

# Newsletter 2017

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Physiotherapy - the difference is in our hands



## The Newlands Physiotherapy Practice - our latest news

Warm winter greetings from all of us here at Newlands Physiotherapy. Cape Town was chosen to host the 2017 World Confederation for Physical Therapy Congress, which we were all privileged to attend and has certainly been a highlight so far this year.

**Kerry** is on the Western Cape Branch of the Orthopaedic Manipulative Physiotherapy Group (OMPTG) of the South African Society of Physiotherapy (SASP). She is currently co-ordinating the OMT course in the Western Cape, and has lectured on the OMT course in Bloemfontein and Durban this year, and Sports course in Cape Town.

**Lara** continues to be a member of the OMT course committee, and is involved in assisting postgraduate students doing the OMT course.

**Pauline** has been running the Practice for 28 years and updated the website for all to enjoy.

**Avril** and **Di** continue to run the reception admin efficiently, we thank them for their ongoing support.



Pauline, Kerry and Lara at the World Confederation for Physical Therapy Congress in Cape Town, July 2017.



End of year dinner - Pauline, Kerry, Lara, Di and Avril celebrating the end of 2016.

The World Confederation for Physical Therapy (WCPT) 2017 was the first time this international physiotherapy congress was held in Africa, and it was the most incredible experience. It was such a privilege to feel part of something so much bigger, and to realise the impact that physiotherapy makes in all corners of the world. A few thousand physiotherapists from around the world gathered together to share knowledge, reflect on our clinical practice and be inspired to be the best version of ourselves. Emma Stokes, the President of the WCPT, encouraged us to be Responsible, Courageous and Imaginative.

It was an extremely busy three days with each of us attending approximately 70 presentations. There were various symposiums and platform discussions presenting the latest research in the physiotherapy field. It was encouraging to see how up to date and current our clinical practice in South Africa is.

One of the main themes of the congress was healthy aging and keeping active. People are becoming inactive with many adults spending 70% of their waking hours sitting down. Pauline attended a pre congress course on "Pushing your older adults hard enough - Scientific exercise prescription". Evidence-based interventions were discussed and safe and effective exercise prescriptions of appropriate intensity were outlined. From 2000 to 2050, the world's population aged 60 and over will more than triple from 600 million to 2 billion. With increasing longevity, physiotherapists have the opportunity to capitalize on keeping this "graying tsunami" healthy and well, and returning those with functional limitations back to their normal activities and optimum health.

The message and the research is clear: regular exercise keeps you independent, reduces your risk of falling, helps manage pain and arthritic conditions as well as reducing anxiety and depression. It also reduces your risk of colon and breast cancer, type 2 diabetes, cardiovascular disease, hypertension and stroke.

**So how much exercise should you do?  
The WCPT recommendations are:**

1. A minimum of 150 minutes of moderate intensity a week. Moderate intensity means you should raise your heart rate and therefore breathe a bit faster and feel a bit warmer!
2. Strength and balance exercises 2 or more times a week.
3. Sit less, move more.

“If exercise could be packed into a pill, it would be the single most widely prescribed and beneficial medicine in the Nation.” Dr Robert Butler, Past Director of the National Institute on Aging.

“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity” J.F. Kennedy

Remember: **Movement for health**

The congress linked to a social upliftment and health project running in the Western Cape - called WoW! (the western cape on wellness). WoW promotes and activates healthy lifestyle behaviours to prevent, reduce and better self manage common chronic diseases. WoW is about enabling people to live healthier lifestyles through **Moving**.

[www.westerncape.gov.za/wow](http://www.westerncape.gov.za/wow)



When visiting our website, [www.newlandspphysio.co.za](http://www.newlandspphysio.co.za) click on **view our newsletter** and you will see two sections.

- **Newlands Physio**, where you will find our previous Newsletters.
- **PhysioBiz**, now replaces Equilibrium as a newsletter from the South African Society of Physiotherapy (SASP - established in 1924) [www.saphysio.co.za](http://www.saphysio.co.za). There are tips and information on health events, health conditions, various injuries and self help tips.

We also all continue to keep up to date with talks and workshops organised by the Special Interest Physiotherapy Groups, namely the Western Cape OMPTG and Sports and Pain Management physiotherapy groups.

Further information about these groups is available on the SASP website - [www.saphysio.co.za](http://www.saphysio.co.za)

For more information about our **Back Classes** look at **Services** on our website.

**We have 4 back rehab classes a week:**

Monday	17h15 - 18h00
Tuesday	08h00 - 08h45 and 08h50 - 09h35
Thursday	17h15 - 18h00

**The practice hours by appointment are:**

Monday - Friday	07h00 - 18h00
Saturdays	09h00 - 12h00