

# NERANG PHYSIOTHERAPY

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The difference is obvious

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## Is your mobile making you sick?

Mobile phones, wrist watches, computers, laptops and other electronic gadgets that rely on mobile phone towers or Wi-fi can cause health issues.

So what can we do to stop this and prevent these health problems? In our modern world it is not easy to completely do without these essentials so we need to find ways to protect us against the harmful radiation that these emit.

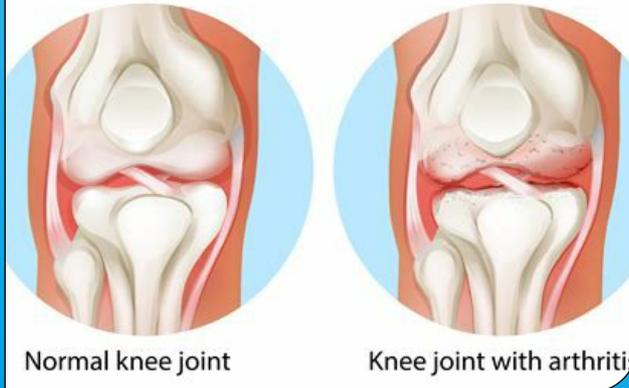
The radiation (radio frequency) is known to cause heating but there is enough evidence to show it does much more than that. All battery operated wrist watches emit radiation and even these small doses can disturb the body's health.

Many devices have been designed to stabilise these irregular radio frequencies and we will be stocking some of these products soon. Testing the stress to the body from these electronic devices is simple and the correction through protective devices can be just as easily tested. Stay tuned for more information.

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## Arthritis of the Human Knee Joint



Normal knee joint

Knee joint with arthritis

## JOINT PAIN ISN'T ALWAYS ARTHRITIS

One of the biggest mis-conceptions of our modern era has been the blame put on osteoarthritis (OA) for causing most joint pain and when this does happen we are labelled and feel it is a condition that we cannot recover from.

In my 26 years as a Physiotherapist I have seen many people with arthritic joints and yet they are pain-free which led me to think that maybe the pain does not actually come from the arthritis.

Having worked with the soft tissues of the body most of my career, I have come to the conclusion that most 'joint pain' is actually stemming from the soft tissues crossing the joint, such as muscle sheaths, ligaments and tendons.

I also realised the main reason for these tissues eliciting pain is that they are under undue stress

caused by changes in the fascia of the area, whether it be due to injury or over-use.

This stress on the soft tissues stems from poor muscle strength in areas locally and higher up the mechanical chain. For example, knee joint pain can stem from weakness in the hip muscles which increased work-loads on the thigh/knee muscles to compensate. It can also be caused by local trauma to the tissues.

When soft tissues that cross the joint become tight it forces the bony structures closer together which can then cause the wear and tear of the cartilage. However, the nerve supply to the cartilage is of a very high threshold and will not tend to give us much pain until it wears down to the bone.

Only then is the pain emanating from the OA, but apart from that most other pain results from the soft tissue stress and tension. Treating the imbalance in the muscles and releasing the tension in the soft tissues often results in pain relief despite the joint wear.

## News update

Well now that the 'Games' are over and the Goldie gets back to normal we hope you had a great Easter and were able to get a good rest and recoup. We look forward to seeing you if required. Well done all the Aussie athletes!

## EXERCISE OF THE MONTH:

### Back extension

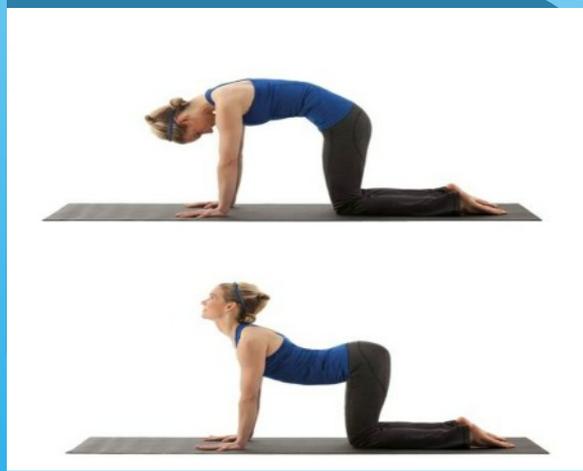
This exercise is ideal for working the lower back muscles because it simulates the movement of an abdominal crunch, but it is the exact opposite.

This exercise has the body bending at the hip area and hyper-extending so that a slight backbend occurs. The benefit is that you perform these against the resistance of gravity, meaning it is harder to perform than a typical backbend.

This exercise should entail more reps per set and with little rest between sets. The lower back muscles are involved with posture, meaning they need to be conditioned and be able to resist fatigue. Add in small weights for more resistance if you want to add more strength in the lower back.

Kneel on the floor with the hands and knees directly below the shoulders and hips respectively. Bend your back up gently till you feel it has reached its limit, hold for 7 seconds then release and then arch your back and hold for 7 seconds.

Repeat this 10 times at least once a day.



## BRAIN TEASER OF THE MONTH

1. There are two bodies on the floor. They are surrounded by water and broken glass. How did they die?
2. There is a dead man in the middle of a field, nothing is around him and there are no footprints of any sort. There is an unopened package next to him. How did he die? HINT: As he approached the field he knew he was going to die.

## Have a laugh



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## Tip of the month:

**Struggling with bloat, gas, indigestion, heart burn, acid reflux and flatulence? Try reducing your grain intake as these are now being shown to irritate the gut, causing inflammation in the gut in many of us. If you are concerned about lacking fibre, eat more fruit and veg as these are the better forms of fibre and they are also more natural than processed grains. They are easier to digest and cause less gut irritation.**

## Healthy living column

The next time you leave your house and venture off into a public place, take a minute to look around. If we're living on the same planet, it won't be long before you see a child with eyes glued to a screen almost as big as his or her face.

Parents have realized that handing a child their smartphone or tablet is a convenient solution for boredom or temper tantrums.

However, this thing called "screen time" is creating brand new mental health and behavioral problems in young kids. Some of them cry, some of them break things, and some even threaten suicide.

Becoming someone with a screen dependency disorder can have devastating effects. A child's screen dependency disorder may lead to insomnia, back pain, weight gain or loss, vision problems, headaches, anxiety, dishonesty, feelings of guilty, and loneliness.

Ultimately, however, the long-term effects of these symptoms can be as severe as brain damage. In fact, multiple studies exploring the effects of screen dependency disorder have proven that children's brains shrink or lose tissue in the frontal lobe, striatum, and insula; these areas help to govern planning and organization, suppression of socially unacceptable impulses, and our capacity to develop compassion and empathy, respectively.

So limit your child's time on the screen, e.g. 1 hour for 5-6 year old's and save their health.

1. The bowl fell over, the bodies are fish.  
2. The person was a parachutist and his pack did not open.

Answer: