



Physiotherapist, Chiropractor or Osteopath?

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One of the questions I get asked a lot is, who's the best person to see for what?

Trying to figure out whom to turn to for your sore neck, back or rickety knees but not sure where to start?

With different kinds of practitioners these days, it can be a little confusing to whom should you turn to and why?

Let's go through them...

A Physiotherapist can help improve mobility and restore proper function to the body. Best for muscle sprains, sports injuries, ongoing posture issues and surgery rehab (or pre-hab). Physio can help to tape, ice, needling and ultrasound techniques.

A Chiropractor can help improve health problems that relate to your entire skeletal, muscular and nervous system. Any spinal conditions such as poor posture, lower back, or neck pain. Also can help with problems with joints such as knees and shoulders. They use a special type of manipulation called an 'adjustment' to improve the way your body moves and feels. They make making sure every muscle, bone and system is functioning smoothly.

An Osteopath is a bit of a combo of a physio and a chiro. Osteopaths treat disorders such as back and neck pain, headache, joint pain, arthritis, repetitive strain injuries (RSI), vertigo, sciatica, sports injuries and tendonitis you can expect your Osteo to focus on full body biomechanics, working on everything from soft tissues, muscles, spine and nervous system. So, you might be massaged and stretched, as well as adjusted and corrected, all in one session.



Recipe of the month

Evie's Eats

Stuffed Chicken Breast with Feta & Baby Spinach

(Serves 2)

Ingredients:

- 2 chicken breasts
- 50g feta (of your choice) crumbled
- 1 small packet baby spinach
- 1 sweet potato peeled and sliced
- 1/2 teaspoon coconut oil
- Juice of 1/2 a lemon
- Rosemary
- 1 clove of crushed garlic
- Salt & pepper



Method:

1. Preheat oven to 200C/180C fan forced.
2. Place the sweet potato in a saucepan of cold water, bring it to boil and cook until tender.
3. Use a sharp knife to cut a deep horizontal slit into the side of each of the chicken breasts. (Don't slice all the way through).
4. Stuff both chicken breasts with crumbled feta and 1/2 packet of the baby spinach. (I used other half for salad) Use toothpicks to hold it closed if you need to. Season with a little salt and pepper.
5. Pan fry stuffed chicken breasts with coconut oil for 5 min on each side to seal it. Transfer to the oven and cook for a further 20-30min or until cooked through.
6. Drain the water from the sweet potatoes and mash until smooth adding garlic, rosemary, salt and pepper. (You can add butter and/or milk. I didn't.)
7. Make salad of your choice. (I used the left-over baby spinach, tomato and avocado).
8. Once chicken is cooked remove toothpicks squeeze half of the lemon juice on chicken and serve alongside the sweet potato and salad. Enjoy!

Quote of the month

Surrender to what is. Let go of what was. Have faith in what will be!



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Take control your life, be happy! – rock on!

Till next month... *Evie*