

# NERANG PHYSIOTHERAPY

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The *difference* is obvious

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## Baker's Cyst

By definition, a cyst is a closed sac, having a distinct envelope and division compared with the nearby tissue, however, the distinguishing aspect of a cyst is that the cells forming the "shell" of such a sac are distinctly abnormal (in both appearance and behaviour) when compared with all surrounding cells for that given location. A cyst may contain air, fluids, or semi-solid material.

A Baker's cyst sits behind the knee in the crease of the knee. Now a Baker's cyst is different in that it is not made from abnormal tissue, but has a specific design to act as a fluid container. The reason it is called a cyst is that it can fill and empty itself of fluid.

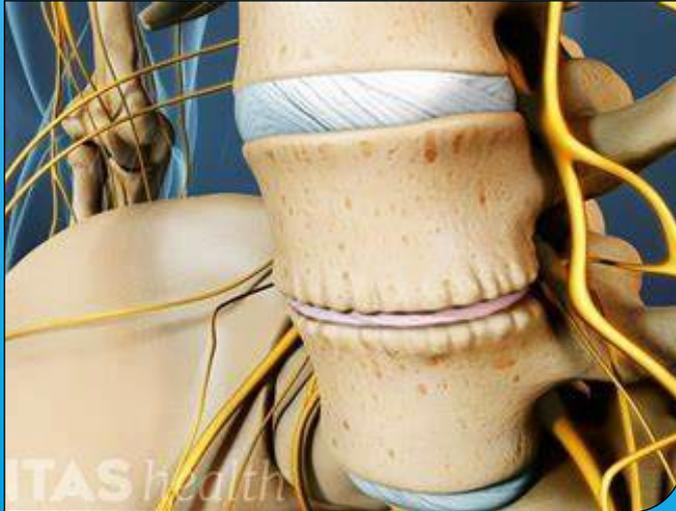
The fluid comes from inside the knee joint which is attached to the cyst by a small tube. When the joint is stressed, the fluid inside the capsule of the joint, called effusion, will increase.

To relieve pressure on the joint, some of that initial fluid will be forced into the Baker's cyst, hence the lump that forms when this happens.

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## SPONDYLOSIS

Spondylosis is the degeneration of the vertebral column from any cause. In the more narrow sense it refers to spinal osteoarthritis, the age-related wear and tear of the spinal column, which is the most common cause of spondylosis.

The degenerative process in osteoarthritis chiefly affects the vertebral bodies, the neural foramina and the facet joints (facet syndrome).

If severe, it may cause pressure on the spinal cord or nerve roots with subsequent sensory or motor disturbances, such as pain, paresthesia, imbalance, and muscle weakness in the limbs.

When the space between two adjacent vertebrae narrows, compression of a nerve root emerging from the spinal cord may result in radiculopathy (sensory and motor disturbances, such as severe pain in the neck, shoulder, arm, back, or leg, accompanied by muscle weakness).

## News

For those of you who will be celebrating ANZAC day this month, we wish you a very happy and unforgettable day. For those who have lost our hearts go out to you.

Lest we forget!

Less commonly, direct pressure on the spinal cord (typically in the cervical spine) may result in myelopathy, characterized by global weakness, gait dysfunction, loss of balance, and loss of bowel or bladder control. The patient may experience shocks (paresthesia) in hands and legs because of nerve compression and lack of blood flow. If vertebrae of the neck are involved it is labelled cervical spondylosis. Lower back spondylosis is labelled lumbar spondylosis. The term is from Ancient Greek *spóndylos*, "a vertebra", in plural "vertebrae – the backbone".

Prevention can be quite simple, treatment a little more difficult depending on how severe the condition is. Keeping the soft tissues of the spine flexible, maintaining good movement and preventing physical damage to the spine will assist in reducing stress on the spine.

Eating a diet that reduces acidity in the body is also vital as it reduces the need for the body to take calcium from your bones to restore alkalinity.

## EXERCISE OF THE MONTH:

### Hip Adduction

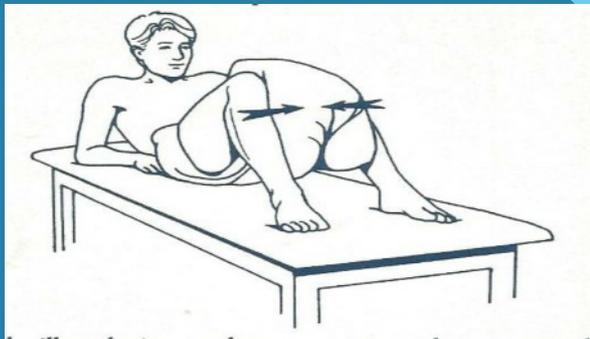
For a stable lower back we require all hip muscle groups to be working. The often missed muscles are the adductors, those muscles on the inside of the thighs.

If we develop weakness of the abductors, those muscles that move our leg outwards sideways, the opposite muscles (adductors) will take up the slack and can become overused.

This can cause weakness in those muscles, hence it is worth keeping them strong to support the other hip muscles and the back.

To do this exercise prop yourself up on your bed or on the floor, and put a reasonably thick pillow between your knees.

Squeeze the pillow tightly and hold for 7 seconds, then release. Repeat this 10 times at least once a day. Always stretch the same group of muscles after any strengthening. This can be done by staying in the same position and letting your legs flop outwards like a moth.



## BRAIN TEASER OF THE MONTH

### Double Sons

**A woman had two sons. They were born at the same hour on the same day of the same month in the same year. However, they were not twins. How could this be?**

**(Answer below)**

### Have a laugh



Funny Pictures on [www.LeFunny.net](http://www.LeFunny.net)

## Myofascial release Massage

One of the most effective forms of massage for all forms of soft tissue injuries or mechanical pain.

Most pain we experience whether it be from overdoing things or even staying in fixed positions like sitting at computers, comes from the fascia, the connective tissue that holds the body together.

This fascia comes in many forms like muscle sheaths, tendons, coverings of the nervous system etc. It contains over 75% of the body's sensory nervous system, which means it is designed to be naturally sensitive to certain levels of strain.

When tension occurs in the fascia from injury or overuse, it stresses the nerve supply in the fascia which triggers off pain patterns. Typical types of pain are burning pain, sharp pain and deep aches.

Myofascial release massage is aimed at the fascia to restore the natural mobility of the tissue which then restores the matrix that the body parts exist in. This will improve strength, flexibility and organ function.

### Tip of the month

Now we are coming into the cooler months, there may be the odd sore throat from cold exposure. If you do get a sore throat one way to help is to apply heat in the form of a hot water bottle or hot towel to the back of the neck and upper back. Repeat this heating until the symptoms reduce. The way this helps is that when we get cold exposure to the neck it causes blood vessels in the neck to constrict, forcing more blood deeper into your neck/throat. This can cause congestion and inflammation, hence a sore throat. Heat on the surface draws the congested blood back to the skin and reduces it in the throat.

Answer:  
Her two sons were part of a set of triplets