

PHYSIOBIZ

Welcome to PhysioBiz, with healthcare advice and information you can trust and rely on, brought to you by the South African Society of Physiotherapy!



DECEMBER!

When South Africans hear the word "December" our minds automatically shift to holidays! We find that people go in one of two directions, either lazing away on the couch or trying to make up for lost time and overdoing it.

"Don't get so busy making a living that you forget to make a life" – Dolly Parton

BALANCE

December in South Africa is a time for rest. Rest comes in various forms for people. To some, it's relaxing at the pool, while to others it is going hiking or for a run on the beach. Regardless of your idea of rest, ensure you schedule time for some movement. This can be in the form of playing soccer in the garden with your children, playing a round of Unohey'ntana, or catching a round of golf with your mates. Making sure that your holidays incorporate some form of rest will help you to stay healthy throughout the holidays. Your physiotherapist can advise you on ways to keep moving this December.



WATCH THE DIY



Watch the renovations in December. This time is often used for the renovations around the house that are pushed aside during the busy year. Research shows that the most common DIY injury is falling from a ladder. Some tips to avoid these possible mishaps include making sure you have the correct tools for the job, don't do the DIY project if you are feeling tired, and knowing your limits. If you do unfortunately injure yourself, please consult your physiotherapist who will be able to sort out the festive season niggle.

CAR EXERCISES FOR A LONG TRIP

Long car rides can be uncomfortable and exhausting. To reduce driver fatigue and passenger boredom ensure that there is some exercise in the car during your trip as well as outside the car when you are stopped. Let the passengers play a game of head, shoulder, knees, and toes. Let the kids sing along and kill some boredom while moving. Use your water bottle as a weight and get those arms moving. Then get those legs moving as much as space and safety allow. When you are stopped, move around as much as you can.



SCREENTIME

Don't fall into the trap of allowing endless screentime during your road trip. Balance is key. Play some car games such as car cricket or eye-spy. Download some audiobooks or podcasts and listen to them as a family.

Read some books and colour in. Most importantly- model the behaviour by not allowing the adults to spend the road trip glued to their screens.