even following our breath can be seen as claustrophobic and retraumatizing to people in anxious states? We allow people space and choice in their practice. We need to be aware of the specific flashpoints of each population and their needs with respect to not retraumatizing our clients by going too fast or overshooting their windows of tolerance (Treleaven and Britton, 2018).

If you have done some mindfulness practice yourself, you will be familiar with the awareness of breathing practice and body scan. These can be overwhelming for a person for whom the feelings of anxiety within their body are something to run away from. We work with pendulating to the edges of the feeling in the body and moving away from it as tolerance builds up over time: turning towards the experience of anxiety in the body (not the thoughts about the anxiety) from a distance, allowing shorter practice times that are within their window of tolerance and doing more movement-based practices. This will slowly build up their tolerance to being with their felt sense of anxiety and bring the balm of awareness to soothe their distress.

How does this look in practice? We could start with focusing on the sensations of soles of the feet on the floor – essentially grounding the person into the felt sense of being on the earth (far away from, let's say, the tight feeling in their chest, which may be too much to be with in the beginning). Walking mindfulness practice is a wonderful place to start, focusing on the sensation of the muscles and soles of the feet as you walk – this also allows us to move the energy of anxiety through movement; allowing the flight part of our response to action itself. We could also break up the mindfulness practices into short spurts so as not to overwhelm our client with the felt sense of starting to turn towards their anxiety. We may also pendulate between focusing on the soles of the feet and the sensation of breathing (perhaps in the belly or chest). 🌿

A short three-minute breathing space practice to try at home.

Awareness: Bring yourself into the present moment by deliberately adopting an erect and dignified posture. If possible, close your eyes. Then ask: "What is my experience right now... in thoughts... in feelings... and in bodily sensations?" Acknowledge and register your experience, even if it is unwanted.

Gathering: Then, gently redirect full attention to breathing, to each in-breath and to each out-breath as they follow, one after the other. Your breath can function as an anchor to bring you into the present and help you tune into a state of awareness and stillness. If this is not comfortable for you, bring your awareness to the soles of your feet at any time.

Expanding: Expand the field of your awareness around your breathing, so that it includes a sense of the body as a whole, your posture, and facial expression. The breathing space provides a way to step out of automatic pilot mode and reconnect with the present moment.

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Lockdown – leading the way

If you want to find out how to exercise under constraints, ask a physiotherapist!

Here's how some SASP members honoured movement for good health while in hard lockdown.

Jocelyn Kope, Dubai

I went to UCT as a 'mature student' (five years after Matric), and graduated in 2009. I did my commserv year in Manguzi and stayed on an extra six months because I was loving it there.

I moved to Dubai at the end of 2015 just after getting married. I'm doing my best to make it work for me, and it's going so well in so many ways, but I miss home!

I'm just finishing week three at home in Dubai as I write, and it's been way more challenging than expected. We're in a two-bedroom apartment, for which I'm super grateful, and we have a balcony, but it's already too hot to be outside for long. My husband has been working from home for five weeks, and he's working longer hours than ever, but with a 20% pay cut. I'm not working or earning at all. The mood isn't great right now! And if I want to go to the shops or go out for any reason, I need to apply for a permit. So for the two weeks since lockdown was declared, I haven't left the flat at all except to walk down the corridor to take out the rubbish. I really, really miss walking and even tried pacing up and down the balcony, but that just made me tearful so I needed a plan B.

I know I feel better if I exercise, and as a physio I almost feel obliged to represent the profession and keep active, but wow, it's difficult. I like to exercise accidentally while doing things I enjoy: hiking, going to the beach, trying a new sport. These are not options right now, except maybe the new sport part. Week one was rough, and I had to cut myself some slack and stop trying to do everything. I've read some very reassuring articles about how it's okay just to get through this, and that we don't have to keep going with the self-improvement all the time. So I took stock, decided all the baking and cleaning and studying and website updating was not essential, but the one big non-negotiable is exercise.

I've found a few tricks to force myself to keep moving, so here they are in case they help someone else:

- go with how you feel on the day, whether it's a restorative one-hour online 'self-care' class with gentle movement and meditation, or dancing to a different song every hour – mix it up;
- do what feels manageable. No ways will I commit to a full hour of Pilates, but if there's a 17-minute 'intro to arms' class I can totally do it;
- do something fun and different; I had the best time making my husband do a belly-dancing class with me (it was 20 minutes, my maximum);
- wear the clothes; if I get up and put on work-out clothes, I'm already primed for something active;
- find some inspiration! I've started following a friend on Instagram, @derrynbrown, and she posts the most hectic three exercises every day. I can't do the suggested number of sets or reps (yet), but she's got this great energy, it gets me started on something for the day, and I've been learning some new moves which leave me with constant delayed-onset muscle soreness;



Jocelyn Kope

- commit to something doable; the self-care class happens once a week and I've decided that's my time;
- if you're struggling with the idea of the class you'd planned that day, remember you don't have to finish it. My friend reminded me of this when I Whatsapped her about a class I'd been looking forward to: she said I should just start, and if I really wasn't feeling it, I could log off after five minutes;
- talk nicely to yourself; tell yourself well done for putting on gym clothes and moving more, don't beat yourself up about what you haven't done;
- if all else fails, stretch. I've been headachy, I've been grumpy, my sleep has been awful and sometimes the motivation just isn't there. But I can still stretch, and breathe, and come back into my body.

Elza Labuscagne-Scheepers, Cradock

I either run 100m laps around the house or on the treadmill. To keep me motivated I do challenges like the Mzansi Lockdown Challenge and Klerksdorp Marathon club marathon challenge.

It helps when my kids join me for a few laps! Thus far my kilometre count is 132 since our incarceration. When I start to lose motivation I think of people running on balconies and I crank up the volume of my music!



Lonese Jacobs



Lonese Jacobs, Cape Town

I'm doing yoga-inspired movements: a roller balance exercise (top) and a side plank (above). Three rousing cheers for all of you, keeping fit and sane at home!



Please read the entire Instructions for Use. Hyperice_Recovery and Movement Enhancement Technology [online]. Available at <https://hyperice.com>. [Accessed Jan 2020] Reg. no. 2000/004208/07. 1 Sabax Road, Aeroton, Johannesburg, 2013 Tel. +27 11 494 8000. 202001281011226



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Francis Rogan, Johannesburg

I am exercising during lockdown, managing 5km per day and the odd 10km around complex. I 'meet' a friend for a WhatsApp call once a week where we do a chair workout together. We find doing it together keep us both motivated. I have had post-run 'Zoom coffee' with friends after a Garden-run instead of Parkrun. I'm trying to keep up with my routines. I join an online yoga class four or five times per week; I used to do the class with the lady who runs them pre-lockdown, so it's also nice to be part of a community that we know. Pre-and post-class we sometimes have a bit of a chat. I have an agreement to meet a friend there and we might have a quick 'Hi' online before or after the class.

For our running club I have tried to keep to some of

the normal training days. Tuesday we have a lockdown time-trial, and we asked people to wear their club kit for crazy fun, and send pics. Wednesday we have a RunStrong/RunStretch /RunFast session – we all have the same session and post the workout for members to do. Creating a sense of community is important.

Sundays I have joined a group who host an event. They create a race village from their home and broadcast on FB as if we were in the race village. You create your own race number and they have a results page. This week we had a chance to create some Strava art.

So in summary, I'm keeping up old routines, meeting with friends online to do something or participating in 'events' and challenges like the Mzansi lockdown challenge.

Margaret van den Heever, Kimberley

I'm a sports physio in Kimberley and it's quite tough being locked indoors when I'm used to being outside working at events, or treating athletes preparing for their events. I also do weights in the gym most days, so not having proper equipment for workouts has an effect on your motivation to keep active.

I am fortunate to live in a flat right above my

practice, and all the businesses downstairs are closed, so I go to my practice daily to run in the 60m corridor. (Boring... but playing music on my phone helps!) Seeing as I only have Theraband, a gym ball and very light dumbbells, I decided to do most of the exercises I would usually give my patients for prehab and recovery. A large segment of my patients are runners, and I give regular talks at running clubs, advocating proper core

and hip stabiliser strengthening to prevent injuries, so I thought I'd also focus on doing them at least twice weekly. Amazing how tired you are after working on the stabilisers... so I'm excited about being stronger and better prepared for doing my usual gym routines once lockdown is over. The bonus is my patients now have no excuse NOT to do their prehab, seeing as their physio is suffering with them!



Margaret van den Heever

Dorothy du Plooy, Cape Town

I have done neuro paed's for the last 40+ years and can feel far too many (happy) hours spent on the floor in my knees, hips and shoulders. Oh, and I have a new heart valve, which is also leaking, so aerobics has never been my thing. That, plus a good dose of genetic osteoarthritis makes joining general exercise groups a challenge, as they love to do squats plus a multitude of exercises in kneeling or half kneeling position. I usually see a personal trainer once a week and do a seven kilometre walk in Kirstenbosch twice a week. (If I had a gym membership but no trainer, I would always find a good reason not to go... there is always that report that needs writing, an assessment that can't wait, or even just a cup of coffee with a friend. Ooh, how I miss a good decaf cup from Woolies!)

But now we are in lockdown and neither gym nor walking while birdwatching is possible. I started dancing with Body Groove on YouTube, which got the heart-rate up a bit, but then got bored. I also did a few yoga classes on YouTube and found to my huge disgust that I am no longer able to sit cross-legged on the floor. That was quite a surprise to me. (I have trochanteric bursitis). So it was a new challenge to me to see if I could change that without aggravating my left hip to a point of not being able to lie on the left side for longer than a few minutes.

This is the first time in my life that I have been in the privileged position of having the time for my own exercises every day. My practice is at my house, which means that I have access to an Airex mat, some weights, some stretch bands, therapy balls, balance pads and high-density foam blocks, and the space in which to exercise. What more could a person want? Other than the normal we knew before Covid.

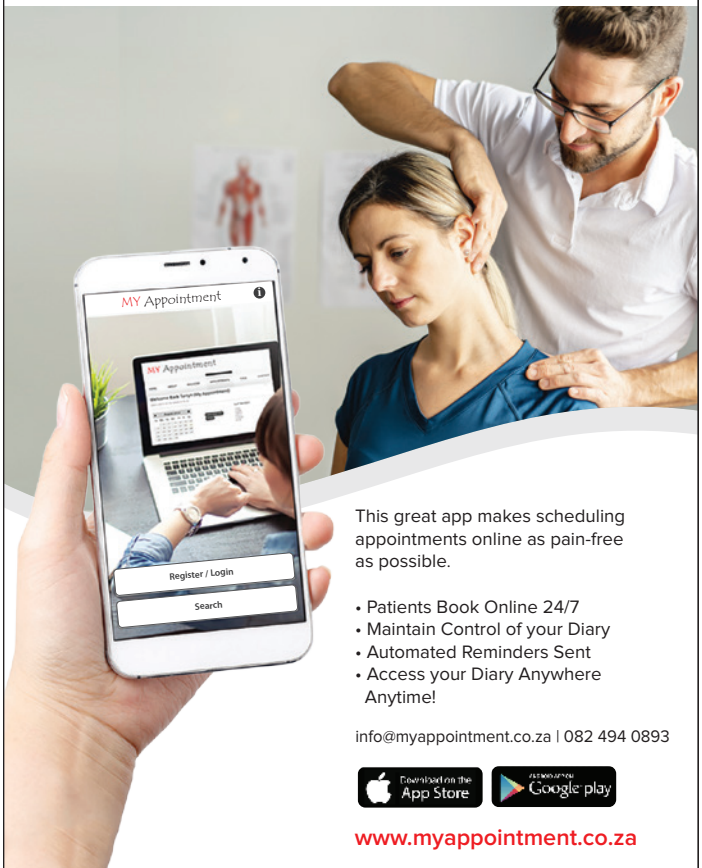
Vitality then introduced classes on their portal and I joined the Easy Yoga or Pilates classes. With a therapy and Pilates background, I could substitute their exercises done while kneeling, for others that I fancied doing. Mobilising my lower spine through Pilates and Yoga has released some of my hip stiffness and I can manage one minute cross-legged sitting without flaring up my hips. I also add some weight-training while watching TV after yoga or Pilates and feel so much stronger.

I do a walk twice a week, around the house and up and down my stairs. I have small pine cones that I carry either up or down the stairs as a reminder of how many repeats I have done, which help to keep me motivated. The step counter also works, but the boredom would drive me dilly if I didn't have Audible or Spotify to keep my mind off the repetitions. Knowing that some people have been able to run marathons on their balconies or around their homes keeps me grounded in the knowledge that I am so privileged to have space to move around in.

Daily exercise has kept me sane, as I find the thought of so many people suffering in so many ways during the lockdown quite anxiety-provoking. It has given me a purpose, some routine to my day and lifted my serotonin levels.

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DEVELOPED BY A QUALIFIED SPORTS PHYSIOTHERAPIST

Nadia Groenewald, Johannesburg

As I stood at the start line of the Om Die Dam 50km Ultra Marathon in March, we never imagined that would be our last run for the next several weeks.

The week after that, I ran the 50km in preparation for Comrades 2020, and then lockdown was announced. I was still recovering from the ultra, so I embraced the three weeks at home. I thought that was the perfect opportunity to recover, cross-train and do stabilizing strengthening: all the little things that are so easily overlooked whilst we pound on the grey tar day after day.

I had sprained my ankle in January and after the ultra it flared up again. I thought lockdown was the perfect opportunity to 'rest' it and rehab it.

I run under Team Massmart, which is a woman-only elite and sub elite running team in Johannesburg run by former Comrades winner Ann Ashworth. The team of ladies is incredibly inspirational. It's made up of a dietician, a trainer, a bio, myself as physio and many more job descriptions. But together, these ladies all post different healthy recipes, different exercises, motivational biographies and books and inspirational quotes.

My running coach has been my saving grace. He gives me daily exercises: an average of 45 minutes cycling, 20 minutes skipping and/or 20 minutes of strengthening. Some days foam rolling is included. Cycling has included interval training and sprints; skipping: basics, boxer's jump and circuits; conditioning: lots of glutes and abdominal work. All are running-specific.

As I watched everyone running in their gardens, especially over the Two Oceans weekend, I was reminded about the injuries I've had and could get from running circles. I was reminded how beneficial all this cross-training would be for the future.

As much as I've tried to eat well, lots of cakes have been baked! I'm grateful to be healthy and safe at home and that's what counts.



Pics from Nadia's lockdown diary

Anika Johnson, Klerksdorp

During the National Lockdown, I managed to practice what I preach as a physiotherapist and actually did HOME exercises!

Many people find common excuses not to exercise like "I don't have a gym membership because it is too expensive", or "I don't have any equipment at home to exercise with". What a load of rubbish. As someone who absolutely loves exercise, I obviously found a way to keep active while being in lockdown.



Apart from running in the

garden (which actually makes you notice a lot of plants you've never seen in your garden before), I also decided to do different types of workouts. Some days I'd stick to a specific piece of equipment like a Theraband or gym ball, and only do exercises with that particular equipment for the whole session (thinking of great new exercise ideas for my patients in the meantime!). Other days I'd put a YouTube video on and train with the super-enthusiastic trainers when I don't feel like exercising, either a dance workout, HIIT or strength training. To keep things fun and challenging, I'd try one of the fitness challenges being circulated on social media, like the #shirtchallenge (seen in the pictures).

It's the only way to stay sane during such an uncertain time in the world.

Liza Lucani, Cape Town

I have been doing the JEFF Together online workouts; they have been so much fun. Some very much-needed cross training and core strengthening. I've also been doing the Mzansi Lockdown Marathon Challenge. I can't wait till I can run more than 10m in a straight line without a sudden 90 degree turn!

Anita Erens, Cape Town

I have two border collies who normally get a run twice a day. They don't get this in lockdown! So it's ball-play and up and down the driveway and stairs. My challenge is to get them tired before I'm tired – think it's going to take longer than the lockdown to get there!

Karen Swanepoel, Bloemfontein

My hubby, who is a triathlete, cycles between one and three hours per day on Zwift, and has also successfully ran a 10 km around the house. All 110 laps.

It's nowhere near normal training but it's the best we can do for now!



Lucy Ferrao,
Johannesburg
Yoga keeps me sane
physically mentally,
emotionally and spiritually.

Ingrid Sellschop, Johannesburg

When lockdown started, I joined the Mzansi Marathon challenge to run 42.2km in 21 days. It has now been extended to the Ultra Mzansi Challenge... so I keep running. This morning I challenged myself to run the remaining lockdown days to raise money for The Door of Hope – saving abandoned babies. They need food and funds desperately. I have pledged R20 per km that I run for the remaining days of lockdown. This is what gets me out of bed and to carry on with life. I have posted it on my FB page. It has been very tough being in a limited space to run, and I am grateful I have a garden.



Abraham Pramod, Port Elizabeth

Indoor cycling on a Zwift is not as fun as outdoors! I'm trying for one hour a day.

Lorraine Jacobs Scott, Johannesburg

Nelson, the security guard from next door to our practice, ran 56km in the parking area instead of Two Oceans!


Karen Coertze, Kempton Park

Mzansi Lockdown Ultra Marathon Challenge... 70km in 35 days (2km per day) Running and walking all around my house! When the weather is bad, running around the dining room table...

Diaan Nel, Port Elizabeth

An elastic linking a brick and tennis ball has been providing some fun tennis training in the garden.

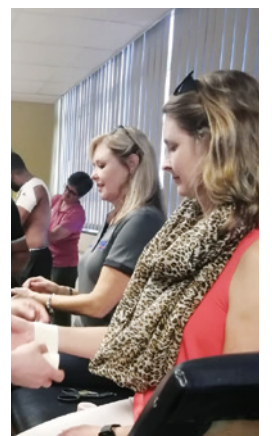
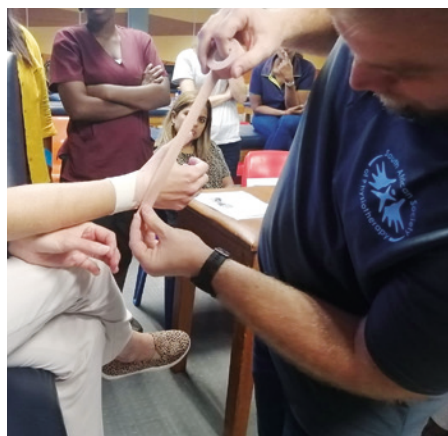
Alison Thomson, Cape Town

I completed the marathon part of Mzansi Lockdown ULTRA Marathon Challenge, running 2-5km most days up and down driveway and doing the 'garden route'; now to carry on and finish an ultra. 

Janus Marais, Bloemfontein

Yesterday I managed to do a 30km run around my garden. It was brutal! Everything hurt after 20km. I did 375 laps of 80 meters. It took me 3h36min to complete. I had a little feeding station with some bars and gels to fuel me for the run. My knees are quite sore today and for some reason my toe nails took a beating. Maybe because of all the corners? I saw on Facebook that there are at least four guys and a woman who did a 100-mile run in their garden. That's crazy!

Sports Strapping course



Reaching the bikers

The WC Sports Physiotherapy group organised a stand at the Cape Town Cycle Tour Expo in March

The CTCT expo was held from 5 March till 7 March at the Cape Town Stadium. There was an estimated 70 000 people that attended the expo over those few days.


The WC Sports Physiotherapy group organised and manned a stand at the expo on behalf of the SA Sports Physiotherapy group.

The focus of the stand was education, both on injury prevention and treatment and what the SA Sports group can offer the general public. We divided the stand into three areas: the first had a spin bike (kindly loaned to us by Velocity Sports Lab, Hout Bay), and various tools and poster to guide the cyclists on correct bike set-up. Physiotherapists manning the stand could assist cyclists and patients with basic bike set-up (not advanced set-up) and advise accordingly. For advanced set-up we referred the public to specialists in this field.

The second area had various rehab equipment, including balls, mats and Therabands. The physiotherapists gave examples of rehab exercises to the public to prevent or treat any injuries. Along with this there were multiple pamphlets handed out, with exercises and advice regarding injuries.

The third area was for retail. Here we sold various rehab and treatment equipment to the public. There were various items that we could give away, including things with the SASP logo, and lots of Arnica Ice samples.

There were also two private treatment cubicles where the physiotherapists could assess, treat and tape patients. The focus was to do assessments, rehabilitation and education and to stay away from massage. Cyclists were referred to a massage stand for basic massages.

This was one of the best expos we have attended to date. The overall feedback was amazing and we advised many more people than normal. Ten physiotherapists worked in shifts over the three days – a huge thank you to them for representing our profession so perfectly. 



Introducing...

The new Paediatric Physiotherapy Group officers



Kate Cason

Chairperson – GEC Paeds

Kate Cason graduated from Stellenbosch University in 2013; she completed community service at Pelonomi Pospital in Bloemfontein, where she fell in love with working in the paediatric unit. Kate decided to pursue paediatrics full time and joined a special needs children's centre as well as the Western Cape Paediatric SIG committee in 2015. Since then Kate has started her own home-visit-based practice and has been a UCT supervisor in paediatrics.

She continues to serve on the Western Cape Paediatric SIG committee where she has held various roles since 2015, namely secretary, deputy chairperson and chairperson.



Kerry-Ann Phillips

Deputy Chairperson – GEC Paeds

Kerry-Ann graduated from Stellenbosch University in 2012 and after completing community service in the North West Province she took a position at an aquatherapy rehabilitation practice. Here she cemented her passion for paediatrics, working with learners from a school in the community. After a locum post at Red Cross Children's Hospital she started at Bel Porto School in Cape Town where she has been for five years. She has always had a passion for paediatrics and is NDT- and aquatherapy-trained.


Kerry-Ann continues to serve on the Western Cape Paediatric SIG committee where she has been secretary, deputy chairperson and chairperson since 2016.



Melissa Rijs

PRO – GEC Paeds

Melissa graduated from UCT in 2017 and completed community service in the North West Province. Melissa has always had a passion for community service and working with children and has started pursuing her career as a paediatric physiotherapist. Melissa completed the Intro to CP Course in 2018 and has been accepted onto the Basic NDT Course this year.

Melissa continues to serve on the Western Cape Paediatrics SIG committee where she has held the role of secretary since last year. 

Focus on exercise

Three interesting pieces of published research add to our understanding of the benefits of exercise

Benefits of exercise on metabolism: more profound than previously reported

The effects of exercise on metabolism are even greater than scientists believed. That's the finding of a unique study published today in *Cardiovascular Research*, a journal of the European Society of Cardiology (ESC).

The study is the first to examine the metabolic effects of exercise while carefully **controlling** for differences between participants in diet, stress, sleep patterns, and work environment.

"These results show that metabolic adaptation to exercise is far more profound than previously reported," said senior author Dr. John F. O'Sullivan of the University of Sydney, Australia. "The results increase our knowledge of the widespread benefits of exercise on metabolism and reveal for the first time the true magnitude of these effects. This reinforces the mandate for exercise as a critical part of programmes to prevent cardiovascular disease."

One of the major challenges when studying the effects of exercise is controlling for factors that differ between participants and could influence the results. For example: age, gender, weight, baseline fitness, diet (some healthy, some very unhealthy), sleep patterns, jobs (physical work versus a desk job), alcohol, and smoking.

"Our motivation for this study was to overcome this limitation by studying exercise under controlled conditions, thereby revealing the true extent of effects on the body," said Dr. O'Sullivan. "Therefore, we used a cohort of newly-enlisted healthy male soldiers of similar age and baseline fitness who lived in the same domicile, had the same sleep patterns, ate the same food, and underwent the same exercise regimen."

One of the major benefits of exercise is on metabolism, which is how the body converts food into energy and eliminates waste. Substances produced during metabolism are called metabolites. "Metabolites are the intermediates

of the metabolic machinery in the body and can signal how metabolic health is changing in response to exercise," explained Dr. O'Sullivan.

The researchers measured approximately 200 metabolites in the blood of 52 soldiers before and after an 80-day aerobic and strength exercise programme and related these to changes in fitness.

Compared to previous studies, the researchers found dramatic changes in many metabolites. Trained, energy-efficient muscle used far more fuel—for example fat—than shown ever before. The researchers also captured heretofore unseen changes in levels of factors derived from the gut [in terms of scale and scope], factors involved in blood clotting, breakdown products of protein, and factors involved in opening up blood vessels to increase blood flow.

Participants who did not experience these metabolic benefits of exercise had higher levels of a metabolite called DMGV. "This is intriguing because a recent study also found that this metabolite predicted who did not benefit from exercise," said Dr. O'Sullivan. "DMGV levels are influenced by genetics and diet, rising with sugary drinks and falling with vegetables and fibre. Measuring DMGV may identify people who need strategies other than exercise to reduce their cardiovascular risk."

He concluded: "The power of exercise to boost metabolism is on top of its positive effects on blood pressure, heart rate, fitness, body fat, and body weight. Our findings cement the central role of exercise in preventing cardiovascular disease."

(Medical Xpress, 2 April 2020)

Reference

Yen Chin Koay et al, Effect of chronic exercise in healthy young male adults: a metabolomic analysis, *Cardiovascular Research* (2020). DOI: 10.1093/cvr/cvaa051

Journal information: [Cardiovascular Research](#)

COVID-19: Exercise may protect against deadly complication

Regular exercise may reduce the risk of acute respiratory distress syndrome, a major cause of death in patients with the COVID-19 virus, a top exercise researcher reports. He is urging people to exercise based on his findings, which also suggest a potential treatment approach.

A review by Zhen Yan, Ph.D., of the University of Virginia School of Medicine, showed that medical research findings "strongly support" the possibility that exercise can prevent or at least reduce the severity of ARDS, which affects between 3% and 17% of all patients with COVID-19. Based on available information, the Federal Centers for Disease Control and Prevention

estimates 20% to 42% of patients hospitalized for COVID-19 will develop ARDS. The range for patients admitted to intensive care is estimated at 67% to 85%.

Research conducted prior to the pandemic suggested that approximately 45 percent of patients who develop severe ARDS will die.

“All you hear now is either social distancing or ventilator, as if all we can do is either avoiding exposure or relying on a ventilator to survive if we get infected,” Yan said. “The flip side of the story is that approximately 80% of confirmed COVID-19 patients have mild symptoms with no need of respiratory support. The question is why. Our findings about an endogenous antioxidant enzyme provide important clues and have intrigued us to develop a novel therapeutic for ARDS caused by COVID-19.”

Powerful Antioxidant

Yan, the director of the Center for Skeletal Muscle Research at UVA's Robert M. Berne Cardiovascular Research Center, compiled an in-depth review of existing medical research, including his own, looking at an antioxidant known as “extracellular superoxide dismutase” (EcsOD). This potent antioxidant hunts down harmful free radicals, protecting our tissues and helping to prevent disease. Our muscles naturally make EcsOD, secreting it into the circulation to allow binding to other vital organs, but its production is enhanced by cardiovascular exercise.

A decrease in the antioxidant is seen in several diseases, including acute lung disease, ischemic heart disease and kidney failure, Yan's review shows. Lab research in mice suggests that blocking its production worsens heart problems, while increasing it has a beneficial effect. A decrease in EcsOD is also associated with chronic conditions such as osteoarthritis.

Research suggests that even a single session of exercise increases production of the antioxidant, prompting Yan to urge people to find ways to exercise even while maintaining social distancing. “We cannot live in isolation forever,” he said. “Regular exercise has far more health benefits than we know. The protection against this severe respiratory disease condition is just one of the many examples.”



Zhen Yan, PhD, is a top exercise researcher. Pictured with his bike, he practices what he preaches. Credit: University of Virginia Health System



On the water's edge

Neil van Biljon reports from the Dusi Expo

On Wednesday 26 February 2020 Neil van Biljon attended the expo for the 2020 Dusi Canoe Marathon, on behalf of the KZN Sports SIG.

Participants were educated about recovery principles and strength training; they were encouraged to consult their nearest physiotherapist to sort out any niggles, or for a graded rehab and return-to-performance protocol.

There was a selection of rollers, mini loop bands and balance cushions for participants to use, along with education on their purpose and how valuable they can be.

The race went beautifully and the water levels were great, allowing for a few days of competitive racing! 🌟

Potential Treatments

Yan's review also suggests EcsOD as a potential treatment for ARDS and many other health conditions. Gene therapy, for example, might one day be used to increase production of the antioxidant so that its protective presence in the lungs is enhanced in patients battling COVID-19.

Research has also shown that lab rats with chronic kidney disease had less kidney damage when treated with human EcsOD. The antioxidant is already being proposed as a potential therapeutic for diabetic retinopathy, a complication of diabetes that can lead to blindness.

Further, EcsOD also may prove beneficial against multi-organ dysfunction syndrome, in which multiple organs begin to fail. Efforts to treat the condition with general antioxidants have been unsuccessful, but Yan suggests that understanding EcsOD's workings may let doctors use it in a more targeted—and hopefully more effective—fashion.

“We often say that exercise is medicine. EcsOD set a perfect example that we can learn from the biological process of exercise to advance medicine,” Yan said. “While we strive to learn more about the mysteries about the superb benefits of regular exercise, we do not have to wait until we know everything.” 🌟

(Medical Xpress, 15 April 2020)

Reference

Zhen Yan et al, Extracellular superoxide dismutase, a molecular transducer of health benefits of exercise, *Redox Biology* (2020). DOI: 10.1016/j.redox.2020.101508



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Americo Pinheiro Membership and Marketing Controller

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Membership and E-commerce online system. For any advertisements or marketing related queries, feel free to contact him today! 011 615 3170 or pr@saphysio.co.za #IAMSASP



Carol Mankomba Head Office Course Administrator

Carol joined the SASP in November 2015 as Membership Administrator. She was promoted to Head Office Course Administrator at the end of 2018. She is studying towards a qualification in accounting. Her primary function

is to assist groups and provinces to load and manage courses on E-commerce. Call her today for assistance on E-commerce! 011 615 3170 or rpt@saphysio.co.za #IAMSASP



Nozipho Hlatuka Membership Administrator

Nozipho has been working for the SASP since November 2008. She has always shown a passion for assisting members, even in her initial position as Frontline Administrator. This passion led to her promotion to Membership Administrator at the end of 2018. If you need assistance

to renew your membership or for any other membership queries, feel free to contact her today! 011 615 3170 or membership@saphysio.co.za

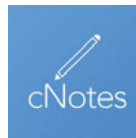
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