

NERANG PHYSIOTHERAPY

Peter Mitchell

The *difference* is obvious

April
2019

Poor sleep?

Many people suffer from the inability to get to sleep or stay asleep. This could be due to the intake of sugar, caffeine or alcohol before sleep, but there is a more common reason that is not being looked at and that is poor blood flow rate.

When we sleep the brain sleeps too. However, the brain requires a certain level of blood flow to maintain this sleep pattern. If this blood flow level drops, the brain will be forced to become more active to stimulate more blood flow.

All nerve tissue becomes hyper-excitable when its blood levels/oxygen levels drop. It is an instinctive survival mechanism as the next step will be tissue death. So when we are trying to sleep and the blood flow to the brain is insufficient, the brain will not be able to switch off.

So what slows this blood flow? Mostly it is due to a malfunction or fatigue of the Sympathetic Nervous System that has control of the tone of the blood vessels. If this system does not maintain good tone then the vessels widen and the flow rate slows. At Nerang Physiotherapy we use Myo-flow to correct this and improve your sleep.

8/5-7 Lavelle Street, Nerang, Queensland, 4211

Tel: 07 5596 4711 | Web: www.nerangphysio.com

Email: nerangphysiotherapy@onthenet.com.au



THE BODY JELLY

There is a good chance I may have written something about this previously but it came to my attention recently when treating someone with sore heels.

It is often thought that when we walk the stress and strain is borne by the bones and joints and too much walking or running will damage these structures.

However, what we need to understand is that the bones and joints are not designed to take the majority of the strain. Our soft tissue called Fascia which is the gel-like matrix in which all body parts sit is actually the tissue that absorbs most of the strain and pressures of impact on the body.

Picture a bowl of jelly with fruit suspended in it (see pic above). This fruit represents the internal structures of the body, e.g. bones, organs, muscles, nerves, arteries, etc. The mobility of these internal

structures depends entirely on the jelly in which it is suspended.

Now in a normal state tapping the jelly or wobbling it will see the fruit moving inside the jelly, but no damage to the jelly as it is hydrated and mobile.

Now if that jelly were to become dehydrated and firm, there would naturally be less mobility and if you tap the jelly firmly it will split, as it is unable to absorb the pressure due to its lack of hydration and mobility.

The same goes for our fascia, the jelly-like structure holding everything in our body in place and allowing mobility and function. If we dehydrate or become stiff, we lose that mobility in the fascia and thus all structures in the fascia will become less mobile and functional.

So the key to reducing damage from stress or impact on the body is to remain flexible, NOT to try and strengthen every muscle as if to protect ourselves.

News

Here's hoping everyone who celebrates Easter has a very lovely holiday and may you be blessed with some tasty treats, but not too many! If you are travelling please be mindful of the crazy drivers out there and don't take any risks. Slow and steady wins the race. Happy Easter.

EXERCISE OF THE MONTH:

Food and exercise

Someone asked the other day about carbo-loading the day before exercise. In fact he asked if he should eat pasta for breakfast before exercise.

My thoughts on this have always been not to carbo-load the night before a sporting event. Mostly this is due to the fact that by the time you wake in the morning the energy you may have gained from eating high carbs is gone. This is because most carbs eaten are high Glycemic index carbs, hence they burn very quickly.

If you eat them for breakfast you will get a quick rise in blood sugars but then your sugar levels will drop and you will suddenly lack energy and be forced to drink the high sugar drinks available at sporting events. This will only spike your sugar levels quickly again and you will get stuck in a vicious cycle.

Eating protein and low sugar foods like vegetables the night before will allow your body to store energy for the next day which are slow releasing, so all you will need for the sporting day is water and other forms of slow releasing carbs like fruit, nuts, seeds.



BRAIN TEASER OF THE MONTH

Stolen goods.

A woman enters a big box department store and fills her shopping cart to the top. She leaves the store without paying yet no one tries to stop her or call the police. How did the woman get away with this? (Answer below)

Have a laugh



Tip of the month

If you exercise, whether it is in a gym or not, try where you can to mimic normal everyday movements in your exercise. For example do alternate arms and legs rather than symmetrical arms and legs, use a cross crawl/walking action like ski or stepping machines, use dumb-bells rather than bars and use movements like the feeding pattern as if the dumb-bell is food on your plate and you are putting it in your mouth. Symmetrical exercises are harmful for the brain and body and should be substituted for asymmetrical.

Healthy living column

Health tips:

Kill the sit-up

For as much as we have thought the good old-sit up was doing us some good, more and more research is proving this wrong.

One of the main reasons behind this is the increase in pressure put on the spine when doing a sit-up (SU). Research has shown the pressure on the lower spine is higher than the limit the spine is designed to take and this can lead to disc prolapse and pinched nerves.

Another simpler reason for SU's being a waste of time and effort is that most of your stomach muscles don't get used in a SU. Only the so-called six-pack gets used initially but for a very short part of the SU. The rest of the action is done by deep hip flexors which are attached to your spine.

Stomach muscles are not attached to your legs so they cannot lift your body to your legs or vice versa. So don't waste your time with SU's and save your spine.

Answer:
The woman is an employee of the big box department store. She fills her shopping cart with trash and leaves the store to take it to the dumpster.