

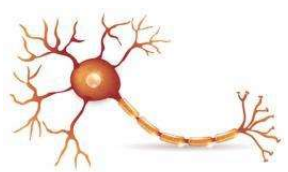
There are multiple variations of systems in the body to which work harmoniously together to perform complex body functions. Body functions consist of both physiological and psychological. Survival of the body depends on these functions to maintain homeostasis – a process conducted by each system for the body to continuously adapt to ever changing external conditions e.g., injury.



Human body function

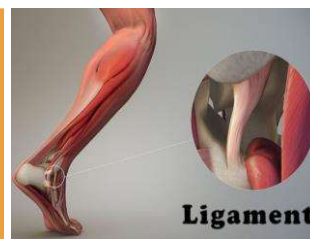
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Human Body Structures



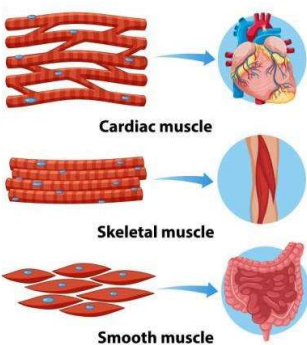
Nerves

Capable of detecting changes in pressure, temperature and chemical levels. Also innervates muscles and produces muscle contraction.



Ligaments

Ligaments often connect two bones together, particularly in the joints: they hold the ends of two bones together.

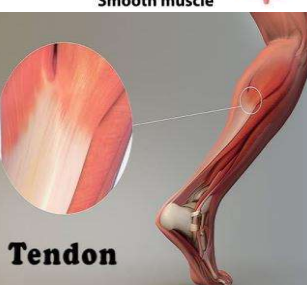


Muscles

We have about 600 muscles in the human body – which include skeletal, smooth and cardiac. Muscles don't just support movement, but they also pump blood and help with overall bodily functioning.

Intervertebral Disc

Mixture of thick fluid that helps shock absorb and muscular/tendinous structure that supports movement. Structure usually fully heals within 6 weeks



Tendons

Tendons are soft, fibrous tissues that connect muscle to bone. Tendons let us move our limbs. They also help prevent muscle injury by absorbing some of the impact your muscles

Bones

Heals very effectively due to great nutrient supply and responds well to load. Important to be active to prevent weakening of tissue



Degeneration

Degeneration is a normal part of aging and is nothing to be concerned about

We get an involuntary loss of muscle mass, strength, and function, termed sarcopenia. Muscle mass decreases approximately 3–8% per decade after the age of 30 and this rate of decline is even higher after the age of 60.

Sarcopenia is a syndrome characterised by progressive and generalized loss of skeletal muscle mass and strength and it is strictly correlated with physical disability, poor quality of life. Although it is primarily a condition that affects the elderly, its development may be associated with conditions that are not exclusively seen in older persons.

Immediate treatment advice

- P** **PROTECTION**
Avoid activities and movements that increase pain during the first few days after injury.
- E** **ELEVATION**
Elevate the injured limb higher than the heart as often as possible.
- A** **AVOID ANTI-INFLAMMATORIES**
Avoid taking anti-inflammatory medications as they reduce tissue healing. Avoid icing.
- C** **COMPRESSION**
Use elastic bandage or taping to reduce swelling.
- E** **EDUCATION**
Your body knows best. Avoid unnecessary passive treatments and medical investigations and let nature play its role.
- &**
- L** **LOAD**
Let pain guide your gradual return to normal activities. Your body will tell you when it's safe to increase load.
- O** **OPTIMISM**
Condition your brain for optimal recovery by being confident and positive.
- V** **VASCULARISATION**
Choose pain-free cardiovascular activities to increase blood flow to repairing tissues.
- E** **EXERCISE**
Restore mobility, strength and proprioception by adopting an active approach to recovery.