

SOUTHPORT PHYSIOTHERAPY CENTRE

Winter 2017

What is your BMI?

How understanding this can help you overcome your pain.

Your **BMI** is your “**body mass index**”.

This is a formula to help determine whether you are of normal weight. To calculate your BMI, you **divide your weight (in kg) by your height squared (in metres)**.

It is for use in people over 18 years of age.

For example, for someone 1.8m tall who weighs 100kg.

Their BMI would be 100 divided by 1.8, then divide by 1.8 again. This would equal 30.86 (weight (kg) ÷ height 2 (m 2))

A BMI of 20-25, would indicate a healthy weight range. If you have a BMI under 20 then you may be underweight. If your BMI is over 25, then you may be overweight. The BMI of 30.86, would indicate someone overweight.

Of course, there are many factors that constitute good or bad health, but BMI is a simple calculation which can be used as a guide for normal ‘weight for height’.

Being overweight can contribute to the development of a range of musculoskeletal problems such as low back pain as well as hip, knee, ankle and foot problems.

Management of these problems can be more difficult if patients’ fail to recognise or address a weight problem.

Calculate your own BMI. If it is above 30, you should do something about it.

Your physiotherapist can devise a program to help you improve fitness and reduce joint pain while attaining an optimum BMI rating.



Steven Gordon
B.Phty (UQ), BHMS

*Life is like
riding a
bicycle.
To keep
balance,
you must
keep
moving.*

Albert
Einstein

**SOUTHPORT
PHYSIOTHERAPY
CENTRE**

3E/34 High Street
Southport
QLD 4215

P: (07) 5591 4333
F: (07) 5591 4399

southportphysio.com.au