

Understanding the Impact of Lifestyle on Recovery from Musculoskeletal Injuries

By John Bell

Evidenced based medicine and double blind controlled trails give variable and confusing information, as so many lifestyle factors are involved.

What are the lifestyle factors that affect recovery?

General factors are as important as localised factors i.e. the particular tendon or joint involved.

How to regenerate good quality scar tissue at the site of an injury:

Who heal well?

What causes chronic pain?

Good Recovery anticipated: When I walk up to a injured worker's hospital bed and find him reading sporting or optimistic books, flowers, water and a fruit bowl beside the bed, with exercise springs ropes and pulleys. TV switched off. No sign of cigarettes, chocolates, sweets.

Poor Recovery anticipated: Might it be related to generalised factors ? including:
venous congestion in the injured region
poor nutrition, weight gain and/or abdominal girth increase
deconditioning
analgesic intake causing digestive system problems

Progress of recovery will be slowed by any move toward Metabolic Syndrome:

- Hypertension
- Diabetes - as in abnormal glucose tolerance test
- Uric Acid raised above 0.3
- Serum Cholesterol above 4 and Triglycerides raised
- Obesity - over 80cm for women and 90cm for men

Mild grade hypertension will often settle if we start up a conditioning program with improved nutrition and more activity – minimum of 30 mins a day.

Mild grade diabetes will often settle if we start up a conditioning program with improved nutrition and more activity – minimum of 30 mins a day. It's the basic problem issue - the doubling of diabetes in OZ every 15 yrs.

Many medical bodies and myself advise having uric acid under 0.3, well under the usual recommended levels of under 0.45

Many medical bodies and myself advise having cholesterol below 4 without medication, a lot lower than the usual recommended levels of under 5

Have a waistline under 80 cm for women and 90 cm for men measured with tape horizontal, tummy relaxed, at the level of the umbilicus. And when you reach under that level, try for a few cm under.

Our bodies have evolved a fantastically complex web of feedback loops.

Why are we being told to eat more meat and more animal protein when the longest living, healthiest people on the planet who recover from injury best do the exact opposite?

regards

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