

NERANG PHYSIOTHERAPY

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The **difference** is obvious

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The same old pain!

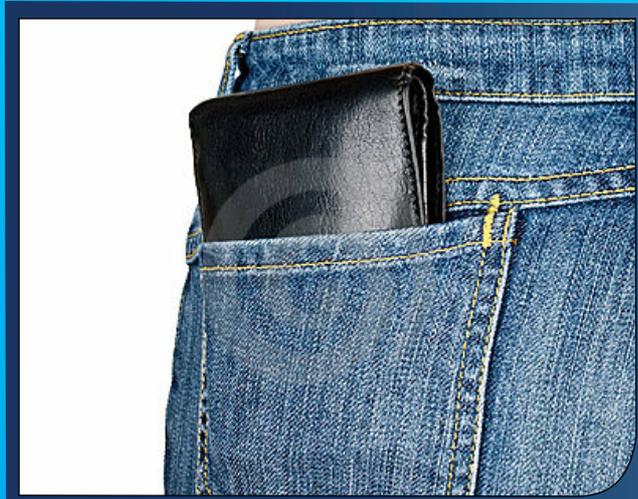
Ever experienced pain patterns that repeat themselves in episodes. You get pain, rest, possibly receive treatment but sometime down the line, could be weeks even months later, you get the same pain again.

How does this happen? All memory of pain is stored in the nervous system and in the soft tissues that were involved in the problem. However, it is not the central nervous system that retains the memory but the Sympathetic nervous system.

This system also controls the rate of blood flow and is often involved in pain patterns. So there is a strong link between poor blood flow control and memory patterns.

So if the blood flow to the an area is diminished it can activate memory patterns of pain and dysfunction. So just treating the body mechanically is insufficient, treating the Sympathetic nervous system is essential to suppress these memory patterns.

Only Nerang Physiotherapy has the treatments specific to treating the Sympathetic nervous system and limiting repeating patterns.



Wallet Syndrome

So-named many years ago, this syndrome occurs from wearing fat wallets in the back pocket of trousers. Commonly affecting males this syndrome has the effect of causing hip and back and possibly lower leg pain.

The cause comes about when we sit on a chair or in a car with the wallet in the back pocket. This puts pressure on the soft tissues of the backside, squeezing blood out of the tissues.

This is already bad enough just sitting in chairs, in particular hard ones, but is accentuated when the wallet places specific localised pressure on the tissues.

This reduction in blood flow to the tissues can result in tightening of the tissues around

the muscles of the backside and result in weakness. The lack of oxygen in soft tissues can also cause pain.

Weakness of the hip muscles will result in compensation in the back muscles and leg muscles. This if it goes on long enough will lead to overuse in areas such as the lower back or knee or ankle.

This overuse causes further tightness and weakness and can eventually lead to painful joints or muscles/soft tissues.

It is imperative that our tissues get good blood flow throughout the day and night, otherwise stiffness will occur leading to pain.

So to avoid this, keep your wallet in your front pocket or side leg pocket and avoid chronic conditions occurring. As well as this keep moving well and avoid fixed positions for too long.

GENERAL NEWS

As of the 5th April, Toby Lord and Joel Wearn will be joining us as Exercise Physiologists to assist you with your personal exercise programmes and other health benefits such as Diabetes. We welcome them to our team and wish them all the best.

EXERCISE OF THE MONTH:

Finger suck

Yes I know this sounds weird! But this can be an effective treatment for many breathing disorders, such as Emphysema, Asthma and poor breathing patterns.

Breathing is one of 3 primary reflexes we develop as we grow, the first 2 we develop in the womb and the third after birth. These reflexes are sucking, swallowing and breathing.

In the womb we begin to suck our thumbs, reflex one, which in turn stimulates the saliva glands causing us to swallow, reflex two.

The third reflex happens when we are born and take our first breath, vital for life.

So now if we have difficulty breathing well, whether through disease or just poor habits or stress, we can improve our breathing by going back to the womb (so to speak).

It is best to suck the middle finger nail facing up so the finger curls up against the roof of your mouth. This stimulates the swallowing and then the correct diaphragmatic breathing follows.

Do this until you feel relaxed and can see your tummy rising slowly on the in-breath.



BRAIN TEASER OF THE MONTH

There are three boxes. One is labelled "APPLES" another is labelled "ORANGES". The last one is labelled "APPLES AND ORANGES". You know that each is labelled incorrectly. You may ask me to pick one fruit from one box which you choose. How can you label the boxes correctly?

Have a laugh



Tip of the month:

Wake up to a good spinal stretch and make your day better. Watch most vertebrate animals and you will see the first thing they do when waking or after a lie down is stretch the spine. This enables blood to flow through the spinal and spinal nervous system, feeding the nerve cells the blood flow they require to function well, including driving blood through the rest of the body. So lie on your back and arch your spine with a good breath in and relax as you breathe out. Natural works for us all.

Pick from the one labelled "Apples & Oranges". This box must contain either only apples or only oranges. E.g. if you find an Orange, label the box Orange, then change the Oranges box to Apples, and the Apples box to "Apples & Oranges."

Myo-flow

Exclusive to Nerang Physiotherapy, Myo-flow, a nickname given to a fantastic treatment does what no other treatment does, restores the function of our Autonomic Nervous System in a unique way.

Often over-looked in treatments, the Autonomic Nervous System (ANS) is in control of all our automatic systems, like breathing, heart beat, gut function and most importantly blood flow rate.

This system is very commonly involved in most of our muscular aches and pains that we experience and require treatment for.

However, without Myo-flow treatments for pain are incomplete and recovery may not be full. This could lead to a return of the pain, worsening of the pain or continued on/off patterns of pain.

In sport it could also lead to injury through weakness and stiffness forcing the body to over-compensate and resulting in injury.

Treating the nervous system is vital in attaining full recovery and Myo-flow is the treatment of choice for this. No treatment is complete without Myo-flow.